

# September 2021

## Assisted Living Activities



AVAMERE  
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <p><b>MEAL TIMES</b></p> <p>Breakfast: 7-9 Lunch: 11-1 Dinner: 4-6</p>	<p>30</p>	<p>31</p>	<p>1</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 What would you do? 1:00 Pinochle/Game Time 2:00 Skip Bo 3:00 Wine Tasting</p>	<p>2</p> <p>9:15 Challenge your Brain 10:15 Performance Drumming 10:30 Mountain Market 11:00 Timeless Entertainers 1:00 Bingo 2:30 Lovely Nails 3:00 Music with Jim</p>	<p>3</p> <p>9:15 Group Gathering 9:30 Shopping at Walmart 10:15 Fun Fitness 11:00 Checkers 1:00 Craft with Aleeah 2:00 Fact or Fiction 3:00 What a Word</p>	<p>4</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Stitching Group</p>
<p>5</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>6</p> <p><b>Labor Day</b></p> <p>Games &amp; Coloring in the Activity Room</p>	<p>7</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft/Black Jack 1:00 Bingo 2:15 Painting class 3:00 Stampede</p>	<p>8</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Lunch Outing @ Javier's 1:00 Pinochle/Game Time 2:00 Question Quest 3:00 Wine Tasting</p>	<p>9</p> <p>9:15 Challenge your Brain 10:15 Performance Drumming 10:30 Mountain Market 11:00 You be the Judge 1:00 Bingo 2:30 Cooking with Michael 3:30 Resident Food Council</p>	<p>10</p> <p>9:15 Group Gathering 9:30 Shopping at Smith's 10:15 Fun Fitness 11:00 Tongue Twisters 1:00 Craft with Aleeah 2:00 What us IT? 3:00 Jenga</p>	<p>11</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Walking Club</p>
<p>12</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>13</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 1:30 Fun Fall Writing 2:00 Resident Council</p>	<p>14</p> <p>9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Craft with Aleeah 11:00 Walker Wheelchair Clinic 1:00 Bingo 2:15 Pencil Art 3:00 Music with Cheryl</p>	<p>15</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Sing-a-long with Barbara 11:00 Men's Group 1:00 Pinochle/Game Time 2:00 Spin &amp; Spell 3:00 Wine Tasting</p>	<p>16</p> <p>9:15 Challenge your Brain 10:15 Performance Drumming 10:30 Mountain Market 11:00 Riddles for FuN 1:00 Bingo 2:30 Resident Birthday Party</p>	<p>17</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 2:00 Name that tune? 3:00 You know UNO</p>	<p>18</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Stitching Group</p>
<p>19</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>20</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 Fun Fall Writing</p>	<p>21</p> <p>9:15 Laurel &amp; Hardy 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 Dominoes</p>	<p>22</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Hangman 1:00 Pinochle/Game Time 2:00 Noodle Hockey 3:00 Wine Tasting</p>	<p>23</p> <p>9:15 Challenge your Brain 10:15 Performance Drumming 10:30 Mountain Market 11:00 Waffle this Waffle That 1:00 Bingo 2:30 Lovely Nails 3:00 Fact or Fiction</p>	<p>24</p> <p>9:15 Group Gathering 9:30 Shopping at Dollar Tree 10:15 Fun Fitness 11:00 Yahtzee 1:00 Craft with Aleeah 2:00 Corn Hole 3:00 Guitar w/Nancy</p>	<p>25</p> <p>10:00 Candy Bingo 11:00 Jewelry Making 1:00 Games with Aleeah 2:30 Walking Club</p>
<p>26</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>27</p> <p>9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 1:00 Ott Planetarium (Plesase sign up at front desk)</p>	<p>28</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 Pencil Art 3:00 Tenzi</p>	<p>29</p> <p>9:15 Meditation Class 10:15 Balance Class 11:00 Senior Trivia 1:00 Pinochle/Game Time 2:00 Balloon Volleyball 3:00 Wine Tasting</p>	<p>30</p> <p>9:15 Challenge your Brain 10:15 Performance Drumming 10:30 Mountain Market 11:00 Finish that sentence 1:00 Bingo</p>		