
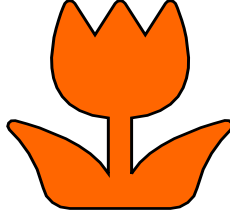
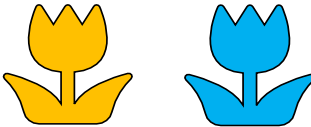
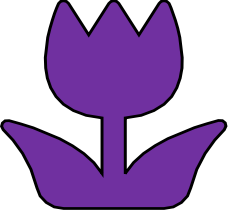



May 2021

ARBOR ACTIVITIES



AVAMERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 MEAL TIMES Breakfast: 8 Am Lunch: 12 PM Dinner: 4PM Snacks: as needed	26 	27 	28 	29 	30 	1 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 1:00 Crosswords 2:00 Spanish-500/Trivia 3:00 Bingo 5:00 Leisure time
2 9:15 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time	3 10:00 Looking Good 11:00 Exercise 11:30 Music 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories	4 9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Puzzles 2:00 A-Z Game 3:00 Fun in Motion 5:00 Leisure Time	5 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	6 9:00 Weights & Vitals 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswords	7 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Ball Toss 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	8 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 1:00 Crosswords 2:00 Spanish-400/Trivia 3:00 Bingo 5:00 Leisure time
9 Mother's Day 9:15 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time	10 10:00 Looking Good 11:00 Exercise 11:30 Music 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories	11 9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Puzzles 2:00 A-Z Game 3:00 Fun in Motion 5:00 Leisure Time	12 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	13 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswords	14 9:30 Looking Good 10:00 Strength Class 11:00 Planting Flowers 1:00 Ball Toss 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	15 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 1:00 Crosswords 2:00 Spanish-300/Trivia 3:00 Bingo 5:00 Leisure time
16 9:15 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Leisure time	17 10:00 Looking Good 11:00 Exercise 11:30 Music 2:00 Craft/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories	18 9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Puzzles 2:00 A-Z Game 3:00 Fun in Motion 5:00 Leisure Time	19 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	20 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswords	21 9:30 Looking Good 10:00 Strength Class 11:00 Planting Vegetables 1:00 Ball Toss 2:00 Music w/ Connie 5:00 Leisure time 6:00 Friday Night Flick	22 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 1:00 Crosswords 2:00 Spanish-500/Trivia 3:00 Bingo 5:00 Leisure time
23 9:15 Looking Good 11:00 Sunday Stroll 2:00 Puzzles 3:00 Leisure time	24 10:00 Looking Good 11:00 Exercise 11:30 Music 2:00 Craft/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Inspirational stories	25 9:30 Looking Good 10:00 Hand Massage 11:00 Workout/Meditation 1:00 Travel Power Point /Puzzles 2:00 A-Z Game 3:00 Fun in Motion	26 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	27 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Crosswords	28 9:30 Looking Good 10:00 Strength Class 11:00 Cards 1:00 Ball Toss 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	29 9:30 Looking Good 10:00 Exercise 11:00 Lovely Nails 1:00 Crosswords 2:00 Spanish-400/Trivia 3:00 Bingo 5:00 Leisure time
30 Same as Above	30 5:00 Leisure Time 6:00 Inspirational stories	30 2:00 A-Z Game 3:00 Fun in Motion	30 3:00 Bingo 5:00 Leisure Time	30 3:00 Exercise 5:00 Crosswords	30 6:00 Friday Night Flick	30 3:00 Bingo 5:00 Leisure time