

OCTOBER 2017

Mountain Park Senior Living: **Assisted Living**

Color your life with... Stage & Screen Music

Did you know?

The first movie soundtrack album commercially available was the one from Disney's Snow White and the Seven Dwarfs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30 Church Shuttles - L* 9:00 Catholic Mass on TV, Ch 7 - TH 10:00 Catholic Communion - TH 12:30 Trivia Time - WB 1:00 BINGO - CR ^ 2:00 Hymns & the Spoken Word - EDR 2:30 Resident's Choice Movie Matinee - TH 6:30 Movie Night - TH	2 8:00 Water Aerobics w/ Instructor - PL 10:00 Bashas' - L* 10:30 Bible Study - SL 12:30 Knitting Club - EP 1:00 Walgreens, Bank & Post Office - L* 1:00 What's News? - SL 2:00 Fireside Chat w/ Vince - EDR 3:00 Cribbage - SL 4:00 Ben on the Piano - EDR 6:30 "GAME of THRONES" - HBO Series (Rated R+)	3 8:00 Open Swim - PL 9:30 Circuit Training w/ FUN - WC 10:00 Blood Pressure Check - WB 10:30 Bible Study - SL 11:30 BIRTHDAY Celebration & Lunch - EDR * 12:30 Bridge Club - SL* 2:00 BINGO ^ - CR 3:15 Heart Legacy Demonstration - EL 6:30 "GAME of THRONES" - HBO Series (Rated R+)	4 8:00 Open Swim - PL 9:30 Tai Chi - WC 10:00 Fry's Discount Day - L ^* 10:30 Balance & Fall Prevention - WC 1:00 David's Make-up Mystery Trip - L* 1:30 Local Vocals Choir Practice - EDR 2:30 Just for Laughs: Movie Matinee - TH 4:00 Piano Music w/ Wanda 6:30 Movie Night - TH	5 9:00 Veteran's Club: Discussion w/ DVHS Students - CR 9:30 Functional Fitness w/ Team Select - WC 10:30 BINGO w/ DVHS Students - EDR 10:30 "Writing Your Life Series" - SL 1:00 Study of World Religions - SL 2:00 Book Club - TH 3:15 H.U.G.S. Meeting - SL 6:30 "AS TIME GOES BY"	6 8:00 Open Transport in Ahwatukee until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 10:00 Coffee & Donuts - CR 10:30 Parkinson Support Group - TH 2:30 Happy Hour: Lee Piper - EDR 6:00 Open Billiards - SL 6:30 "MEN'S Movies" Selected by Vince - TH	7 8:15 Water Aerobics w/ FUN - PL 10:15 Christian Worship Service - WB 10:30 Marvelous Minds - CR 11:00 JoJo Pet Therapy - WB 1:30 Let's Play Kings in the Corner - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
8 7:30 Church Shuttles - L* 9:00 Catholic Mass on TV, Ch 7 - TH 10:00 Catholic Communion - TH 12:30 Trivia Time - WB 1:00 BINGO - CR ^ 2:00 Hymns & the Spoken Word - EDR 2:30 Resident's Choice Movie Matinee - TH 6:30 Movie Night - TH	9 Columbus Day 8:00 Water Aerobics w/ Instructor - PL 9:00 Tour Enclave @ Anthem & Visit Pumpkin Patch - L* ^ 10:30 Bible Study - SL 12:30 Knitting Club - EP 2:00 Fireside Chat w/ Vince - EDR 3:00 Cribbage - SL 6:30 "GAME of THRONES" - HBO Series (Rated R+) - TH	10 9:30 Circuit Training w/ FUN - WC 10:00 FLU Shot Clinic until 12:30am - CR 10:30 Bible Study - SL 11:30 J.U.L.I.E.T. Luncheon - EDR* 12:30 Bridge Club - SL* 2:00 BINGO - CR* 3:15 Heart Legacy Demonstration - EL 6:30 "GAME of THRONES" - HBO Series (Rated R+) - TH	11 9:30 Tai Chi - WC 10:30 Brunch Bunch: Cracker Barrel - L* ^ 10:30 Food Committee w/ Heather - CR 10:30 Balance & Fall Prevention - WC 1:30 Local Vocals Choir Practice - EDR 2:30 Just for Laughs: Movie Matinee - TH 4:00 Piano Music w/ Wanda 6:30 Movie Night - TH	12 3:15 Heart Legacy Demonstration - EL 9:30 Functional Fitness w/ Team Select - WC 10:30 "Writing Your Life Series" - SL 10:30 Marvelous Minds - CR 1:00 Study of World Religions - SL 1:00 Individual Computer & Phone Lessons - EL* 2:00 BINGO ^ - CR 3:15 Heart Legacy Demonstration - EL	13 8:00 Open Transport in Ahwatukee until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 10:30 Memory Magic w/ Mark: Comforcare - RC 11:00 Bell Choir Practice - CR 2:30 Harvey Beck's Polka Band - EDR 6:00 Open Billiards - SL 6:30 "MEN'S Movies" Selected by Vince - TH	14 8:15 Water Aerobics w/ FUN - PL 10:30 Marvelous Minds - CR 1:30 Card Bingo - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
15 7:30 Church Shuttles - L* 9:00 Catholic Mass on TV, Ch 7 - TH 10:00 Catholic Communion - TH 12:30 Trivia Time - WB 1:00 BINGO - CR ^ 2:00 Hymns & the Spoken Word - EDR 2:30 Resident's Choice Movie Matinee - TH 6:30 Movie Night - TH	16 8:00 Water Aerobics - PL 10:00 Safeway Complex* - L 10:30 Bible Study - SL 12:30 Knitting Club - EP 1:00 Walgreens, Bank & Post Office* - L 1:00 What's News? - SL 2:00 Fireside Chat w/ Vince - EDR 3:00 Cribbage - SL 3:30 New Resident Orientation - CR 4:00 Ben on the Piano - EDR 6:30 "GAME of THRONES" -	17 9:30 Circuit Training w/ FUN - WC 10:00 Blood Pressure Clinic - WB 10:30 Bible Study - SL 12:30 Bridge Club - SL* 2:30 Movie Matinee - TH 3:45 Dinner Out: Macayo's Mexican Restaurant - L* ^ 6:30 "GAME of THRONES" - HBO Series (Rated R+) - TH	18 9:30 Tai Chi - WC 10:30 Balance & Fall Prevention - WC 1:30 Local Vocals Choir Practice - EDR 2:30 Just for Laughs: Movie Matinee - TH 3:30 BLACK TIE HAPPY HOUR - Back Patio 4:00 BLACK TIE DINNER 4:00 Piano Music w/ Wanda 6:30 Movie Night - TH	19 9:30 Functional Fitness w/ Team Select - WC 10:30 "Writing Your Life Series" - SL 10:30 Marvelous Minds - CR 1:00 Study of World Religions - SL 2:00 BINGO ^ - CR 2:00 Book Club - TH 3:15 Heart Legacy Demonstration - EL 6:30 "AS TIME GOES BY" Series - TH	20 8:00 Open Transport in Ahwatukee until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 11:00 Bell Choir Practice - CR 2:30 Happy Hour: Rock'n Memories w/ Pam & Bruce EDR 6:00 Open Billiards - SL 6:30 "MEN'S Movies" Selected by Vince - TH	21 8:15 Water Aerobics w/ FUN - PL 10:15 Christian Worship Service - WB 10:30 Marvelous Minds - CR 11:00 JoJo Pet Therapy - WB 1:30 Sweet Adelines Musical Performance - EDR 2:30 Movie Matinee - TH 6:30 Movie Night - TH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>22</div> <div><div>7:30</div> Church Shuttles - L* <div>9:00</div> Catholic Mass on TV, Ch 7 - TH <div>10:00</div> Catholic Communion - TH <div>12:30</div> Trivia Time - WB <div>1:00</div> BINGO - CR ^ <div>2:00</div> Hymns & the Spoken Word - EDR <div>2:30</div> Resident's Choice Movie Matinee - TH <div>6:30</div> Movie Night - TH</div>	<div>23</div> <div><div>8:00</div> Water Aerobics w/ Instructor - PL <div>10:00</div> Fry's Grocery - L* ^ <div>10:30</div> Bible Study - SL <div>12:30</div> Knitting Club - EP <div>1:00</div> What's News? - SL <div>1:00</div> Walgreens, Bank & Post Office* - L <div>2:00</div> Townhall Mt'g - EDR <div>2:00</div> Fireside Chat w/ Vince - EDR <div>3:00</div> FUN Committee - PDR <div>6:30</div> "GAME of THRONES" - HBO Series (Rated R+)</div>	<div>24</div> <div><div>9:30</div> Circuit Training w/ FUN - WC <div>10:30</div> Bible Study - SL <div>11:30</div> R.O.M.E.O. Lunch - EDR* <div>12:30</div> Bridge Club - SL* <div>2:00</div> BINGO ^ - CR <div>3:15</div> Heart Legacy Demonstration - EL <div>6:30</div> "GAME of THRONES" - HBO Series (Rated R+) - TH</div>	<div>25</div> <div><div>9:00</div> Bell Choir Excursion - L <div>9:30</div> Tai Chi - WC <div>10:30</div> Fall Prevention - WC <div>11:00</div> MLB FallBall @ Mesa's Sloan Park - L* ^ <div>1:30</div> Local Vocals Choir Practice - EDR <div>2:30</div> Just for Laughs: Movie Matinee - TH <div>4:00</div> Trick or Treaters - WDR <div>6:00</div> HALLOWEEN BINGO w/ the Kids from the LDS</div>	<div>26</div> <div><div>9:30</div> Functional Fitness w/ Team Select - WC <div>10:30</div> "Writing Your Life Series" - SL <div>10:30</div> Marvelous Minds - CR <div>1:00</div> Study of World Religions - SL <div>1:00</div> Individual Computer & Phone Lessons - EL* <div>2:00</div> BINGO ^ - CR <div>3:15</div> Home Town Social: NEW ENGLAND STATES <div>6:30</div> "AS TIME GOES BY"</div>	<div>27</div> <div><div>8:00</div> Open Transport in Ahwatukee until 11 am* - L <div>9:30</div> Chair Yoga w/ Patty - WC <div>1:00</div> Canvas & Cocktails: O'Keefe's Poppies - CR <div>6:00</div> Open Billiards - SL <div>6:30</div> "MEN'S Movies" Selected by Vince - TH</div>	<div>28</div> <div><div>10:00</div> HOLIDAY MARKET until 1pm <div>2:30</div> Movie Matinee - TH <div>6:30</div> Movie Night - TH</div>
<div>29</div> <div><div>7:30</div> Church Shuttles - L* <div>9:00</div> Catholic Mass on TV, Ch 7 - TH <div>10:00</div> Catholic Communion - TH <div>12:30</div> Trivia Time - WB <div>1:00</div> BINGO - CR ^ <div>2:00</div> Hymns & the Spoken Word - EDR <div>2:30</div> Resident's Choice Movie Matinee - TH <div>6:30</div> Movie Night - TH</div>	<div>30</div> <div><div>8:00</div> Water Aerobics w/ Instructor - PL <div>10:00</div> Safeway Complex - L* <div>10:00</div> Bashas' - L* <div>10:30</div> Bible Study - SL <div>12:30</div> Knitting Club - EP <div>1:00</div> What's News? - SL <div>1:00</div> Walgreens, Bank & Post Office* - L <div>2:00</div> Fireside Chat w/ Vince - EDR <div>3:00</div> Cribbage - SL <div>6:30</div> "GAME of THRONES" - HBO Series (Rated R+)</div>	<div>31</div> <div>Halloween<div><div>9:30</div> Circuit Training w/ FUN - WC <div>10:30</div> Bible Study - SL <div>12:30</div> Bridge Club - SL* <div>2:30</div> Happy Hour: Les Koel - EDR <div>6:30</div> "AS TIME GOES BY" Series - TH <div>6:30</div> "GAME of THRONES" - HBO Series (Rated R+) - TH</div></div>	<div>OCTOBER BIRTHDAYS</div> <div>07 - Frank B. 20 - Betty R. 21 - Roger J.</div>	<div>CR: COMMUNITY ROOM EB: EAST BISTRO EDR: EAST DINING ROOM EP: EAST PARLOR EL: EAST LIBRARY L: LOBBY P: PATIO PDR: PRIVATE DINING ROOM PL: POOL RC: RESIDENCE CLUB SL: SKY LOUNGE TH: THEATRE WB: WEST BISTRO WC: WELLNESS CENTER WDR: WEST DINING ROOM</div>	<div>MEDICAL & INDIVIDUAL APPOINTMENTS*</div> <div>Tues & Thurs - 8 to 3 See Concierge for sign up. Appointments must be made at least 24 hours in advance.</div> <div>*Sign up in Activity Book ^There is a fee for this activity</div> <div>Activities and appointments are subject to change.</div>	