## SCOTTSDALE AMELBACK RESORT



relax the mind, renew the body, revive the soul

### Holiday Bliss Holistic Happy Hour

available weekly Monday through Friday



11am - 4pm **\$85** 



50-minute traditional swedish massage enhanced with a warm therapeutic back & neck wrap

to book your spa escape, please call 480-947-3300 extension 510 specials cannot be combined with any other discounts or promotions

# THE GRILLE

a Culinary Experience

#### Join the Grille Team Every Day of the Week & Enjoy These Features

#### Burger Monday

any burger on the menu with a side \$6.99

#### Taco Tuesday

ground beef, lettuce, tomato & cheese in a flour tortilla

\$2.99 each

#### Wine Down Wednesday

Chef' Drew's selection of imported red & white wines - *ask your server for varietals & pricing* 

fruit & cheese platter \$7.99

roasted vegetable & cheese pinwheels \$5.99

#### Fish Fry Friday

beer battered cod served with french fries & cole slaw \$10.25

#### November 9 - November 15



Are you competitive? Do you like to win games of chance? Do you like to win prizes?

Then we have the PERFECT activity for you! Join the Leisure Services team in The Grille to try your luck with a few games of BINGO

Sunday 11/10 @ 3pm Monday 11/11 @ 4pm Wednesday 11/13 @ 4pm



See You Poolside



Channel your inner Italian and play a game of Bocce on our regulation court

Do you like volleyball? Do you like sand? Why not grab some friends and play a game of sand volleyball?





Anyone up for some hoops? Why not throw together a pick-up game and meet on Tennis Court 3 for a few baskets!

## ACTIVITIES & MOVIES

| Time:   | Event:   | Location: |
|---------|--|-----------|
|         | Saturday, November 9, 2019                                 |           |
| 10:00AM | Charm-ing Bracelets  | Poolside  |
| 11:30AM | Pop-A-Shot Tournament                                      | Poolside  |
| 1:00PM  | Movie: Aladdin   | Theater   |
| 3:00PM  | Create a Bouquet of Paper Flowers                          | Poolside  |
| 4:30PM  | Let's Play Cards!  | Poolside  |
| 6:00PM  | Movie: Hobbs & Shaw  | Theater   |
|         | Sunday, November 10, 2019                                  |           |
| 10:00AM | Making Music with Your Own Maracas                         | Poolside  |
| 11:30AM | Giant Uno  | Poolside  |
| 1:00PM  | Movie: Toy Story 4   | Theater   |
| 3:00PM  | BINGO  | Poolside  |
| 4:30PM  | Minute to Win It!  | Poolside  |
| 6:00PM  | Movie: Spider-Man: Far From Home                           | Theater   |
|         | Monday, November 11, 2019                                  |           |
| 10:00AM | Coffee Talk - Things To Do In Arizona                      | Poolside  |
| 12:00PM | Create Your Vision Board                                   | Poolside  |
| 2:00PM  | Foot Golf  | Poolside  |
| 4:00PM  | BINGO  | Poolside  |
| 6:00PM  | Movie: Green Book  | Theater   |
|         | Tuesday, November 12, 2019                                 |           |
| 10:00AM | Owner's Update   | Theater   |
| 12:00PM | Learn to Play Pickleball                                   | Poolside  |
| 2:00PM  | Turkeys R-O-C-K Painting Fun                               | Poolside  |
| 4:00PM  | Sonoran Desert Scavenger Hunt                              | Poolside  |
| 6:00PM  | Movie: Rocketman   | Theater   |
|         | Wednesday, November 13, 2019                               |           |
| 12:00PM | Lawn Yahtzee   | Poolside  |
| 4:00PM  | BINGO  | Poolside  |
| 6:00PM  | Movie: A Star is Born                                      | Theater   |
|         | Thursday, November 14, 2019                                |           |
| 2:00PM  | Thankful Tree  | Poolside  |
| 4:00PM  | Guess Who Play to Win                                      | Theater   |
| 6:00PM  | Movie: Yesterday   | Theater   |
|         | Friday, November 15, 2019                                  |           |
| 10:00AM | Mini-Golf Mashup   | Poolside  |
| 12:00PM | Fold Your Way to Enlightenment with Origami                | Poolside  |
| 2:00PM  | Get Your Hands Off Make Your Own Wine Charm                | Poolside  |
| 4:00PM  | Hit Me! Blackjack  | Poolside  |
| 6:00PM  | Movie: Bohemian Rhapsody                                   | Theater   |
|         | * please note all activities and times are subject to char | nge *     |

## FITNESS & WELLNESS

| Time:                        | Event:                    | Location:             |  |  |
|------------------------------|---------------------------|-----------------------|--|--|
| Saturday, November 9, 2019   |                           |                       |  |  |
| 10:30AM                      | Tai Chi                   | Meet @ The Front Desk |  |  |
| Sunday, November 10, 2019    |                           |                       |  |  |
| 10:00AM                      | Mindful Yoga              | Meet @ The Front Desk |  |  |
| Monday, November 11, 2019    |                           |                       |  |  |
| 11:00AM                      | Water in Motion           | Pool                  |  |  |
| Tuesday, November 12, 2019   |                           |                       |  |  |
| 8:00AM                       | Tennis Clinic             | Tennis Courts         |  |  |
| 9:00AM                       | Walk & Stretch            | Meet @ The Front Desk |  |  |
| Wednesday, November 13, 2019 |                           |                       |  |  |
| 10:00AM                      | Tai Chi                   | Meet @ The Front Desk |  |  |
| 11:00AM                      | Hydro Fit                 | Pool                  |  |  |
| 2:00PM                       | Mindful Yoga              | Meet @ The Front Desk |  |  |
| Thursday, November 14, 2019  |                           |                       |  |  |
| 11:00AM                      | Aqua - Robics             | Pool                  |  |  |
| Friday, November 15, 2019    |                           |                       |  |  |
| 9:00AM                       | Labyrinth Meditation Walk | Meet @ The Front Desk |  |  |







Julie & Sarah would like to cordially invite you join them poolside EVERY day for some sort of FUN... bingo, trivia, crafts, games and so much more!



<u>Water Exercise</u>– water class to improve balance, increase strength & core stability.

<u>Tai Chi Easy</u>– a gentle Tai Chi & Qigong practice through movement, breathing & focused awareness. Ending your journey with mindful meditation

<u>Tennis Clinic</u>– focus on your tennis fundamentals balanced. \$30 per person. Appointment necessary 24-hour notice required. Private lessons available upon request.

<u>Aqua-Robics</u>– this class focuses on aerobic endurance and resistance training

<u>Mindful Yoga</u>– mindful breath & movement allows our connection with self to unfold.

<u>Hydro Fit</u>– embrace the aqua challenge! A fun aqua workout using the natural resistance of the water, along with aqua equipment to achieve physical & cardiovascular conditioning.

<u>Water In Motion</u>- aerobic & muscle conditioning pool exercises to minimize joint discomfort

<u>Walk & Stretch</u> - enjoy a 30–minute steady paced walk throughout our tranquil property ending with 20–minutes of full body stretching





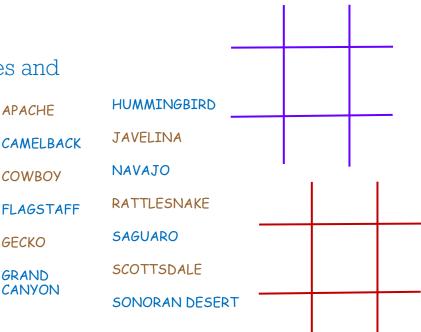
Answers to Did You Know... 1. Grand Canyon 2. Saguaro 3. True 4. Doc Holliday & Wyatt Earp 5. False

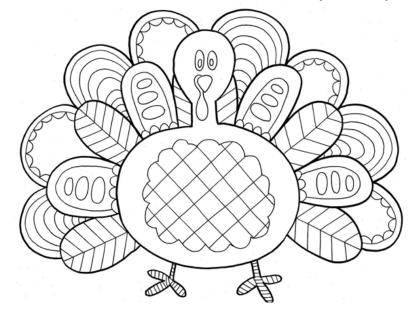
## Desert Fun

#### Find all these Arizona places and

K F J H E L A D S T T O C S G COFCUOCNTAOGDDR AAANMAONFLCLHA BACTTVMIWYQMORN LPBYASLIWBPJAYD EAKJSEGDNLOTZEC M C O N V K V A I G T Y D Q A AHDAVUGTLLBZORN CEJPEXZWEFXIIGY SAGUAROSUQDDRIO SONORANDESERTDN HJEQUABOBOKCEGW YYDCKYYHJKFYGFN CBLEGTRAXEULUCT NZNPXJZMTVXYUMC







Did you know...

- 1. Which of the Seven Wonders of the World can be found in Arizona?
- 2. What is the name of the signature cactus here in Arizona \_\_\_\_\_?
- The official Arizona state neckwear the bolo tie? True | False
- 4. Name two famous gun slingers that fought at the O.K Corral in Tombstone, AZ \_\_\_\_\_ &
- 5. Tucson is the state capitol of Arizona True | False