

# Bella Vista August Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	create your own sunshine			1 10:30 Total Body Fitness (4F) 11:45 *Movie Theatre Outing: <i>Once Upon a Time in Hollywood</i> 1:00 Bridge (1C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	2 10:00 *Driver Available 2:00 Hawaiian Happy Hour (DR) <b>Ken Walker</b> <i>Vocals &amp; Guitar</i> 6:30 Movie: "Some Like It Hot" (4T)	3 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie: "Annie" (4T)
4 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)  INTERNATIONAL FORGIVENESS DAY!	5 10:30 Total Body Fitness (4F) 11:30 *Target 1:00 25¢ Bingo (3M) 2:30 Jewelry Making Class with Mariann (4C) 3:00 Texas Hold 'Em (3M) 7:00 Mexican Train (3M)	6 9:00 Pool Time with Lyn 11:30 Norm's Watch Repair (1C) 1:00 Wii Games (4T) 2:30 Book Club Meeting (3LB) 6:30 Movie: "Earthquake" (4T)	7 9:00 Yoga for Seniors (4F) 10:00 Bible Study (3M) 1:00 25¢ Bingo (3M) 2:30 Activity Planning Meeting for September (3M)	8 10:30 Total Body Fitness (4F) 12:00 *Ted's Hot Dogs for Lunch 1:00 Bridge (1C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	9 9:00 *Walmart 10:30 Word Explosion (3M) The Word Is: Caterpillars 2:00 Happy Hour (DR) <b>Michael King</b> <i>Country Vocals &amp; Guitar</i> 6:30 Movie: "Steel Magnolias" (4T)	10 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie : "The Big Chill" (4T)
11 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)	12 10:30 Total Body Fitness (4F) 11:30 *Michael's Craft Store 1:00 25¢ Bingo (3M) 3:00 Texas Hold 'Em (3M) 6:30 Movie: "Fats Waller" (4T) 7:00 Mexican Train (3M)	13 9:00 Pool Time with Lyn 12:00 Mobility Center (1C) 1:00 Wii Games (4T) 2:30 Sipping Wine & Canvas Painting with Alexis (4C) 6:30 Movie: "The Big Band Years" (4T)	14 9:00 Yoga for Seniors (4F) 10:00 Bible Study (3M) 1:00 25¢ Bingo (3M) 2:00 Town Hall Meeting (DR) 3:30 Mobile Hearing (1C)	15 10:30 Total Body Fitness (4F) 12:00 *As You Wish - Pottery Painting Place 1:00 Bridge (1C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)  RELAXATION DAY!	16 10:00 *Driver Available 2:00 Happy Hour (DR) <b>Ken Levine</b> <i>Vocals &amp; Trumpet</i> 6:30 Movie: "Sabrina" (4T)	17 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie: "Stormy Weather" (4T)
18 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)	19 10:30 Total Body Fitness (4F) 11:00 *Wild Horse Pass Casino 12:30 *Sprouts 1:00 25¢ & Prize Bingo 2:30 Jewelry Making Class with Mariann (4C) 3:00 Texas Hold 'Em (3M) 7:00 Mexican Train (3M)	20 9:00 Pool Time with Lyn 1:00 Wii Games (4T) 2:30 Book Club Meeting (3LB) 6:30 Movie: "Made for Each Other" (4T)	21 9:00 Yoga for Seniors (4F) 10:00 Bible Study (3M) 1:00 25¢ Bingo (3M) 2:00 Pinwheel Dehydration Presentation (1C) SIGNATURE DINNER <i>An Evening in Tuscany</i> 3pm & 5pm Seatings	22 10:30 Total Body Fitness (4F) 1:00 Bridge (1C) 2:30 Craft: Making Flower Water Jars with Alexis (4C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	23 9:00 *Eddie Basha's Free Western Art Museum 2:00 Happy Hour (DR) <b>Shane Stewart</b> <i>Vocalist</i> 6:30 Movie: "The Pianist" (4T)	24 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie: "Planet Earth" (4T)
25 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)	26 10:30 Total Body Fitness (4F) 11:30 *Walmart 1:00 25¢ Bingo (3M) 3:00 Texas Hold 'Em (3M) 6:30 Movie: "Joy to the World" (4T) 7:00 Mexican Train (3M) NATIONAL DOG DAY!	27 10:30 Meet your Neighbors with Coffee and Rolls (1C) 1:00 Wii Games (4T) 3:00 Tai Chi, Breathe, Balance, & Self Massage Techniques with Roxanne (4F) 6:30 Movie: Jurassic Park I" (4T)	28 9:00 Yoga for Seniors (4F) 10:00 Bible Study (3M) 1:00 25¢ Bingo (3M) 2:30 Ice Cream Social (1C) 3:00 Technology Help with Alexis (1C)	29 10:30 Total Body Fitness (4F) 12:00 *Cheddar's Scratch Kitchen for Lunch 1:00 Bridge (1C) 2:00 Birthday Party Social with Performer Angela Willison (3M) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	30 10:30 Word Explosion (3M) The Word Is: Dreamcatchers <b>T. A Burrows</b> <i>Broadway Vocalist</i> 6:30 Movie: "Tom Hanks Volunteers" (4T)	31 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie: "Mrs. Henderson" (4T)  INTERNATIONAL BACON DAY!
<b>REMINDER</b> The Beauty Shop is OPEN 8:00 AM every Wednesday, Thursday & Friday! # 602-399-3162	<b>TRY SOMETHING NEW</b>	Library, Banks, Post Office, Pharmacy, Drs. and Grocery Stores <b>Monday:</b> *Library/Banks/Post Office 8/5 & 8/19- 9:00 a.m.      *CVS/Walgreens 8/12 & 8/26- 9:00 a.m. <b>Tuesdays &amp; Wednesdays Only**</b> Doctors' Appointments - <i>Please schedule as soon as possible!</i> <b>Thursdays</b> *Albertsons - 8:30 a.m.      *Fry's* - 9:00 a.m. & 10:00 a.m. <b>Fridays</b> **Hair & Nail Salons - 12:30 p.m.		Bella Vista Senior Living 1825 W. Emelita Ave. Mesa, AZ 85202 Concierge.....(480) 964-0410 Dining Room.....(480) 219-6218 Salon.....(602) 399-3162 Offices located on 2nd Floor		<b>Location Key</b> * = Sign up at Activity Table ** = Sign up at Concierge 1L = 1st Floor Lobby 1C = 1st Floor Café 3LB = 3rd Floor Library 3M = 3rd Floor Multipurpose 3MC = 3rd Floor Man Cave 4C = 4th Floor Craft Room 4F = 4th Floor Fitness 4T = 4th Floor Theater BR = Breezeway DR = Dining Room P = Swimming Pool VDR = Villa Dining Room




**August Birthdays!**  
 8/2 – Nancy T.  
 8/3 – Lesley S  
 8/6 – Ethel K.  
 8/7 - Lois C.  
 8/9 – Frances H.  
 8/9 – Florence S.  
 8/10 – Evelyn K.  
 8/11 - Pat H.  
 8/14 – Nancy B.  
 8/15 – Bill C.  
 8/18 – Dorothy M.  
 8/21 – Naomi T.  
 8/25 – Yvonne L.  
 8/24 – Jan M.  
 8/29 – Phil K.  
 8/30 – Norma S.

*\*If you do not see your Birthday on the list please let the Activity Director or the Front Desk know so we can add you!*

## August Birthstone

Peridot



Symbolizing dignity, fame, and prosperity. Peridots have been used in jewellery through the ages to achieve peace and success, and to attract love and good fortune. Hawaiians believe the traces of peridot found in volcanic ash are the tears of the volcano goddess, Pele.