



AVAMERE

at MOUNTAIN RIDGE

Marian Griffiths 801 475 5111

JULY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arbor Activities	1 9:15 Looking Good 10:00 Exercises 11:00 Fun with Tammie 12:30 Scenic Bus Ride 2:00 Snack/Test your Noggin 3:00 Leisure Time in Valley 4:00 Music Bingo 6:00 Inspirational Stories	2 9:15 Looking Good 10:00 Bingo 2:00 Fun in Motion 3:00 Cards 3:15 AL Music with Jim 4:00 Leisure time in Valley 6:00 A-Z Game	3 9:15 Looking Good 10:00 Scenic Bus Ride 11:15 Current Events 2:00 Painting 3:00 Chair Chi 4:00 Go Fish 6:00 Leisure Time in Valley	4 Happy 4th of July 9:15 Looking Good 10:00 Test Your Noggin 11:00 Bingo 2:00 Word Games 2:30 Refreshments 3:00 Noodle Hockey 4:00 Leisure Time in Valley	5 9:15 Looking Good 10:00 Strength Class 11:00 Fun With Tammie 2:00 Noodle Hockey 3:00 AL Music with Terry 4:00 Leisure Time in Valley 6:00 Friday Night Flick	6 9:15 Looking Good 10:00 Exercises 11:00 Test Your Noggin 2:00 Fun in Motion 3:00 Sensory Fun 4:00 Leisure Time in Valley 5:00 Noodle Hockey
	7 9:15 Looking Good 9:45 LDS Sacrament 10:15 Sunday Stroll 10:40 LDS Priesthood/Relief Society 2:00 Fun in Motion 3:00 Lovely Nails 6:00 Soothing Hands	8 9:15 Looking Good 10:00 Exercises 11:00 Fun with Tammie 12:30 Scenic Bus Ride 2:00 Fun in Motion 4:00 Leisure Time in Valley 3:00 Go Fish 6:00 Inspirational Stories	9 9:15 Looking Good 10:00 Bingo 2:00 Fun in Motion 3:00 AL Music with Saunders 4:00 Leisure Time in Valley 6:00 A-Z Game	10 9:15 Looking Good 10:00 Scenic Bus Ride 11:15 Current Events 12:00 Beginning Balance 2:00 Fun in Motion 3:00 Chair Chi 4:00 Go Fish 6:00 Leisure Time in Valley	11 Independence Day 9:15 Looking Good 10:00 Test Your Noggin 11:00 Word Games 2:00 Music Bingo 2:30 Refreshments 3:00 Fun in Motion 4:00 Leisure Time in Valley	12 9:15 Looking Good 10:00 Strength Class 11:00 Fun With Tammie 2:00 Fun in Motion 3:00 Painting 4:00 Leisure Time in Valley 6:00 Friday Night Flick
14 9:15 Looking Good 9:45 LDS Sacrament 10:15 Sunday Stroll 10:40 LDS Priesthood/Relief Society 2:00 Fun in Motion 3:00 Lovely Nails 6:00 Soothing Hands	15 9:15 Looking Good 10:00 Exercises 11:00 Fun with Tammie 12:30 Scenic Bus Ride 2:00 Fun in Motion 3:00 Leisure Time in Valley 6:00 Inspirational Stories	16 9:15 Looking Good 10:00 Music Bingo 2:00 Fun in Motion 3:00 Go Fish 4:00 Leisure Time in Valley 6:00 A-Z Game	17 9:15 Looking Good 10:00 Scenic Bus Ride 11:15 Current Events 12:00 Beginning Balance 2:00 Fun in Motion 3:00 Chair Chi 4:00 Go Fish 6:00 Leisure Time in Valley	18 9:15 Looking Good 10:00 Test Your Noggin 11:00 AL Music with Tom George 2:00 Music Bingo 2:30 Refreshments 3:00 Noodle Hockey 4:00 Leisure Time in Valley	19 9:15 Looking Good 10:00 Strength Class 11:00 Fun With Tammie 2:00 AL Music with Kimber 3:00 Fun in Motion 4:00 Leisure Time in Valley 6:00 Friday Night Flick	20 9:15 Looking Good 10:00 Exercises 11:00 Test Your Noggin 2:00 Noodle Hockey 3:00 Sensory Fun 4:00 Leisure Time in Valley
21 9:15 Looking Good 9:45 LDS Sacrament 10:15 Sunday Stroll 10:40 LDS Priesthood/Relief Society 2:00 Fun in Motion 3:00 Leisure time in Valley 3:00 Lovely Nails 6:00 Soothing Hands	22 9:15 Looking Good 10:00 Exercises 11:00 Fun with Tammie 12:30 Scenic Bus Ride 2:00 Painting 3:00 AL Music with Henry 4:00 Leisure Time in Valley 6:00 Inspirational Stories	23 9:15 Looking Good 10:00 Bingo 11:00 AL-Horse Therapy 2:00 Go Fish 3:00 Memory Game 4:00 Leisure Time in Valley 6:00 A-Z Game	24 Pioneer Day 9:15 Looking Good 10:00 Scenic Bus Ride 11:15 Current Events 12:00 Beginning Balance 2:00 Fun in Motion 3:00 Chair Chi 4:00 Memory Game 6:00 Leisure Time in Valley	25 Community Luau BBQ 9:15 Looking Good 10:00 Test Your Noggin 11:00 Word Games 11:00 Community Luau BBQ 2:00 Arts & Crafts 2:30 Refreshments 3:00 Noodle Hockey 4:00 Go Fish 5:00 Leisure Time in Valley	26 9:15 Looking Good 10:00 Strength Class 11:00 Fun With Tammie 2:00 Music Bingo 3:00 AL Music with Nancy 4:00 Leisure Time in Valley 6:00 Friday Night Flick	27 9:15 Looking Good 10:00 Exercises 11:00 Test Your Noggin 2:00 Noodle Hockey 3:00 Sensory Fun 4:00 Leisure Time in Valley
28 9:15 Looking Good 9:45 LDS Sacrament 10:15 Sunday Stroll 10:40 LDS Priesthood/Relief Society 2:00 Fun in Motion 3:00 Leisure time in Valley 3:00 Lovely Nails 6:00 Soothing Hands	29 9:15 Looking Good 10:00 Exercises 11:00 Fun with Tammie 12:30 Scenic Bus Ride 2:00 Test your Noggin 2:30 Snack 3:00 Music Bingo 4:00 Leisure Time in Valley 6:00 Inspirational Stories	30 9:15 Looking Good 10:00 Bingo 11:00 Music Sing a long 2:00 Go Fish 3:00 Balloon Hockey 4:00 Leisure Time in Valley 6:00 A-Z Game	31 9:15 Looking Good 10:00 Scenic Bus Ride 11:15 Current Events 12:00 Beginning Balance 2:00 Fun in Motion 3:00 Chair Chi 4:00 Painting 6:00 Leisure Time in Valley			