

September 2021

ARBOR ACTIVITIES



AVA MERE
at MOUNTAIN RIDGE

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