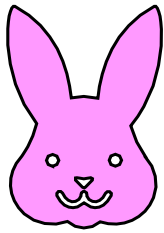
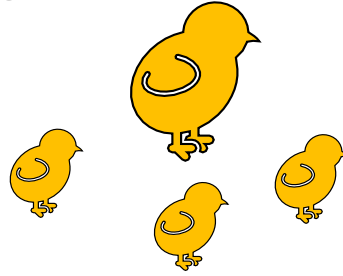


April 2021

ARBOR ACTIVITIES



AVAMERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28</p> <p>MEAL TIMES Breakfast: 8 Am Lunch: 12 PM Dinner: 4PM Snacks: as needed</p>	<p>29</p> 	<p>30</p>	<p>31</p> 	<p>1</p> <p>9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Leisure Time</p>	<p>2</p> <p>9:00 Weights & Vitals 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick</p>	<p>3</p> <p>9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Easter Activity 3:00 Bingo 5:00 Leisure time</p>
<p>4</p> <p>EASTER</p> <p>9:15 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time</p>	<p>5</p> <p>10:00 Looking Good 11:00 Exercise 11:30 Tic-Tac-Toe 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories</p>	<p>6</p> <p>9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Tug o War 2:00 A-Z Game 3:00 Fun in Motion 5:00 Leisure Time</p>	<p>7</p> <p>9:30 Looking Good 10:00 Sing a long/Bus 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time</p>	<p>8</p> <p>9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswords</p>	<p>9</p> <p>9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick</p>	<p>10</p> <p>9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-400/Trivia 3:00 Bingo 5:00 Leisure time</p>
<p>11</p> <p>9:15 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time</p>	<p>12</p> <p>10:00 Looking Good 11:00 Exercise 11:30 Tic-Tac-Toe 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories</p>	<p>13</p> <p>9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Tug o War 2:00 A-Z Game 3:00 Fun in Motion 5:00 Leisure Time</p>	<p>14</p> <p>9:30 Looking Good 10:00 Sing a long/Bus 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time</p>	<p>15</p> <p>9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Leisure Time</p>	<p>16</p> <p>9:30 Looking Good 10:00 Strength Class 11:00 Clean up Garden 1:00 Bowling 2:00 Music w/ Connie 5:00 Leisure time 6:00 Friday Night Flick</p>	<p>17</p> <p>9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-300/Trivia 3:00 Bingo 5:00 Leisure time</p>
<p>18</p> <p>9:15 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time</p>	<p>19</p> <p>10:00 Looking Good 11:00 Exercise 11:30 Tic-Tac-Toe 2:00 Craft/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories</p>	<p>20</p> <p>9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Tug o War 2:00 A-Z Game 3:00 Fun in Motion 5:00 Leisure Time</p>	<p>21</p> <p>9:30 Looking Good 10:00 Sing a long/Bus 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time</p>	<p>22</p> <p>9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswords</p>	<p>23</p> <p>9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick</p>	<p>24</p> <p>9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Spanish-500/Trivia 3:00 Bingo 5:00 Leisure time</p>
<p>25</p> <p>9:15 Looking Good 11:00 Sunday Stroll 2:00 Puzzles 3:00 Leisure time</p>	<p>26</p> <p>10:00 Looking Good 11:00 Exercise 11:30 Tic-Tac-Toe 2:00 Craft/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories</p>	<p>27</p> <p>9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Tug o War 3:00 Fun in Motion 5:00 Leisure Time</p>	<p>28</p> <p>9:30 Looking Good 10:00 Sing a long/Bus 11:00 Drawing/Coloring 1:00 Hand Massage 2:00 Current Events 3:00 Bingo 5:00 Leisure Time</p>	<p>29</p> <p>9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Kentucky Derby 3:00 Exercise 5:00 Crosswords</p>	<p>30</p> <p>9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Bowling 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick</p>	<p>31</p> 