OCTOBER 2017

Mountain Park Senior Living: Assisted Living

TY FRANCIS GEORGE BRENT GIVE ME YOUR HEART	Color your life with	n Stage & Screen Music
GIVE ME YOU!		Did you know?

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

	Tiving. Assisted Living		TO SOURCE AND SOURCE SAND	the one from	i Dishey's Show white a	ina the Seven Dwarfs.
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
7:30 Church Shuttles - L* 9:00 Catholic Mass on TV, Ch 7 - TH	8:00 Water Aerobics w/ Instructor - PL 10:00 Bashas' - L*	8:00 Open Swim - PL 9:30 Circuit Training w/ FUN - WC	8:00 Open Swim - PL 9:30 Tai Chi - WC 10:00 Fry's Discount Day -	9:00 Veteran's Club: Discussion w/ DVHS Students - CR	8:00 Open Transport in Ahwatukee until 11 am* - L	8:15 Water Aerobics w/ FUI - PL 10:15 Christian Worship
0:00 Catholic Communion -	10:30 Bible Study - SL 12:30 Knitting Club - EP	10:00 Blood Pressure Check - WB	L^* 10:30 Balance & Fall	9:30 Functional Fitness w/ Team Select - WC	9:30 Chair Yoga w/ Patty - WC	Service - WB 10:30 Marvelous Minds - CR
L 2:30 Trivia Time - WB 1:00 BINGO - CR^	1:00 Walgreens, Bank & Post Office - L*	10:30 Bible Study - SL 11:30 BIRTHDAY Celebration	Prevention - WC 1:00 David's Make-up	10:30 BINGO w/ DVHS Students - EDR	10:00 Coffee & Donuts - CR 10:30 Parkinson Support	11:00 JoJo Pet Therapy - WB 1:30 Let's Play Kings in th
2:00 Hymns & the Spoken Word - EDR 2:30 Resident's Choice	1:00 What's News? - SL 2:00 Fireside Chat w/ Vince - EDR	& Lunch - EDR * 12:30 Bridge Club - SL* 2:00 BINGO^ - CR	Mystery Trip - L* 1:30 Local Vocals Choir Practice - EDR	10:30 "Writing Your Life Series" - SL 1:00 Study of World	Group - TH 2:30 Happy Hour: Lee Piper - EDR	Corner - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
Movie Matinee - TH 6:30 Movie Night - TH	3:00 Cribbage - SL 4:00 Ben on the Piano - EDR	3:15 Heart Legacy Demonstration - EL	2:30 Just for Laughs: Movie Matinee - TH	Religions - SL 2:00 Book Club - TH	6:00 Open Billiards - SL 6:30 "MEN'S Movies"	0.30 Movie Night - III
	6:30 "GAME of THRONES" - HBO Series (Rated R+)	6:30 "GAME of THRONES" - HBO Series (Rated R+)	4:00 Piano Music w/ Wanda 6:30 Movie Night - TH	3:15 H.U.G.S. Meeting - SL 6:30 "AS TIME GOES BY"	Selected by Vince - TH	
8	9 Columbus Day	10	11	12	13	14
7:30 Church Shuttles - L* 9:00 Catholic Mass on TV, Ch 7 - TH	8:00 Water Aerobics w/ Instructor - PL 9:00 Tour Enclave @	9:30 Circuit Training w/ FUN - WC 10:00 FLU Shot Clinic until	9:30 Tai Chi - WC 10:30 Brunch Bunch: Cracker Barrel - L*^	3:15 Heart Legacy Demonstration - EL 9:30 Functional Fitness w/	8:00 Open Transport in Ahwatukee until 11 am* - L	8:15 Water Aerobics w/ FUI - PL 10:30 Marvelous Minds - CR
LO:00 Catholic Communion - TH 12:30 Trivia Time - WB	Anthem & Visit Pumpkin Patch - L*^ 10:30 Bible Study - SL	12:30am - CR 10:30 Bible Study - SL 11:30 J.U.L.I.E.T. Luncheon -	10:30 Food Committee w/ Heather - CR 10:30 Balance & Fall	Team Select - WC 10:30 "Writing Your Life Series" - SL	9:30 Chair Yoga w/ Patty - WC 10:30 Memory Magic w/	1:30 Card Bingo - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
1:00 BINGO - CR ^ 2:00 Hymns & the Spoken	12:30 Knitting Club - EP 2:00 Fireside Chat w/ Vince	EDR* 12:30 Bridge Club - SL*	Prevention - WC 1:30 Local Vocals Choir	10:30 Marvelous Minds - CR 1:00 Study of World	Mark: Comforcare - RC 11:00 Bell Choir Practice -	0.30 Movie Night - III
Word - EDR 2:30 Resident's Choice Movie Matinee - TH	- EDR 3:00 Cribbage - SL 6:30 "GAME of THRONES" -	2:00 BINGO - CR* 3:15 Heart Legacy Demonstration - EL	Practice - EDR 2:30 Just for Laughs: Movie Matinee - TH	Religions - SL 1:00 Individual Computer & Phone Lessons - EL*	CR 2:30 Harvey Beck's Polka Band - EDR	
6:30 Movie Night - TH	HBO Series (Rated R+) - TH	6:30 "GAME of THRONES" - HBO Series (Rated R+) - TH	4:00 Piano Music w/ Wanda 6:30 Movie Night - TH	2:00 BINGO^ - CR 3:15 Heart Legacy Demonstration - EL	6:00 Open Billiards - SL 6:30 "MEN'S Movies" Selected by Vince - TH	
.5	16	17	18	19	20	21
7:30 Church Shuttles - L* 9:00 Catholic Mass on TV,	8:00 Water Aerobics - PL 10:00 Safeway Complex* - L	9:30 Circuit Training w/ FUN - WC	9:30 Tai Chi - WC 10:30 Balance & Fall	9:30 Functional Fitness w/ Team Select - WC	8:00 Open Transport in Ahwatukee until 11	8:15 Water Aerobics w/ FUI - PL
Ch 7 - TH 0:00 Catholic Communion - TH	10:30 Bible Study - SL 12:30 Knitting Club - EP 1:00 Walgreens, Bank &	10:00 Blood Pressure Clinic - WB 10:30 Bible Study - SL	Prevention - WC 1:30 Local Vocals Choir Practice - EDR	10:30 "Writing Your Life Series" - SL 10:30 Marvelous Minds - CR	am* - L 9:30 Chair Yoga w/ Patty - WC	10:15 Christian Worship Service - WB 10:30 Marvelous Minds - CR
2:30 Trivia Time - WB 1:00 BINGO - CR^	Post Office* - L 1:00 What's News? - SL	12:30 Bridge Club - SL* 2:30 Movie Matinee - TH	2:30 Just for Laughs: Movie Matinee - TH	1:00 Study of World Religions - SL	11:00 Bell Choir Practice - CR	11:00 Jojo Pet Therapy - WE 1:30 Sweet Adelines
2:00 Hymns & the Spoken Word - EDR	2:00 Fireside Chat w/ Vince - EDR	3:45 Dinner Out: Macayo's Mexican Restaurant -	3:30 BLACK TIE HAPPY HOUR - Back Patio	2:00 BINGO^ - CR 2:00 Book Club - TH	2:30 Happy Hour: Rock'n Memories w/ Pam &	Musical Performance EDR
2:30 Resident's Choice Movie Matinee - TH 6:30 Movie Night - TH	3:00 Cribbage - SL 3:30 New Resident Orientation - CR 4:00 Ben on the Piano - EDR	L*^ 6:30 "GAME of THRONES" - HBO Series (Rated R+) - TH	4:00 BLACK TIE DINNER 4:00 Piano Music w/ Wanda 6:30 Movie Night - TH	3:15 Heart Legacy Demonstration - EL 6:30 "AS TIME GOES BY" Series - TH	Bruce EDR 6:00 Open Billiards - SL 6:30 "MEN'S Movies" Selected by Vince - TH	2:30 Movie Matinee - TH 6:30 Movie Night - TH
	6:30 "GAME of THRONES" -				,	

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