

NOVEMBER 2017

Mountain Park Senior Living: **Assisted Living**

Color your life with... **Big Band Music**

Did you know?

A "big band" typically consists of approximately 12-25 musicians and contains saxophones, trumpets, trombones, and a rhythm section.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> - Be Connected - Be Expressive - Be Healthy - Be Inspired - Be Involved - Be Social - Be Spiritual 	<p>NOVEMBER BIRTHDAYS</p> <p>03 - Marian B. 11 - Pat W. 14 - Pat D. 18 - Mary W. 21 - Noretta H. 29 - Tidie M.</p>		<p>1</p> <p>8:45 BIO Fitness Class w/ Donna - WC</p> <p>10:00 Fry's Discount Day - L^*</p> <p>10:00 Canvas & Cocktails: O'Keefe's Poppies - CR</p> <p>11:30 BIRTHDAY Celebration & Lunch EDR*</p> <p>1:30 "Local Vocals" Choir Practice - EDR</p> <p>2:30 Just for Laughs: Movie Matinee - TH</p>	<p>2</p> <p>9:00 Veteran's Club: Discussion w/ DVHS Students - CR</p> <p>9:30 Functional Fitness w/ Team Select - WC</p> <p>10:30 BINGO w/ DVHS Students - EDR</p> <p>10:30 "Writing Your Life Series" - SL</p> <p>1:00 Study of World Religions - SL</p> <p>3:15 H.U.G.S. Meeting - SL</p> <p>6:30 "AS TIME GOES BY"</p>	<p>3</p> <p>9:30 Chair Yoga w/ Patty - WC</p> <p>10:00 Coffee Connection & Donuts - CR</p> <p>10:30 Parkinson Support Group - TH</p> <p>11:00 Bell Choir Practice - CR</p> <p>2:30 Happy Hour: Peter Davis - EDR</p> <p>6:00 Resident: Game of Choice - SL</p> <p>6:30 Movies Selected by Vince - TH</p>	<p>4</p> <p>9:00 Temple Emanuel Transportation - L*</p> <p>9:30 Walking Club - L</p> <p>10:15 Christian Worship Service - WB</p> <p>10:30 Marvelous Minds - CR</p> <p>1:00 Longstreet Children's Piano Recital -EDR</p> <p>1:45 Let's Play Apples to Apples - EB</p> <p>2:30 Movie Matinee - TH</p> <p>6:30 Movie Night - TH</p>
<p>5 Daylight Savings Ends</p> <p>9:00 Catholic Mass on TV, Ch 7 - TH</p> <p>10:00 Catholic Communion - TH</p> <p>12:30 Trivia Time - WB</p> <p>1:00 BINGO - CR^</p> <p>2:00 Hymns & the Spoken Word - EDR</p> <p>2:30 Resident's Choice Movie Matinee - TH</p> <p>6:30 Movie Night - TH</p>	<p>6</p> <p>9:30 Tai Chi - WC</p> <p>10:00 Safeway, TJ's, \$ - L*</p> <p>10:30 Bible Study - SL</p> <p>11:30 Lunch & Learn: "AZ HEARING" - CR</p> <p>12:30 Knitting Club - EP</p> <p>1:00 Walgreens, Bank & Post Office - L*</p> <p>2:00 Fireside Chat - EDR</p> <p>3:00 Cribbage - SL</p> <p>6:30 "GAME of THRONES" HBO Series (R) -TH</p>	<p>7 Election Day</p> <p>9:30 Circuit Training w/ FUN - WC</p> <p>10:00 Blood Pressure Check - WB</p> <p>10:30 Bible Study - SL</p> <p>12:30 Bridge Club - SL*</p> <p>2:00 BINGO - CR^</p> <p>3:15 Heart Legacy Demonstration - EL</p> <p>6:30 Repeat - "GAME of THRONES" (R) - TH</p>	<p>8</p> <p>8:45 BIO Fitness Class w/ Donna - WC</p> <p>9:30 David's Mystery Trip # 1 - L*</p> <p>10:30 Food Committee w/ Heather - CR</p> <p>1:00 David's Mystery Trip #2 - L*</p> <p>1:00 Poker: TEXAS Hold-Em - SL</p> <p>1:30 "Local Vocals" Choir Practice - EDR</p> <p>2:30 Just for Laughs: Movie Matinee - TH</p>	<p>9</p> <p>9:30 Functional Fitness w/ Team Select - WC</p> <p>10:30 Marvelous Minds - CR</p> <p>10:30 "Writing Your Life Series" - SL</p> <p>1:00 Study of World Religions - SL</p> <p>2:00 BINGO - CR^</p> <p>2:00 Book Club - TH</p> <p>2:30 Happy Hour: Patriotic Songs w/ Mike Chamberlin - EDR</p>	<p>10</p> <p>9:30 Chair Yoga w/ Patty - WC</p> <p>10:30 Memory Magic w/ Mark: Comforcare - RC</p> <p>11:00 Bell Choir Practice - CR</p> <p>12:30 David's Mystery Trip #3 - L*</p> <p>2:00 BINGO - CR^</p> <p>6:00 Resident: Game of Choice - SL</p> <p>6:30 Movies Selected by Vince - TH</p>	<p>11 Veterans Day</p> <p>9:00 Temple Emanuel Transportation - L*</p> <p>9:30 Walking Club - L</p> <p>10:30 Marvelous Minds - CR</p> <p>1:30 American Legion Flag Presentation - CR</p> <p>2:30 Movie Matinee - TH</p> <p>6:30 Movie Night - TH</p>
<p>12</p> <p>9:00 Catholic Mass on TV, Ch 7 - TH</p> <p>10:00 Catholic Communion - TH</p> <p>12:30 Trivia Time - WB</p> <p>1:00 BINGO - CR^</p> <p>2:00 Hymns & the Spoken Word - EDR</p> <p>2:30 Resident's Choice Movie Matinee - TH</p> <p>6:30 Movie Night - TH</p>	<p>13</p> <p>10:00 Bashas' - L*</p> <p>10:30 Bible Study - SL</p> <p>12:30 Knitting Club - EP</p> <p>1:00 Walgreens, Bank & Post Office - L*</p> <p>2:00 Fireside Chat w/ Vince- EDR</p> <p>3:00 Cribbage - SL</p> <p>3:30 New Resident Orientation - CR</p> <p>6:30 "GAME of THRONES" HBO Series (R) -TH</p>	<p>14</p> <p>9:30 Circuit Training w/ FUN - WC</p> <p>10:30 Bible Study - SL</p> <p>12:30 Bridge Club - SL*</p> <p>1:00 Maintenance Committee - SL</p> <p>2:00 BINGO - CR^</p> <p>3:15 Heart Legacy Demonstration - EL</p> <p>3:45 Dinner Out: Sweet Tomatoes - L*^</p> <p>6:30 Repeat - "GAME of THRONES" (R) - TH</p>	<p>15</p> <p>8:45 BIO Fitness Class w/ Donna - WC</p> <p>10:00 Excursion: POLLACK ADVERTISING MUSEUM in Mesa - L*^</p> <p>10:30 Fall Prevention - WC</p> <p>1:30 "Local Vocals" Choir Practice - EDR</p> <p>2:30 Decorating Workshop - CR</p> <p>2:30 Just for Laughs: Movie Matinee - TH</p> <p>6:30 Movie Night - TH</p>	<p>16</p> <p>9:30 Functional Fitness w/ Team Select - WC</p> <p>10:30 Marvelous Minds - CR</p> <p>10:30 "Writing Your Life Series" - SL</p> <p>1:00 Study of World Religions - SL</p> <p>2:00 BINGO - CR^</p> <p>6:30 "AS TIME GOES BY" Series (G) - TH</p>	<p>17</p> <p>9:30 Chair Yoga w/ Patty - WC</p> <p>11:00 Bell Choir Practice - CR</p> <p>2:30 Happy Hour: Rock'n Memories w/ Pam & Bruce EDR</p> <p>6:00 Resident: Game of Choice - SL</p> <p>6:30 Movies Selected by Vince - TH</p>	<p>18</p> <p>9:30 Walking Club - L</p> <p>10:15 Christian Worship Service - WB</p> <p>10:30 Marvelous Minds - CR</p> <p>11:00 Jojo Pet Therapy - WB</p> <p>1:30 Card Bingo - CR</p> <p>2:30 Movie Matinee - TH</p> <p>6:30 Movie Night - TH</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 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	20 10:00 Fry's Grocery - L* 10:30 Bible Study - SL 12:30 Knitting Club - EP 1:00 Walgreens, Bank & Post Office - L* 2:00 Fireside Chat w/ Vince- EDR 3:00 Cribbage - SL 6:30 "GAME of THRONES" HBO Series (R) -TH	21 9:30 Circuit Training w/ FUN - WC 10:00 Blood Pressure Clinic - WB 10:30 Bible Study - SL 11:30 R.O.M.E.O. Lunch - EDR* 12:30 Bridge Club - SL* 2:00 BINGO - WDR ^ 3:15 Heart Legacy Demonstration - EL 6:30 Repeat - "GAME of THRONES" (R) - TH	22 8:45 BIO Fitness Class w/ Donna - WC 10:30 Fall Prevention - WC 1:00 Poker - TEXAS Hold-Em - SL 2:00 TURKEY BINGO - CR ^ 2:30 Just for Laughs: Movie Matinee - TH 6:30 Movie Night - TH	23 Thanksgiving 9:30 Turkey Trott-About - L 10:30 Marvelous Minds - Concierge 1:00 Thanksgiving Scavenger Hunt - Concierge 2:00 Time for a 30 minute Holiday Snooze 6:30 "AS TIME GOES BY" Series (G) - TH	24 9:30 Chair Yoga w/ Patty - WC 10:30 "Charlie Chaplin's Gold Rush Musical" w/ Ricki Miles - EDR 1:30 Chris Well's Presents "Hawaii & It's Two Volcanic Parks" - CR 6:00 Resident: Game of Choice - SL 6:30 Movies Selected by Vince - TH	25 9:00 Temple Emanuel Transportation - L* 9:30 Walking Club - L 10:30 Marvelous Minds - CR 1:30 Carole Kepner on the Piano - EDR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
26 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	27 10:00 Safeway, TJ's, \$ - L* 10:30 Bible Study - SL 12:30 Knitting Club - EP 1:00 Walgreens, Bank & Post Office - L* 2:00 TOWNHALL Mt'g - EDR 3:00 FUN Committee - CR 3:00 Cribbage - SL 6:30 "GAME of THRONES" HBO Series (R) -TH	28 9:30 Circuit Training w/ FUN - WC 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 Repeat - "GAME of THRONES" (R) - TH	29 8:45 BIO Fitness Class w/ Donna - WC 9:00 Bell Choir Outing to Mountain View Lutheran - L 10:15 Brunch Bunch: "BISCUITS" - L* ^ 10:30 Fall Prevention - WC 1:30 "Local Vocals" Choir Practice - EDR 2:30 Just for Laughs: Movie Matinee - TH 6:30 Movie Night - TH	30 9:30 Functional Fitness w/ Team Select - WC 10:30 "Writing Your Life Series" - SL 1:00 Study of World Religions - SL 2:00 BINGO - CR ^ 2:50 Home Town Social: NYC, NJ, Maryland, Delaware - SL* 6:30 "AS TIME GOES BY" Series (G) - TH	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	MEDICAL APPOINTMENTS* Tue & Thu - 8 AM to 3 PM See Concierge for sign up. Appointments must be made at least 24 hours in advance. * Sign up in Activity Book. ^There is a fee for this activity. Activities & appointments are subject to change.