

# Mountain Plaza Assisted Living Activities

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

# November

**KEY**  
**AR=Art Room**  
**GM=Game Room**  
**GT= Great Room**  
**BI= Bistro**  
**RI= Rialto**  
**MC=Memory Care**

9:00 Energizing Exercise **1**  
 9:30 Exercise in GM  
 9:45 Exercise in MC  
 10:30 Book Reading in GM  
 Tiger Rising  
 1:30 Crafting for Charity  
 3:30 Balloon Badminton in GM

9:30 Exercise in GM **2**  
 9:45 Exercise in MC  
 10:30 Sing Along in GM  
 1:30 The History of Mathematics  
 Work towards you Mpal Diploma  
 3:00 Movie in RI  
 "True Lies" Action-Comedy

**3**  
 10:30 Mike Bruning Church Services in RI  
 1:30 Horse Shoes in GM  
 3:00 Movie in RI  
 "Arctic Tale"  
  
 Daylight savings end set clocks back

9:30 Exercise in GM **4**  
 9:45 Exercise in MC  
 10:30 Current Events in BI  
 2:00 Music with Charles & Family  
 3:30 Bingo! in GM

9:00 Energizing Exercise **5**  
 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  
 3:00 Pub Time in GM  
 poker and drinks  
 4:00 Decorating Committee in AR  
 6:15 Show in RI  
 "The Men who Built America"  
 Election Day

9:30 Exercise in GM **6**  
 9:45 Exercise in MC  
 10:30 Bible Study with Dianne in GM  
 11:00 Outing Lunch at McDonald's  
 1:00 MC Reading  
 1:30 Residents Council  
 3:00 Farkle in GM  
 4:00 Color with me in Ar

9:30 Exercise w/ Sunshine in BI **7**  
 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

9:30 Exercise in GM **8**  
 9:45 Exercise in MC  
 10:30 Book Reading in GM  
 End one Start another  
 2:00 The Meadowlarks in GT  
 3:30 Kick Ball in GT  
 Gone with the Wind day

9:30 Exercise in GM **9**  
 9:45 Exercise in MC  
 10:30 Music recordings in GM  
 1:30 The History of Art  
 Work towards you Mpal Diploma  
 3:00 Movie in RI  
 "" Action-Comedy

10:30 Gayle Unruh Church Services in GT **10**  
 2:00 Dominos in GM  
 6:15 Show in RI  
 "Happy Days"

9:30 Exercise in GM **11**  
 9:45 Exercise in MC  
 10:30 Current Events in BI  
 2:00 Jim Oliver Music in GT  
 3:30 Veterans Day  
 Ice Cream Social in BI  
 Veterans Day

9:00 Energizing Exercise in GM **12**  
 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  
 3:00 Walmart Trip  
 6:15 Show in RI

9:30 Exercise in GM **13**  
 9:45 Exercise in MC  
 10:30 Bible Study with Dianne in GM  
 1:30 Crafting for Charity AR  
 3:00 MC Golf  
 3:30 Balloon Badminton in GM

9:30 Exercise w/ Sunshine in BI **14**  
 9:45 Exercise in MC  
 10:30 Book Club meet and greet in BI  
 Find out what its all about  
 1:00 Nerf in MC  
 1:30 Craft Connection In AR  
 3:30 Bingo in GM  
 5:15 Art show Reception outing  
 Pickle Day

9:30 Exercise w/ Sunshine in GM **15**  
 9:45 Exercise in MC  
 10:30 Book Reading in GM  
 2:00 Stephanie Music in GT  
 3:30 Lets write Christmas Poems!  
 6:00 Community Bingo!  
 1 Card/ Tons of Cash in Great Room

9:30 Exercise in GM **16**  
 9:45 Exercise in MC  
 10:30 Music recordings in GM  
 1:30 Mountain Plaza Family Show and Tell! in GT  
 3:30 Kick Ball in GM  
 6:15 Movie in RI

11:00 Inspirational Sing Along in GM **17**  
 2:00 College Heights Church Services  
 3:30 Wyoming Folk Lore Reading in GM  
 6:15 Movie in RI  
 "Happy Days"

9:30 Exercise in GM **18**  
 9:45 Exercise in MC  
 10:30 Current Events in BI  
 2:00 Sing Along in GM  
 3:30 Bingo in GM

9:00 Energizing Exercise in GM **19**  
 9:30 Exercise w/ Sunshine in GM  
 9:45 Exercise in MC  
 10:30 Bible Study with Kim in GM  
 1:00 Lets Color in MC  
 1:30 Foot Doctor in GM Sign up at front desk  
 3:00 Crafting for charity in AR  
 6:15 Show in RI

9:30 Exercise in GM **20**  
 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 Corn Hole in GM

9:00 Energizing Exercise in GM **21**  
 9:30 Exercise w/ Sunshine in GM  
 9:45 Exercise in MC  
 9:45 Coffee Outing  
 1:00 MC Charades/ Pictionary  
 1:30 Craft Connection in AR  
 3:30 Bingo  
 6:30 Terry on Piano in GT  
 Putin on the Ritz Day

9:30 Exercise w/ Sunshine in GM **22**  
 9:45 Exercise in MC  
 10:30 Book Reading in GM  
 1:30 Kick Ball in GM  
 3:00 Trivia and Treats in BI

9:30 Exercise in GM **23**  
 9:45 Exercise in MC  
 10:30 Jokes in GM  
 1:15 Music Recordings in GT  
 2:30 Movie in RI  
 "Gone with the Wind" Part 1

10:30 Gayle Unruh Church Services in GT **24**  
 1:30 Wii Wheel of fortune in GM  
 3:00 Show in RI  
 "Happy Days"

9:30 Exercise in GM **25**  
 9:45 Exercise in MC  
 10:30 Current Events in BI  
 2:00 Jim Oliver Music in GT  
 3:30 BINGO in GM

9:00 Energizing Exercise in GM **26**  
 9:30 Exercise w/ Sunshine in GM  
 10:30 Let's Talk Turkey in BI  
 1:30 Nerf it up in GM  
 3:30 Farkle in GM  
 6:15 Show in the RI  
 Let's Talk Turkey Day

9:30 Exercise in GM **27**  
 9:45 Exercise in MC  
 10:30 Sing Along in GM  
 2:00 Thanksgiving Social! in BI  
 3:30 Wii in GM

10:30 Thanksgiving day Reading in BI **28**  
 11:30-1:00 Thanksgiving day lunch!  
 Family invited  
 2:00 Movie in RI  
 Thanksgiving day 

9:30 Exercise in GM **29**  
 9:45 Exercise in MC  
 10:30 BookReading in GM  
 2:00 Dave Tuley in GT  
 3:30 Cornhole in GT

9:30 Exercise in GM **30**  
 10:00-2:00 Crafting for Charity Craft Show For Alzheimers Awareness  
 2:30 Movie in RI  
 "Gone with the Wind" Part 2