


Mountain Plaza Assisted Living Activities

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

October

<p>9:00 Energizing Exercise 9:30 Exercise with Sunshine in GM 9:45 Exercise in MC 10:30 Bible Study with Kim in GM 1:00 Here Comes the NIC Crafting in GM 2:30 Gypse Cowbelle Music 3:30 Decorating Committee in AR For Halloween!!!! 6:15 Show in RI "Extraordinary Animals"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 9:45 Outing -Art Core 10:30 Bible Study with Dianne in GM 1:00 Otolaryngology -for Hearing Aids in GM 1:30 MC Corn Hole 2:30 Over Wyoming PBS show in GM 3:30 Corn Hole in GT</p>	<p>9:00 Energizing Exercise 9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:30 Bible Study with Kim in GM 2:00 Dave Tuley Music in GT 2:45 Outing "Ice Cream!" 4:00 Contour Drawing in AR 6:15 Show in RI "Extraordinary Animals"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Bible Study with Dianne in GM 1:30 Kick Ball in GM 2:00 MC UND Students 3:00 Farkle Dice Game in BI 4:00 Lets Color Together in AR 6:00 Poker Night in GT Win Prizes!</p>	<p>9:00 Energizing Exercise 9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:30 Cowboy Poetry in BI 1:00 Pet visit in MC 1:30 Craft Connection In AR 3:30 Bingo 6:15 Show in RI "Happy Days"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Book Reading in GM Because of Winn-Dixie 2:00 The Meadow Larks 3:30 Balloon Badminton in GM</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Joke in GM 2:00 Oktoberfest!!!! in BI Lets Drink Beer and Eat Pretzels Come Celebrate! 6:15 Movie in RI "March of the Penguins" OKTOBERFEST ENDS</p>
<p>10:30 Mike Bruning Church Services in RI 2:00 Movie in RI "Guarding Tess"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Current Events in BI 2:00 Jim Oliver Music in GT 3:30 Bingo! in GM</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:30 Bible Study with Kim in GM 2:00 Dave Tuley Music in GT 2:45 Outing "Ice Cream!" 4:00 Contour Drawing in AR 6:15 Show in RI "Extraordinary Animals"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Bible Study with Dianne in GM 1:30 Kick Ball in GM 2:00 MC UND Students 3:00 Farkle Dice Game in BI 4:00 Lets Color Together in AR 6:00 Poker Night in GT Win Prizes!</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:30 Cowboy Poetry in BI 1:00 Pet visit in MC 1:30 Craft Connection In AR 3:30 Bingo 6:15 Show in RI "Happy Days"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Book Reading in GM "Because of Winn-Dixie" 12:30 MC Outing 2:00 UND Student Activity in GM 3:30 Golf in the GT</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Sing Along in GM 1:30 The Ancient Romans GM Work towards you Mpal Diploma 3:00 Movie in RI "Walking with Dinosaurs"</p>
<p>10:30 Gayle Unruh Church Services in GT 2:00 Charades in GM 6:15 Show in RI "Animal Odd Couples"</p>	<p>9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:30 "A View From Center Street" in GM Reading 2:00 Stephanie Music in GT 3:30 Bingo</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:30 Bible Study with Kim in GM 1:00 Scrap Booking in MC for everyone! with Treats 3:30 Kick Ball 6:15 Show in RI "The Men who Built America"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Bible Study with Dianne in GM 2:30 MC UND Students 2:30 Community Bingo 1 Card/ Tons of Cash in Dining Room 4:00 Sit & Sketch in AR</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:00 Communion in GT with Music! 1:30 Craft Connection in AR 3:30 Nerf it up in GM 6:15 Show in RI "Happy Days"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Trivia & Treats in BI 2:00 UND Student Activity in GM 3:30 Cornhole in GT</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Joke Time in BI 1:30 Family Game Day in GM! Farkle, Jenga, Scrabble 1:30 MC Family Bingo! 3:00 Movie in RI "Ice Man" It's a drama</p>
<p>10:00 Up Lifting Movie in RI 2:00 College Heights Church Services 3:30 Wyoming Folk Lore Reading in GM 6:15 Movie in RI "Arctic Tale"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Current Events in BI 2:00 Jim Oliver Music in GT 3:30 Bingo! in GM</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/ Sunshine in GM 9:45 Exercise in MC 10:30 Bible Study with Kim in GM 1:00 Outing to Art 321 1:00 MC Nerf It Up. 3:30 Kick Ball 6:15 Show in RI "The Men Who Built America"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Bible Study with Dianne in GM 1:00 MC Flash Time. 2:00 Chris Weydeveld Music in GT 3:30 Balloon Badminton in GM 4:30 Before dinner drinks in BI</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/ Sunshine in GM 10:00 MC Exercise 10:30 Let's Write a Story! in GM 1:00 MC Charades/ Pictionary 1:30 Craft Connection in AR 3:30 Bingo 6:30 Terry on Piano in GT</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Book Reading in GM 12:30 MC Outing 2:00 Dave Tuley Music in GT 3:00 UND Student Activity in GM 4:00 Let's Color in AR</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Trivia Time in BI 1:30 Halloween Cookie Decorating 3:00 Movie in RI "Abbott and Costello Meet The Invisible Man"</p>
<p>10:30 Gayle Unruh Church Services in GT 2:00 Wii Wheel of fortune in GM 6:15 Show in RI "Disney's Earth"</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Current Events in BI 2:00 Nurf it up! in GM 3:30 Bingo! in GM</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/Sunshine in GM 9:45 Exercise in MC 10:30 Bible Study with Kim in GM 2:00 Kick Ball in GM 1:00 MC Match Game 3:30 Lets Color in AR 6:30 Gayle on Piano in GT</p>	<p>9:30 Exercise in GM 9:45 Exercise in MC 10:30 Bible Study with Dianne in GM 1:00 MC Puzzle Time. 1:30 Broom Ball in GM 3:30 Outing Casper Planetarium</p>	<p>9:00 Energizing Exercise in GM 9:30 Exercise w/ Sunshine in GM 10:00 MC Morning Outing 10:30 Let's Write a Story! in GM 1:00 - 5:00 Halloween Party And Trick or Treaters! 6:15 Show in the RI "Abbott and Costello Meet Dr. Jekyll and Mr. Hyde"</p>		<p>KEY AR=Art Room GM=Game Room GT= Great Room BI= Bistro RI= Rialto MC=Memory Care</p>