


March 2020

Assisted Living Activities



AVAMERE
at MOUNTAIN RIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 LDS Sacrament 10:15 Church Transport 10:30 Coffee Break 10:40 Relief Society & Priesthood Mtg. 1:30 Afternoon Movie 2:30 Bible Study 3:00 Walking Club	2 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Short Stories 6:30 Family Home Evening	3 9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Black Jack w/Johnny 11:00 Blood Pressure Clinic 1:00 Craft with Aleeah 2:00 Poetry Lovers Unite 3:00 Music with Jim	4 9:15 Meditation Class 10:15 Balance Class 11:00 Lunch Outing 1:00 Pinochle/Game Time 2:00 Discussions/Music 3:00 Penny Bingo 4:00 Wine Tasting	5 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Tip Toe Tappers 1:00 Likes-n-gripes game 2:00 Creative writing w/Jack 3:00 DUP meeting	6 8:30 Shopping: Walmart 10:15 Fun Fitness 11:00 Scenic Bus Ride 1:00 Boggle 1:30 Craft with Katie 3:00 Piano with Terry 6:00 Friday Night Flick	7 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Aleeah 2:30 Stitching Group 6:15 Saturday Night Movie
8 9:45 LDS Sacrament 10:15 Church Transport 10:30 Coffee Break 10:40 Relief Society & Priesthood Mtg. 1:30 Afternoon Movie 2:30 Bible Study 3:00 Walking Club	9 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Resident Council 6:30 Family Home Evening	10 9:15 Around the World 10:15 Chair Chi 10:30 Mountain Market 11:00 Walker/Wheelchair Clinic 1:00 Craft with Aleeah 2:00 Poetry Lovers Unite 3:00 Music w/ Cheryl	11 9:15 Meditation Class 10:15 Balance Class 11:00 American Trivia 1:00 Pinochle/Game Time 2:00 Discussions/Music 3:00 Penny Bingo 4:00 Wine Tasting	12 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Spelling Bee 1:15 Exercise with Symbii 2:00 Creative writing w/Jack 3:00 Yahtzee 6:00 Music with Melissa	13 9:15 Shopping: Smith's 10:15 Fun Fitness 11:00 Scenic Bus Ride 1:00 Jenga 1:30 Craft with Katie 3:00 Memory Magic 6:00 Friday Night Flick	14 10:00 Candy Bingo 11:00 Jewelry Making 2:00 Bingo Fun 2:30 Walking Club 6:15 Saturday Night Movie
15 9:45 LDS Sacrament 10:15 Church Transport 10:30 Coffee Break 10:40 Relief Society & Priesthood Mtg. 1:30 Afternoon Movie 2:30 Bible Study 3:00 Walking Club	16 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Short Stories 3:00 Body Talk with Ken 6:30 Family Home Evening	17 St. Patrick's Day 9:15 Around the World 10:15 Chair Chi 11:00 Check your senses 1:00 St. Patrick's Happy Hour 2:00 Storyfest Storytelling 3:00 Checkers 6:00 Stampede	18 9:15 Meditation Class 10:15 Balance Class 11:00 Black Jack w/Johnny 1:00 Pinochle/Game Time 2:00 Discussions/Music 3:00 Penny Bingo 4:00 Wine Tasting	19 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Lovely Nails 1:15 Exercise with Symbii 2:00 Creative writing w/Jack 3:00 Resident Birthday Party	20 9:15 Shopping: Walmart 10:15 Fun Fitness 11:00 Men's Group 11:00 Hang man 1:00 Corn Hole 1:30 Craft with Katie 3:00 You know UNO 6:00 Friday Night Flick	21 10:00 Candy Bingo 11:00 Jewelry Making 1:30 Games with Grandparents 2:30 Walking Club 6:15 Saturday Night Movie
22 9:45 LDS Sacrament 10:15 Church Transport 10:30 Coffee Break 10:40 Relief Society & Priesthood Mtg. 1:30 Afternoon Movie 2:30 Bible Study 3:00 Walking Club	23 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Cooking with Yuri 3:00 Piano with Henry 6:30 Family Home Evening	24 9:15 Around the World 10:15 Chair Chi 11:00 Science FuN 1:30 Auction 3:00 Waffle this,Waffle that	25 Derby Day 9:15 Meditation Class 10:15 Balance Class 11:00 Wheel of Fortune 1:00 Pinochle/Game Time 2:00 Discussions/Music 3:00 Penny Bingo 4:00 Wine Tasting 6:00 Pinewood Derby	26 9:15 Test Your Noggin 10:15 Performance Drumming 11:00 Hand Massage 1:15 Exercise with Symbii 2:00 Creative writing w/Jack	27 9:15 Shopping: Smith's 10:15 Fun Fitness 11:00 Scenic Bus Ride 11:00 Fact or Fiction 1:00 What a Word 1:30 Craft with Katie 3:00 Guitar w/Nancy 6:00 Friday Night Flick	28 10:00 Candy Bingo 11:00 Jewelry Making 2:00 Bingo Fun 2:30 Walking Club 6:15 Saturday Night Movie
29 9:45 LDS Sacrament 10:15 Church Transport 10:30 Coffee Break 10:40 Relief Society & Priesthood Mtg. 1:30 Afternoon Movie 2:30 Bible Study 3:00 Walking Club	30 9:15 Let's Talk 10:15 Strength and Cardio 10:30 Coffee Break 11:00 Scenic Bus Ride 2:00 Short Stories 6:30 Family Home Evening	31 9:15 Around the World 10:15 Chair Chi 11:00 Northern Utah Coalition Scam alert 1:00 Craft with Aleeah 2:00 Liar's Contest	1	2 	28	29 Meal Times: Breakfast 7:00-9:00 AM Lunch 11:00-1:00 PM Dinner 4:00-6:00 PM