

SEPTEMBER 2017

Mountain Park Senior Living: **Independent Living**

Color your life with... *New Age Music*

Did you know?

New Age music is defined more by the effect or feeling it produces than the instruments used in its creation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER BIRTHDAYS 06 Daisy D. 09 Wanita P. 20 Jack Z.	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 & INDIVIDUAL APPOINTMENTS* Tues & Thurs - 8 to 3 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 and appointments are subject to change.			1 8:00 Open Swim - PL 8:15 Open Transport in Ahwatukee Area until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 10:00 Coffee Connection & Donuts - CR 11:00 Bell Choir Practice - TH 2:30 Happy Hour: Ermal & Paula Celebrity Impersonators - EDR 6:00 Open Billiards - SL	2 8:15 Open Swim - PL 10:30 Marvelous Minds - CR 1:30 National Ice Cream Sandwich Day - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
3 7:30 Church Shuttles* - L 9:00 Catholic Mass on TV, Ch 7 - 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	4 Labor Day 8:00 Water Aerobics w/ Instructor - PL 10:30 Local Vocals Choir Concert - EDR 12:30 Knitting Club - EP 1:30 LABOR DAY BINGO - CR 2:00 Labor Day Scavenger Hunt (See Concierge) - L 6:30 Outlander Series (Rated R) - TH	5 8:00 Open Swim - PL 9:30 Circuit Training w/ FUN - WC 10:00 Blood Pressure Check - WB 10:30 "Writing Your Life Series" - SL 10:30 Bible Study - SL 12:30 Bridge Club* - SL 2:00 BINGO^ - CR 6:30 Outlander Series (Rated R) - TH	6 8:00 Open Swim - PL 9:30 Fry's Discount Day*^ - L 9:30 Sit'n Fit w/ FUN - WC 10:30 Brunch Out: Cracker's & Co*^ - L 10:30 Balance & Fall Prevention - WC 2:30 Just for Laughs: Movie Matinee - TH 6:30 Movie Night - TH	7 8:00 Open Swim - PL 9:30 Functional Fitness w/ Team Select - WC 10:30 Marvelous Minds - CR 1:00 Study of World Religions - SL 2:00 NFL KICKOFF BINGO^ - CR 2:00 Book Club - TH 3:15 H.U.G.S. Meeting - SL	8 8:00 Open Swim - PL 8:15 Open Transport in Ahwatukee Area until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 10:30 Memory Magic w/ Mark: Comforcare - RC 11:00 Bell Choir Practice - CR 12:00 BIRTHDAY Celebration & Lunch* - PDR 2:30 Happy Hour: Rock'n Memories w/ Pam &	9 8:15 Water Aerobics w/ FUN - PL 10:15 Christian Worship Service - WB 10:30 Marvelous Minds - CR 1:30 Card Bingo - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
10 7:30 Church Shuttles* - L 9:00 Catholic Mass on TV, Ch 7 - 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	11 8:00 Water Aerobics w/ Instructor - PL 10:00 Bashas'* - 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 Fireside Chat - EDR 3:00 Men @ Play: Cribbage - SL 3:30 New Resident Orientation - CR 6:30 Outlander Series	12 8:00 Water Aerobics w/ Instructor - PL 10:30 Bible Study - SL 10:30 "Writing Your Life Series" - SL 11:00 Glamour Shots - EDR 11:30 J.U.L.I.E.T. Luncheon - EDR* 12:30 Bridge Club* - SL 2:00 BINGO w/ Walgreens (Prizes & Cash)^ - CR 6:30 Outlander Series (Rated R) - TH	13 8:00 Open Swim - PL 9:00 Excursion: ODYSEA Aquarium - L*^ 9:30 Sit'n Fit w/ FUN - WC 10:30 Food Committee w/ Heather - CR 10:30 Balance & Fall Prevention - WC 1:30 Local Vocals Choir Practice - EDR 2:30 Just for Laughs: Movie Matinee - TH 6:30 Movie Night - TH	14 8:00 Open Swim - PL 9:30 Functional Fitness w/ Team Select - WC 10:30 Marvelous Minds - CR 1:00 Individual Computer & Phone Lessons - EL* 1:00 Study of World Religions - SL 2:00 BINGO^ - CR	15 8:00 Open Swim - PL 8:15 Open Transport in Ahwatukee Area until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 10:00 MOUNTAIN PARK ANNUAL HEALTH FAIR until 1 pm - EDR 6:00 Open Billiards - SL	16 8:15 Open Swim - PL 10:30 Marvelous Minds - CR 1:00 Grab Bag! Let's Play Yahtzee! - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 7:30 Church Shuttles* - L 9:00 Catholic Mass on TV, Ch 7 - 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	18 8:00 Water Aerobics w/ Instructor - PL 10:00 Retail Run: Fry's - 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 Fireside Chat w/ Vince - EDR 3:00 Men @ Play: Cribbage - SL 6:30 Outlander Series (Rated R) -TH	19 8:00 Open Swim - PL 9:30 Circuit Training w/ FUN - WC 10:00 Veteran's Club - CR 10:00 Blood Pressure Clinic - WB 10:30 Bible Study - SL 10:30 "Writing Your Life Series" - SL 12:30 Bridge Club* - SL 1:00 Consumer Scams & Identity Theft - CR 2:00 BINGO^ - CR 6:30 Outlander Series	20 Rosh Hashanah 9:30 Sit'n Fit w/ FUN - WC 10:00 Independent Shopping to Chander Mall -L* 10:30 Balance & Fall Prevention - WC 1:30 Local Vocals Choir Practice - EDR 4:00 "UNDER the SEA" Dinner in BLUE - until 6pm 6:30 Movie Night - TH	21 8:00 Open Swim - PL 9:30 Functional Fitness w/ Team Select - WC 10:30 Marvelous Minds - CR 1:00 Study of World Religions - SL 2:00 Book Club - TH 2:00 BINGO^ - CR	22 Fall Begins 8:00 Open Swim - PL 8:15 Open Transport in Ahwatukee Area until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 2:30 Happy Hour: Peter Davis on Piano & Sings - EDR 6:00 Open Billiards - SL	23 8:15 Water Aerobics w/ FUN - PL 10:15 Christian Worship Service - WB 10:30 Marvelous Minds - CR 1:30 Carole Kepner on the Piano - EDR 2:30 Movie Matinee - TH 6:30 Movie Night - TH
24 7:30 Church Shuttles* - L 9:00 Catholic Mass on TV, Ch 7 - 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	25 8:00 Water Aerobics w/ Instructor - PL 10:00 Safeway, TJ's, Dollar Store or Ironwood Library* - 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 3:00 FUN Committee - PDR 3:00 Men @ Play: Cribbage - SL	26 8:00 Open Swim - PL 9:30 Circuit Training w/ FUN - WC 10:30 Bible Study - SL 10:30 "Writing Your Life Series" - SL 11:30 R.O.M.E.O. Lunch - EDR* 12:30 Bridge Club* - SL 2:00 BINGO^ - CR 3:45 Dinner Out: Nello's - L*^ 6:30 Outlander Series (Rated R) - TH	27 8:00 Open Swim - PL 9:00 Bell Choir Excursion - L* 9:30 Sit'n Fit w/ FUN - WC 10:30 Balance & Fall Prevention - WC 10:45 Excursion: Wild Pass Horse Pass Casino - L*^ 1:30 Local Vocals Choir Practice - EDR 2:30 Just for Laughs: Movie Matinee - TH 6:30 Movie Night - TH	28 8:00 Open Swim - PL 9:30 Functional Fitness w/ Team Select - WC 10:30 Marvelous Minds - CR 1:00 Individual Computer & Phone Lessons - EL* 1:00 Study of World Religions - SL 2:00 BINGO^ - CR 3:15 Home Town Social: Pennsylvania & Upstate New York - SL	29 8:00 Open Swim - PL 8:15 Open Transport in Ahwatukee Area until 11 am* - L 9:30 Chair Yoga w/ Patty - WC 10:30 Crafter's Corner - CR 2:30 Happy Hour: Dallas West - EDR 6:00 Open Billiards - SL	30 Yom Kippur 8:15 Water Aerobics w/ FUN - PL 10:30 Marvelous Minds - CR 1:30 Card Bingo - CR 2:30 Movie Matinee - TH 6:30 Movie Night - TH