


July 2021

ARBOR ACTIVITIES



AVA MERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 MEAL TIMES Breakfast: 8 Am Lunch: 12 PM Dinner: 4PM Snacks: as needed	28 			1 9:00 Vitals clinic 9:30 Looking Good 10:00 Yoga 11:00 Cards 1:00 Coloring 2:00 Fun in Motion 3:00 Music w/Jim-AL 5:00 Word search	2 9:30 Looking Good 10:00 Strength Class 11:00 Scenic Walk 1:00 Ball Toss 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	3 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
4 9:30 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Bingo 5:00 Leisure time 6:00 I Spy	5 9:30 Looking Good 11:00 Exercise 11:30 Music 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Ball Toss	6 9:30 Looking Good 10:00 Current Events 11:00 Workout/Meditation 1:00 Hangman 2:00 Hand Massage 3:00 Stampede-AL 5:00 Leisure Time	7 9:30 Looking Good 10:00 A-Z game 10:20 Bus ride/Sing a long 1:00 Hand Masssage 2:30 Drawing/Coloring 3:00 Bingo 5:00 Leisure Time	8 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Word search	9 9:30 Looking Good 10:00 Strength Class 11:00 Scenic Walk 1:00 Ball Toss 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	10 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
11 9:30 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Bingo 5:00 Leisure time 6:00 I Spy	12 9:30 Looking Good 11:00 Exercise 11:30 Music 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Ball Toss	13 9:30 Looking Good 10:00 Current Events 11:00 Workout/Meditation 1:00 Hangman 2:00 Hand Massage 3:00 Music with Cheryl-AL 5:00 Leisure Time	14 9:30 Looking Good 10:00 A-Z game 10:20 Bus ride/Sing a long 12:00 BBQ in Courtyard 1:00 Hand Masssage 2:30 Drawing/Coloring 3:00 Bingo 5:00 Leisure Time	15 9:30 Looking Good 10:00 Yoga 11:00 Cards 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Word search	16 9:30 Looking Good 10:00 Strength Class 11:00 Scenic Walk 11:00 Music w/Terry-AL 1:00 Ball Toss 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	17 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
18 9:30 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Bingo 5:00 Leisure time 6:00 I Spy	19 9:30 Looking Good 11:00 Exercise 11:30 Music 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Ball Toss	20 9:30 Looking Good 10:00 Current Events 11:00 Workout/Meditation 1:00 Hangman 2:00 Hand Massage 3:00 Fun in Motion 5:00 Leisure Time	21 9:30 Looking Good 10:00 A-Z game 10:20 Bus ride/Sing a long 1:00 Hand Masssage 2:30 Drawing/Coloring 3:00 Bingo 5:00 Leisure Time	22 9:30 Looking Good 10:00 Yoga 11:00 Baking 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Word search	23 9:30 Looking Good 10:00 Strength Class 11:00 Scenic Walk 1:00 Ball Toss 2:00 Music with Connie 3:00 Bingo 5:00 Leisure time 6:00 Friday Night Flick	24 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
25 9:30 Looking Good 11:00 Trivia 2:00 Puzzles 3:00 Bingo 5:00 Leisure time 6:00 I Spy	26 9:30 Looking Good 11:00 Exercise 11:30 Music 2:00 Coloring/Crosswords 3:00 Trivia 5:00 Leisure Time 6:00 Ball Toss	27 9:30 Looking Good 10:00 Current Events 11:00 Workout/Meditation 1:00 Hangman 2:00 Hand Massage 3:00 Fun in Motion 5:00 Leisure Time	28 9:30 Looking Good 10:00 A-Z game 10:20 Bus ride/Sing a long 12:00 BBQ in Courtyard 1:00 Hand Masssage 2:30 Drawing/Coloring 3:00 Bingo	29 9:30 Looking Good 10:00 Yoga 11:00 Cards 1:00 Coloring 2:00 Fun in Motion 3:00 Exercise 5:00 Word search	30 9:30 Looking Good 10:00 Strength Class 11:00 Scenic Walk 1:00 Ball Toss 2:30 Bingo 5:00 Leisure time 6:00 Friday Night Flick	31 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