

ALTA RIDGE ACTIVITY CALENDAR

Senior Living & Community Activities

Monday – Friday Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Gentle Stretches 8:45 Rummikub 10:00 Surprises 1:00 Bingo 2:00 Craft W/ Iris 3:30 Skyjo	4 8:30 Touch Our Toes 8:45 Qwixx 10:00 Resident Counsel 1:00 Bingo 2:00 Flip Seven 3:00 Wizard	5 8:30 Let's Go For a Walk 8:45 Monopoly Deal 10:30 Relief Society 1:00 Bingo 2:00 Craft W/ Iris 3:00 Skyjo	6 8:30 Exercise 8:45 Wizard 10:40 Yoga W/ Taralee 1:00 Bingo 2:00 Five Crowns 3:00 Calendar Books 4:00 Uno	7 8:30 Let's Go For a Walk 8:45 Five Crowns 1:00 Bingo 2:00 Activities Store 2:30 Balloon Water Fight 3:30 Flip Seven
10 8:30 Gentle Stretches 10:00 Surprises 1:00 Bingo 2:00 Flip Seven 3:00 Michael Jackson Show 4:00 Cover Your Assets	11 8:30 Touch Our Toes 9:00 Ear Cleaning Clinic 10:00 Monopoly Deal 1:00 Bingo 2:00 The Price Is Right 3:00 Social Hour 4:00 Skyjo	12 8:30 Let's Go For a Walk 8:45 Monopoly Deal 10:30 Relief Society 11:30 Town Hall 1:00 Bingo 2:00 Craft W/ Iris 3:00 Skyjo	13 8:30 Monopoly Deal 8:45 Qwixx 10:45 Yoga W/ Taralee 1:00 Bingo 2:00 Cooking W/ Chef Javier 3:15 Flip Seven	14 8:30 Exercise 10:00 Monopoly Deal 11:00 Cover Your Assets 1:00 Bingo 2:00 Activities Store 2:30 Craft W/ Iris 3:00 Skyjo
17 8:30 Gentle Stretches 9:00 Rummikub 10:00 Surprises with Suzy 1:00 Bingo 2:00 Flip Seven 4:00 Skyjo	18 8:30 Touch Our Toes 8:45 Wizard 10:00 Yahtzee 11:30 Qwixx 1:00 Bingo 2:00 Painting Iris 3:00 Uno Extreme	19 8:30 Let's Go For a Walk 8:45 Qwixx 10:30 Relief Society 11:30 Lunch Bunch: Mo Bettas 1:30 Bingo 3:00 Cover Your Assets	20 8:30 Exercise 8:45 Wizard 10:00 Wizard 1:00 Bingo 2:00 Polka Dot Bikini Painting 3:15 Bob Shorten Sing	21 8:30 Exercise 9:00 Wizard 11:00 Cover Your Assets 1:00 Bingo 2:00 Activities Store 2:30 Water Fight 3:30 Five Crowns
24 8:30 Gentle Stretches 9:00 Rummikub 10:00 Surprises with Suzy 1:00 Bingo 2:00 The Price Is Right 4:00 Skyjo	25 8:30 Touch Our Toes 8:45 Phase Ten 9:00 Beautician Nancy 11:00 Qwixx 1:00 Bingo 2:00 Painting Wood 4:00 Skipbo	26 8:30 Let's Go For a Walk 8:45 Monopoly Deal 10:30 Relief Society 1:00 Bingo 2:00 Five Crowns 3:00 Skyjo	27 8:30 Rummikub 10:00 Nails W/ Abbi 10:45 Yoga W/ Taralee 1:00 Bingo 2:00 Card Making W/ Iris 3:00 Uno Flip 4:00 Skyjo	28 8:30 Exercise 10:00 Monopoly Deal 11:00 Cover Your Assets 1:00 Bingo 2:00 Activities Store 3:00 Skyjo Fishing in Sept.
31 8:30 Gentle Stretches 9:00 Rummikub 10:00 Surprises with Suzy 1:00 Bingo 2:00 Flip Seven 4:00 Skyjo				

Please note: Activities are subject to change. Check with community staff for updates.