


# July 2021

## Assisted Living Activities



AVA MERE  
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27</p> <p><b>MEAL TIMES</b> Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6</p>	<p>28</p> 			<p>1</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Tenzi 1:00 Bingo 2:30 Hand Massage 3:00 Music with Jim</p>	<p>2</p> <p>9:15 Group Gathering 9:30 Shopping at Walmart 10:15 Fun Fitness 11:00 Boggle 1:00 Cooking with Michael 2:00 Resident Food Council 2:30 Craft with Aleeah</p>	<p>3</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Stitching Group</p>
<p>4</p> <p>9:45 LDS Sacrament meeting 10:40 Sunday School 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>5</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Back in Time 2:00 Freedom Writing</p>	<p>6</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 11:00 Black Jack w/Johnny 1:00 Bingo 2:15 Painting class 3:00 Stampede</p>	<p>7</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 BBQ in Courtyard 11:00 What would you do? 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Wine Tasting</p>	<p>8</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 You be the Judge 1:00 Bingo 2:30 Lovely Nails</p>	<p>9</p> <p>9:15 Group Gathering 9:30 Shopping at Smith's 10:15 Fun Fitness 11:00 Courtyard Swim FuN 1:00 Craft with Aleeah 3:00 Cookie Decoratng</p>	<p>10</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Walking Club</p>
<p>11</p> <p>9:45 LDS Sacrament meeting 10:40 Relief Society/ Priesthood mtg. 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>12</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Resident Council</p>	<p>13</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:00 Bingo 2:15 Painting class 3:00 Music with Cheryl</p>	<p>14</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Lunch Outing Hug Hes' 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Moods &amp; Music 3:45 Wine Tasting</p>	<p>15</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Name that Song 1:00 Bingo 2:30 Resident Birthday Party</p>	<p>16</p> <p>9:15 Group Gathering 9:30 Shopping at Walmart 10:15 Fun Fitness 11:00 Piano with Terry 1:00 Craft with Aleeah 2:30 You know Uno</p>	<p>17</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Stitching Group</p>
<p>18</p> <p>9:45 LDS Sacrament meeting 10:40 Sunday School 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>19</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:15 Auction 2:15 Freedom Writing</p>	<p>20</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft/Black Jack 11:00 Walker Wheelchair Clinic 1:00 Bingo 2:15 Painting class 3:00 Dominos</p>	<p>21</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 BBQ in Courtyard 11:00 Sing-a-long 11:00 Men's Group 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Wine Tasting</p>	<p>22</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Figure out the Riddle 1:00 Bingo 2:30 Lovely Nails</p>	<p>23</p> <p>9:15 Group Gathering 9:30 Shopping at Dilly Dally 10:15 Fun Fitness 11:00 Courtyard Swim FuN 1:00 Craft with Aleeah 3:00 Guitar w/ Nancy</p>	<p>24</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Walking Club</p>
<p>25</p> <p>9:45 LDS Sacrament meeting 10:40 Relief Society/ Priesthood mtg. 10:30 Coffee Break 2:30 Bible Study 3:00 Walking Club</p>	<p>26</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:15 Back in Time 2:00 Freedom Writing</p>	<p>27</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 1:00 Bingo 2:15 Painting class 3:00 Question Quest</p>	<p>28</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Old Time Slogans 1:00 Pinochle/Game Time 2:00 Gospel Gathering 3:00 Wine Tasting</p>	<p>29</p> <p>9:15 Test Your Noggin 10:15 Performance Drumming 10:30 Mountain Market 11:00 Mind Joggers 1:00 Bingo</p>	<p>30</p> <p>9:15 Group Gathering 9:30 Shopping at Walmart 10:15 Fun Fitness 11:00 Charades 1:00 OTT Plane etarium 2:30 Craft with Aleeah</p>	<p>31</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Stitching Group</p>