

The Peaks • ALF Activity Schedule

September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>8:30 CBS Morning Show - B</p> <p>10:30 Body Toning - MR</p> <p>12:30 Wii Game - B</p> <p>1:00 Episcopal Church - MR</p> <p>1:30 Computer Basic - CR</p> <p>3:00 Flagstaff Tabernade - AL</p>	<p>6</p> <p>National Assisted Living Week Sept. 12-18</p> <p>Autumn Begins Sept. 22</p> <p>9:15 Coffee Shop - B</p> <p>10:30 Body Toning-AL</p> <p>12:00 Water Aerobics-P</p> <p>1:00 Grocery Shopping-L</p> <p>1:00 Poker - SFB</p> <p>1:15 Arts & Crafts - AC</p> <p>2:15 Trivia - AC</p> <p>3:30 Bible Study - DSDR</p>	<p>7</p> <p>9:30 Tai Qi - AL</p> <p>10:30 Stretch & Flex - AL</p> <p>11:15 Lunch Outing Park Feed the Ducks - L</p> <p>12:00 Water Aerobics - P</p> <p>3:00 Bingo - B</p>	<p>1</p> <p>10:30 Body Toning - AL</p> <p>1:00 Bannagrams - B</p> <p>2:00 Victorian Prom - AL</p>	<p>2</p> <p>9:00 Morning Walk - Lobby</p> <p>10:30 Stretch & Flex - MR</p> <p>1:00 Walmart/Mall Shopping - Lobby</p> <p>2:00 Ice Cream Social - B</p> <p>2:15 Federated Church - PDR</p> <p>3:00 Bingo - B</p>	<p>3</p> <p>9:15 Coffee Shop - B</p> <p>10:30 Body Toning - Alpine Rm</p> <p>12:00 Water Aerobics - P</p> <p>1:00 Poker - SFB</p> <p>1:15 Fine Arts Group - B</p> <p>3:00 Happy Hour w/ Entertainment - B</p>	<p>4</p> <p>9:30 Music Favorites - L</p> <p>10:30 Stretch & Flex- AL</p> <p>1:00 Saturday Afternoon Movie - B</p> <p>3:00 Puzzle Time - L</p>
<p>12</p> <p>8:30 CBS Show - B</p> <p>10:30 Body Toning - AL</p> <p>12:30 Wii Game - B</p> <p>1:00 Episcopal Church - MR</p> <p>1:30 Computer Basic - CR</p> <p>3:00 Crossroads Community - AL</p>	<p>13</p> <p>Museum of Northern AZ</p> <p>10:30 Body Toning - AL</p> <p>12:00 Water Aerobics-P</p> <p>1:00 Grocery Shopping - L</p> <p>1:00 Poker -SFB</p> <p>1:30 Banna Split Social - B</p> <p>3:30 Bible Study -DSDR</p>	<p>14</p> <p>8:30 Out of Africa Park - L</p> <p>9:30 Tai - Qi - AL</p> <p>10:30 Stretch & Flex - AL</p> <p>12:00 Water Aerobics - P</p> <p>3:00 Bingo - B</p>	<p>15</p> <p>10:30 Body Toning - AL</p> <p>1:00 Wii Game Bowling Tournament - AL</p> <p>2:00 Ice Cream Social - B</p> <p>6:00 Ballroom Dancing - AL</p>	<p>16</p> <p>8:00 Breakfast w/ Susan - SDR</p> <p>9:30 Music with Megan - DSDR</p> <p>10:30 Stretch & Flex-AL</p> <p>1:00 Poker - SFB</p> <p>1:00 Walmart/Mall Shopping - L</p> <p>1:30 Treasures of the Heart - AL</p> <p>3:00 Bingo-B</p>	<p>17</p> <p>9:15 Coffee Shop - B</p> <p>10:30 Body Toning - AL</p> <p>12:00 Water Aerobics-P</p> <p>1:15 Fine Arts Group - B</p> <p>3:00 Happy Hour w/Entertainment - With Appetizers</p>	<p>18</p> <p>9:30 Music Favorites - L</p> <p>10:30 Stretch & Flex - AL</p> <p>11:30 Men's Lunch Club - DSDR</p> <p>1:00 Saturday Movie Feature - B</p> <p>3:00 Puzzle Time - L</p>
<p>19</p> <p>8:30 CBS Show - B</p> <p>10:30 Body Toning - AL</p> <p>12:30 Wii Game - B</p> <p>1:00 Episcopal Church - MR</p> <p>1:30 Computer Basics - CR</p> <p>3:00 Salvation Army Church - AL</p>	<p>20</p> <p>Coffee Shop - B</p> <p>10:30 Body Toning - AL</p> <p>12:00 Water Aerobics-P</p> <p>1:00 Grocery Shopping - L</p> <p>1:00 Poker-SFB</p> <p>1:15 Arts & Crafts -AC</p> <p>2:15 Trivia - B</p> <p>3:30 Bible Study - DSDR</p>	<p>21</p> <p>9:30 Tai -Qi - AL</p> <p>10:30 Stretch & Flex - AL</p> <p>12:00 Water Aerobics - P</p> <p>1:30 Hang Man Game - B</p> <p>1:30 Resident's Meeting - SFDR</p> <p>3:00 Bingo - B</p> <p>7:00 Archological Society - AL</p>	<p>22</p> <p>10:30 Body Toning - AL</p> <p>1:30 Trivia with Ice Cream - B</p> <p>3:00 Bannagrams - B</p> <p>6:00 Ballroom Dancing - AL</p>	<p>23</p> <p>9:00 Morning Walk - L</p> <p>10:30 Stretch & Flex - AL</p> <p>1:00 Walmart/Mall - L</p> <p>1:30 Treasures of the Heart - B</p> <p>3:00 Bingo - B</p>	<p>24</p> <p>9:15 *Coffee Shop - L</p> <p>10:30 Body Toning - AL</p> <p>12:00 Water Aerobics - P</p> <p>1:00 Poker - SFB</p> <p>1:15 Fine Arts Group -B</p> <p>3:00 Happy Hour w/Entertainment - B</p>	<p>25</p> <p>9:30 Music Favorites - L</p> <p>10:30 Stretch & Flex - AL</p> <p>12:00 Book Club II Luncheon - SFB</p> <p>1:00 Sat Afternoon Movie - B</p> <p>3:00 Yahtzee - L</p>
<p>26</p> <p>8:30 CBS Show - B</p> <p>10:30 Body Toning - AL</p> <p>12:30 'Wii' - B</p> <p>1:00 Episcopal Church - MR</p> <p>1:30 Computer Basic - CR</p> <p>3:00 Grace Community - AL</p>	<p>27</p> <p>Museum of Northern AZ - B</p> <p>10:30 Body Toning - AL</p> <p>12:00 Water Aerobics - Pool</p> <p>1:00 Grocery Shopping - L</p> <p>1:00 Poker - SFB</p> <p>1:15 Arts & Crafts -AC</p> <p>2:15 Trivia - B</p> <p>3:30 Bible Study - DSDR</p>	<p>28</p> <p>9:30 Tai -Qi -AL</p> <p>10:30 Stretch & Flex - AL</p> <p>12:00 Water Aerobics - P</p> <p>12:30 Scrapbooking - SFB</p> <p>1:40 Forum with Susan -AL</p> <p>3:00 Bingo - B</p>	<p>29</p> <p>10:30 Body Toning - AL</p> <p>2:00 Bingo - AL</p> <p>3:00 Birthday Party - AL</p> <p>6:00 Ballroom Dancing - AL</p>	<p>30</p> <p>9:00 Morning Walk - L</p> <p>10:30 Stretch & Flex - AL</p> <p>1:00 Poker - SFB</p> <p>1:00 Walmart/ Mall Shopping - L</p> <p>1:15 Arts & Crafts - AC</p> <p>3:00 Bingo - B</p>	<p>KEY</p> <p>AC.....Arts & Crafts Rm</p> <p>AL.....Alpine Rm</p> <p>SFB.....Second Floor Balcony</p> <p>B.....Bistro</p> <p>SD.....Schultz Dining Rm</p> <p>P.....Pool</p> <p>L.....Lobby</p> <p>MR.....Malapais Rm</p>	