





# Bella Vista September Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)	2 10:30 Total Body Fitness (4F) 1:00 25¢ Bingo (3M) 3:00 Texas Hold 'Em (3M) 6:30 Movie: 7:00 Mexican Train (3M)  <b>LABOR DAY!</b>	3 9:00 Pool with Lyn 10:30 Tea & News (1C) 11:30 Norm's Watch Repair (1C) 12:30 Afternoon Movie: <i>The Song of Bernadette</i> (4T) 1:00 Wii Games (4T) 2:00 Book Club Meeting (3LB) 6:30 Movie:	4 9:00 Yoga for Seniors (4F) 10:00 Bible Study (3M) 1:00 25¢ Bingo (3M) 2:30 Activity Planning Meeting for October (3M)	5 10:30 Total Body Fitness (4F) 12:00 Goody's Café for Lunch* 1:00 Hand & Foot (3M) 1:00 Bridge (1C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	6 10:30 Driver Available* 10:30 Games for Beginners (3M) 2:00 Happy Hour (DR) <i>Gabriel Magno</i> <i>Vocals &amp; Keyboard</i> 6:30 Movie: <b>READ A BOOK DAY!</b>	7 9:00 Tai Chi, Breathe, Balance, & Self Massage Techniques with Roxanne (4F) 10:30 25¢ Bingo (3M) 2:00 Painting Bird Houses with Newt Garnick (4C) 3:00 Texas Hold 'Em (3M) 6:30 Movie:	
8 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 3:30 Make your own custom Wood Signs with Karen* (4C) 6:30 Movie: Resident's Choice (4T) <b>GRANDPARENT'S DAY!</b>	9 10:30 Total Body Fitness (4F) 11:30 White Dove Thrift Shop* <i>25% Senior Discount Day!</i> 1:00 25¢ Bingo (3M) 2:30 Jewelry Making Class with Mariann (4C) 3:00 Texas Hold 'Em (3M) 6:30 Movie: 7:00 Mexican Train (3M)	10 9:00 Pool with Lyn 1:00 Wii Games (4T) 2:00 Mimosas & Acrylic Class Painting with Alexis (4C) 3:00 Tai Chi, Breathe, Balance, & Self Massage Techniques with Roxanne (4F) 6:30 Movie:	11 9:00 Yoga for Seniors (4F) 10:00 Bible Study (3M) 11:00 - 3:00 Paparazzi Jewelry with Loretta Ferguson (1C) 1:00 25¢ & Prize Bingo (3M) 2:00 Town Hall Meeting (DR) 3:30 Mobile Hearing (1C)	12 10:30 Total Body Fitness (4F) 1:00 Hand & Foot (3M) 1:00 Bridge (1C) 2:30 Craft: Positive Affirmation Boards with Alexis* (4C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	13 9:00 Walmart* 10:30 Word Explosion (3M) The Word Is: <i>Animalistic</i> 2:00 Happy Hour (DR) <i>Jaymee Hernandez</i> <i>Dance Party/Karaoke</i> 6:30 Movie:	14 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie:	
15 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)	16 9:00 Miracle Ear Presentation with Prize Raffle and Donuts! 10:30 Total Body Fitness (4F) 11:30 Lone Butte Casino* 12:30 Sprouts* 2:30 Jewelry Making Class (4C) 1:00 25¢ Bingo (3M) 3:00 Texas Hold 'Em (3M) 7:00 Mexican Train (3M)	17 9:00 Pool with Lyn 10:30 Tea & History (1C) 1:00 Wii Games (4T) 2:00 Book Club Meeting (3LB) 3:00 Tai Chi, Breathe, Balance, & Self Massage Techniques with Roxanne (4F) 6:30 Movie:	18 9:00 Yoga for Seniors (4F) 11:00 Catholic Mass (3M) 1:00 25¢ Bingo (3M) 2:30 Wine & Cheese Social (1C)  <b>SIGNATURE DINNER</b> <i>Autumn Harvest</i> (Open Seating from 3pm - 7pm)	19 10:30 Total Body Fitness (4F) 1:00 Hand & Foot (3M) 12:00 Izzy's Bakery & Café* 1:00 Bridge (1C) 2:30 Technology Help with Alexis (1C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	20 10:30 Driver Available* 10:30 Trivia & Prizes (3M) 2:00 Happy Hour (DR) <i>T.A Burrows</i> <i>Classic Pop Hits</i> 6:30 Movie:	21 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie:  <b>INTERNATIONAL PEACE DAY!</b>	
22 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)  <b>ELEPHANT APPRECIATION DAY!</b>	23 10:30 Total Body Fitness (4F) 11:30 Bookman's* 1:00 25¢ Bingo (3M) 2:00 Health Advisory Talk: Low Sodium Diet with Schodi Irvin (1C) 3:00 Texas Hold 'Em (3M) 6:30 Movie: 7:00 Mexican Train (3M)	24 10:30 Meet your Neighbors with Coffee & Danishes (1C) 1:00 Wii Games (4T) 2:00 Craft: Making Magnets with Alexis (4C) 3:00 Tai Chi, Breathe, Balance, & Self Massage Techniques with Roxanne (4F) 6:30 Movie:	25 9:00 Yoga for Seniors (4F) 10:00 Bible Study (3M) 1:00 25¢ Bingo (3M) 3:00 Wine and Acrylic Painting Class with Alexis* (4C)	26 10:30 Total Body Fitness (4F) 12:00 Take the Light Rail to the Spaghetti Factory* 1:00 Hand & Foot (3M) 1:00 Bridge (1C) 3:00 Texas Hold 'Em (3M) 7:00 Pinochle (1C)	27 9:00 Macy's* 10:30 Word Explosion (3M) The Word Is: <i>Luminescent</i> 2:00 Happy Hour (DR) <i>Angela Willison</i> <i>Vocalist</i> 6:30 Movie:	28 10:30 25¢ Bingo (3M) 1:00 Wii Games (4T) 3:00 Texas Hold 'Em (3M) 6:30 Movie:  <b>NATIONAL GOOD NEIGHBOR DAY!</b>	
29 9:30 Catholic Communion (3M) 2:00 Non-Denominational Service (4F) 6:30 Movie: Resident's Choice (4T)	30 10:30 Total Body Fitness (4F) 11:30 Walmart* 1:00 25¢ Bingo (3M) 2:30 Birthday Party Social with Kim & Steven Devoss 3:00 Texas Hold 'Em (3M) 6:30 Movie: 7:00 Mexican Train (3M)						
		<b>Library, Banks, Post Office, Pharmacy, Drs. and Grocery Stores</b> <b>Monday:</b> Library/Banks/Post Office * 9/2, 9/16, & 9/30- 9:00 a.m. CVS/Walgreens * 9/9 & 9/23- 9:00 a.m. <b>Tuesdays &amp; Wednesdays Only**</b> Doctors' Appointments - <i>Please schedule as soon as possible!</i> <b>Thursdays</b> Albertsons - 9:00 a.m. * Fry's - 9:30 a.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	

"Ah, September!  
You are the  
doorway to the  
season that  
awakens my  
soul..."

\*Peggy Toney Horton

## September Birthdays!

- 9/7 – Gene N.
- 9/7 – Herb E.
- 9/11 – Angela P.
- 9/14 – Donna V.
- 9/16 – Charlotte R.
- 9/16 – Esther
- 9/21 – Tom H.
- 9/23 – Adeline K.
- 9/25 – Curt H.
- 9/25 – Kelwyn D.
- 9/29 – Charles 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!**

## September Birthstone

• Blue Sapphire •



In ancient Greece, royals were convinced that blue sapphires protected their owners from envy and harm. During the Middle Ages, people thought the gem attracted heavenly blessings. Others instilled sapphires with the power to guard chastity, make peace between enemies, influence spirits, and reveal the secrets of oracles.