


March 2020

ARBOR ACTIVITIES



AVA MERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 Looking Good 9:45 LDS Sacrament mtg 10:15 Sunday Stroll 10:40 LDS Priesthood & Relief Society 2:00 Leisure time-Valley 3:00 Soothing Hands	2 9:15 Looking Good 10:00 Exercise 12:30 Scenic Bus Ride 2:00 Cards 3:00 Bingo 5:00 Leisure time-Valley 6:00 Inspirational stories	3 9:15 Looking Good 10:00 Bingo 11:00 Go Fish 2:00 Fun in Motion 3:00 AL Music w/ Jim 5:00 Leisure time-Valley 6:00 A-Z Game	4 9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 2:00 Crossword game 3:00 Music Bingo 5:00 Leisure time-Valley	5 9:15 Looking Good 10:00 Exercise 11:00 AL-Tip Toe Tappers 2:00 Word Games 3:00 Noodle Hockey 5:00 Leisure time-Valley	6 9:15 Looking Good 10:00 Baking with Ashley 2:00 Bingo 3:00 Al music with Terry 5:00 Leisure time-Valley 6:00 Friday Night Flick	7 9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Sensory Fun 5:00 Leisure time-Valley
8 9:15 Looking Good 9:45 LDS Sacrament mtg 10:15 Sunday Stroll 10:40 LDS Priesthood & Relief Society 2:00 Leisure time-Valley 3:00 Soothing Hands	9 9:15 Looking Good 10:00 Exercise 12:30 Scenic Bus Ride 2:00 Fun in Motion 3:00 Bingo 5:00 Leisure time-Valley 6:00 Inspirational stories	10 9:15 Looking Good 10:00 Exercise 11:00 Music Bingo 3:00 AL Music w/Cheryl 5:00 Leisure time-Valley 6:00 A-Z Game	11 9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 2:00 Trivia 3:00 Bingo 5:00 Leisure time-Valley	12 9:15 Looking Good 10:00 Exercise 11:00 AL-Timeless Entertainment 2:00 Fun in Motion 3:00 Music Bingo 5:00 Leisure time-Valley	13 9:15 Looking Good 10:00 Strength Class 11:00 Fun with Tammie 2:00 Memory Magic 3:00 Noodle Hockey 5:00 Leisure time-Valley 6:00 Friday Night Flick	14 9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Sensory Fun 5:00 Leisure time-Valley
15 9:15 Looking Good 9:45 LDS Sacrament mtg 10:15 Sunday Stroll 10:40 LDS Priesthood & Relief Society 2:00 Leisure time-Valley 3:00 Soothing Hands	16 9:15 Looking Good 10:00 Exercise 12:30 Scenic Bus Ride 2:00 Cards 3:00 Leisure time-Valley 6:00 Inspirational stories	17 St. Patrick's Day 9:15 Looking Good 10:00 Bingo 11:00 Exercise 2:00 Nails 3:00 Trivia 5:00 Leisure time-Valley	18 9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 2:00 Trivia 3:00 Bingo 5:00 Leisure time-Valley	19 9:15 Looking Good 10:00 Exercise 11:00 Current Events 2:00 Go Fish 3:00 Bingo 5:00 Leisure time-Valley	20 9:15 Looking Good 10:00 Strength Class 11:00 Music Bingo 2:00 Music with Connie 3:00 Trivia 5:00 Leisure time-Valley 6:00 Friday Night Flick	21 9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Sensory Fun 5:00 Leisure time-Valley
22 9:15 Looking Good 9:45 LDS Sacrament mtg 10:15 Sunday Stroll 10:40 LDS Priesthood & Relief Society 2:00 Leisure time-Valley 3:00 Soothing Hands	23 9:15 Looking Good 10:00 Exercise 12:30 Scenic Bus Ride 2:00 Craft 3:00 AL Music w/Henry 5:00 Leisure time-Valley 6:00 Inspirational stories	24 9:15 Looking Good 10:00 Exercise 11:00 Cards 2:00 Craft 3:00 Fun in Motion 5:00 Leisure time-Valley	25 9:15 Looking Good 10:00 Scenic Bus Ride 11:30 Current Events 2:00 Trivia 3:00 Bingo 5:00 Leisure time-Valley 6:00 AL- Pinewood Derby	26 9:15 Looking Good 10:00 Exercise 11:00 Current Events 2:00 Go Fish 5:00 Leisure time-Valley	27 9:15 Looking Good 10:00 Strength Class 11:00 Music Bingo 2:00 Bingo 3:00 Guitar w/Nancy 5:00 Leisure time-Valley 6:00 Friday Night Flick	28 9:15 Looking Good 10:00 Exercise 11:00 Lovely Nails 2:00 Fun in Motion 3:00 Sensory Fun 5:00 Leisure time-Valley
29 9:15 Looking Good 9:45 LDS Sacrament mtg 10:15 Sunday Stroll 10:40 LDS Priesthood & Relief Society 2:00 Leisure time-Valley 3:00 Soothing Hands	30 9:15 Looking Good 10:00 Exercise 12:30 Scenic Bus Ride 2:00 Craft 5:00 Leisure time-Valley 6:00 Inspirational stories	31 9:15 Looking Good 10:00 Bingo 11:00 Cards 2:00 Craft 3:00 Fun in Motion 5:00 Leisure time-Valley	1	2 	28	29 Meal Times: Breakfast: 8 am Lunch: 12 pm Dinner: 4 pm Snacks: as needed