



WEEKLY

Sundays
3pm Hymn Sing
(Lodge Dining Room)

Mondays
1pm **ALCO**, Safeway
& Beyond

Tuesdays
10am Women's Bible Study
(Dining Room)

Wednesdays
10a-1p Salon Services
(Lodge)
2:30p "Easy-cise"
5:30p "Smorgasbord"

Fridays
9am Bashas and Beyond
(*Public Library by request)
2:30p "Easy-cise"
(Dining Room)
5:30p Pizza Buffet

Saturdays
9am Coffee and Donuts
(Clubhouse)
1st Saturday 10 am
Blood Pressure Check
(Assisted Living Lodge)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Open Invitation: Bring along your friends, family, and guests to participate in your favorite activities! NOTE: All times indicate scheduled departure. See reverse for event descriptions, applicable fees, and event times.</p>			1 9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"	2 11a Lunch Bunch: Bar7 Restaurant	3 9a Library, Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	4 9a Coffee & Donuts 10a FREE Blood Pressure Check 12:45p <i>ScrabbleClub</i> 5:30p July 4th Party
5 3p <i>Hymn Sing</i> 1 st Presbyterian	6 1p ALCO , Safeway & Beyond	7 10a Women's Bible Study	8 9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"	9	10 9a Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	11 9a Coffee & Donuts 12:45p <i>ScrabbleClub</i>
12 3p <i>Hymn Sing</i>	13 1p ALCO , Safeway & Beyond	14 10a Women's Bible Study	15 9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"	16 11a Lunch Bunch: Chicken Noodle Cafe	17 9a Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	18 9a Coffee & Donuts 12:45p <i>Scrabble Club</i>
19 3p <i>Hymn Sing</i> 1 st Southern Baptist	20 1p ALCO , Safeway & Beyond	21 10a Women's Bible Study	22 9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"	23	24 9a Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	25 9a Coffee & Donuts 12:45p <i>Scrabble Club</i>
26 3p <i>Hymn Sing</i> Berean Mennonites	27 1p ALCO , Safeway & Beyond	28 10a Women's Bible Study	29 9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"	30 10:30 Adventure Club: Ranch House, Yarnell	31 9a Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	

July 2009 Activities

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Event</u>
1	Wed	9:30-3p	Salon Services – Available on-site Wednesdays. A variety of services for men and women includes cuts, coloring, perms, shampoo & set, beard and eye-brow care and nail trimming. Call 684-5925 to request an appointment. Walk-ins accommodated when possible.
		2:30p	Easy-cise – Now the stakes are higher! Not only is your participation a great opportunity to keep young and spry, now there is an award program to acknowledge your participation! Prizes (and bragging rights) will be given out at the end of the month!
2	Thur	11a	Lunch Bunch: Rancho Bar 7 Restaurant - This is a local favorite featuring a great salad bar, all-American fare, and a variety of Mexican dishes. (Plan to spend \$7-\$17 for lunch)
4	Sat	12:45	Scrabble Club: Yes, it's fun, but did you know it's actually good for you? Join in the fun after lunch and put your thinker to work!
		5:30p	4th of July Party: Celebrate Independence Day right here at the Ranch with an all American meal... Hot dogs and hamburgers. Be sure to wear your red, white, and blue!
6	Mon	1p	ALCO, Safeway & Beyond: Did you know that ALCO offers a 15% discount to seniors every Monday?!? ALCO offers a variety of groceries, craft supplies, clothing, shoes, hardware, automotive, toys, gifts and more! Don't miss the bus on this great deal, and be sure to ask for your 15% discount at checkout!!



<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Event</u>
7	Tues	10a	Women's Bible Study: This study time is a long-standing fellowship lead by Diane McKay. All ladies are invited to join in for a little Bible study, a little prayer time and a little fellowship. Any men interested in participating in a Bible study group should notify the reception.
16	Thur	11a	Chicken Noodle Café: Come for the homemade soup or the classic sandwiches, but be sure to save room for fresh made pies! (Plan to spend \$6-\$15 for lunch)
30	Thurs	10:30	Lunch Bunch: Ranch House (Rescheduled from last month, due to road construction) "Originally designed to typify the Southwest to travelers on Route 89, the <i>Ranch House Restaurant</i> is situated on the main road between Phoenix and Prescott, Route 66 and the Grand Canyon. The <i>Ranch House</i> was the place to stop at the top of famed Yarnell hill before driving its hazardous grades and curves. The lone two-way round is now the upper, downside of divided highway." - Ranch House Bulletin. The menu offers classic American café options as well as a handful of southwestern favorites. (Plan to spend \$10-15 on lunch)

** Please sign up for upcoming events or*

Call the Reception Desk for reservations. (928) 684-5925.