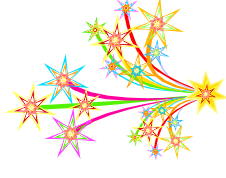


# July 2010



**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  
(Salon in 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)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Please sign up for upcoming events in the dining room or Call the Reception Desk for reservations. (928) 684-5925.</i></p>						
4	5	6	7	8	9	10	3
3p Hymn Sing 1st Presbyterian Church	11a M's Quilting 1p ALCO, Safeway & Beyond	10a Women's Bible Study	9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"	11a Lunch Bunch Chicken Noodle Cafe	9a Library, Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	9a Coffee & Donuts Theme: Family 12:45p Scrabble Club	9a Coffee & Donuts Theme: Pets 10a FREE BP Check 12:45p Scrabble Club <b>8p Independence Day Fireworks</b>
11	12	13	14	15	16	17	
1p Movie at the Clubhouse	1p ALCO, Safeway & Beyond	10a Women's Bible Study <b>12:45 Fun &amp; Games</b>	9-3p Salon Services <b>12:45 Resident Mtg</b> 2:30p Easy-cise 5:30p "Smorgasbord"		9a Library, Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	9a Coffee & Donuts Theme: Travel 12:45p Scrabble Club	
18	19	20	21	22	23	24	
3p Hymn Sing 1st Southern Baptist Church	1p ALCO, Safeway & Beyond	10a Women's Bible Study	9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"	<b>12:45 Lunch Bunch "Rumors" Grill, Yarnell</b>	9a Library, Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	9a Coffee & Donuts Theme: Books 12:45p Scrabble Club	
25	26	27	28	29	30	31	
1p Movie at the Clubhouse	1p ALCO, Safeway & Beyond	10a Women's Bible Study	9-3p Salon Services 2:30p Easy-cise 5:30p "Smorgasbord"		9a Library, Bashas' & Beyond 2:30p Easy-cise 5:30p "Pizza Buffet"	9a Coffee & Donuts Theme: Cars 12:45p Scrabble Club	
3p Hymn Sing Berean Mennonite Church							

# JULY 2010

## Date Day Time Event

- 1 **Thur 12:45 "Tech Know" w/ Leah Brown:** Electronic gadgets & gizmos abound these days to help us get more out of life... More connected, more efficient, more fun, and more. Come explore the amazing world of iPods, mp3 players, wi entertainment, the internet and more! (No experience necessary!)
- 3 **Sat 8p Independence Day fireworks at Sunset Park:** The town of Wickenburg is getting a jump start on the celebration this year with festivities Saturday night. Hop on the bus to join in the fun!
- 5 **Mon 11a M's Quilting: "Trunk Show"** Calling all quilters and crafters... This is a presentation you won't want to miss! Marilyn, of Wickenburg's own "M's Quilting and Fine Chocolate" will offer a display of hand made quilts and share the stories behind them and the inspiration for their design.
- 8 **Thur 11a Lunch Bunch: Chicken Noodle Café** has new owners. Let's go see what's clucking and support our local businesses! (Plan to spend \$6-18 on lunch)
- 11 **Sun 1p Afternoon at the Movies:** Cast your vote for your movie of choice. Head for the Clubhouse to watch the winner! Refreshments will be provided!
- 13 **Tues 12:45p Fun & Games:** Pick your game and join in the fun! Or just show up and learn a new one...
- 13 **Tues 5:30p Happy Birthday July Babies!**
- 14 **Wed 12:45p Resident Meeting** This is a great opportunity to get the inside scoop on what's happening at the Ranch! Bring your questions and concerns, requests and suggestions for upcoming activities.
- 22 **Thur 11a Lunch Bunch: Rumors Café** in Yarnell was recently featured in AZ Highways Magazine as one of the favorite dining experiences in the STATE! Let's take a ride to the high country and enjoy some gourmet pizza, pasta and other fresh made specialties!! (Plan to spend \$8-20 on lunch)
- 25 **Sun 1p Afternoon at the Movies:** If you didn't get to watch your choice of movies on the 13th, this could be your big chance. Cast your vote for your movie of choice. Head for the Clubhouse to watch the winner! Refreshments will be provided!

## Day Time Weekly Events

**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!!

**Tues 10a Women's Bible Study:** This study time is a longstanding 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.

**Wed 9:30-3p Onsite Salon Services:** A variety of services for men and women available: wash, set, color, perm, beards, pedicures, and more! Walk-ins accommodated when possible. Call reception to request appointment. **684-5925** **NOTE: Cash is no longer accepted. Please pay with a check or charge to your resident account.**

**Wed 2:30p Easy-cise:** Join the fun and find out what the regulars already know: a significant difference in strength and endurance, making daily tasks easier. Join in the fun every Wednesday & Friday and feel the difference!!

**Fri 9a Bashas' & Beyond:** Take advantage of this trip to town to take care of those little odds-n-ends. Stop at Ace Hardware, Wells Fargo Bank or drop off at the public library for a bit. Just let the driver know where you want to go!

**Sat 12:45 Scrabble Club:** Yes, it's fun, but did you know it's actually good for your thinker? Join in the fun after lunch and put your thinker to work! Cribbage groups also available. Ask for details.

## **NEW FOR JULY!**

*Each Coffee Hour has a different theme this month! Bring a photo, memento, article, or some special memories to share...*

- 3 Favorite Pets 24 Favorite Book/ Author  
10 Family Memories 31 Memorable Cars, trucks, etc  
17 Favorite Trips/Travel Destinations