SCOTTSDALE AMELBACK RESORT



Looking for a souvenir?

Stop by the Sonoran Market, across from the Front Desk, for gifts, hats, visors, jewelry, hair accessories and so much more!

Aug 24 - Aug 30



TIPS TO KEEP YOUR VILLA COOL

- 1. CLOSE DRAPERIES WHEN LEAVING FOR THE DAY.
- 2. WHEN YOU ARE IN THE VILLA, USE THE CEILING FAN TO CIRCULATE AIR.
- 3. THE STAND FAN IS A GREAT WAY TO CIRCULATE AIR FROM ONE ROOM TO ANOTHER.

SPA HAPPY HOUR

H³ = Holistic Happy Hour

Monday-Thursday

12pm-5pm

50-minute traditional Swedish massage \$\$80





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

\$2.99each

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 fench fries & cole slaw \$10.25

ACTIVITIES & MOVIES

Time:	Event:	Location:
	Saturday, August 24, 2019	
10:00AM	Scavenger Hunt	Poolside
11:00AM	Are you Game? Puzzles	Poolside
12:00PM	Movie: Up	Theater
3:00PM	Movie: Bumblebee	Theater
6:00PM	Movie: The Upside	Theater
	Sunday, August 25, 2019	
12:00PM	Movie: Cars	Theater
2:00PM	Ride the Inflatable Bull	Poolside
3:00PM	Movie: Pokemon The Detective Pikachu	Theater
5:00PM	BINGO	Poolside
6:00PM	Movie: We Bought a Zoo	Theater
	Monday, August 26, 2019	
9:30AM	Coffee Talk - Things To Do In Arizona	Poolside
11:00AM	Let's Paint	Poolside
1:00PM	Movie: Trouble with the Curve	Theater
4:00PM	BINGO	Poolside
7:00PM	Movie: Captain Marvel	Theater
	Tuesday, August 27, 2019	
1:00PM	Movie: The Nutcracker and the Four Realms	Theater
3:00PM	Colorful Bookmarks	Poolside
7:00PM	Movie: Raiders of the Lost Ark	Theater
	Wednesday, August 28, 2019	
12:00PM	Giant Pinwheels	Poolside
1:00PM	Movie: Indiana Jones: Temple of Doom	Theater
3:00PM	Holy Grail Snowcones	Poolside
4:30PM	BINGO	Poolside
7:30PM	Dive-in Movie: Indiana Jones: Last Crusade	Poolside
	Thursday, August 29, 2019	
11:00AM	Construct a Birdhouse	Poolside
1:00PM	Movie: Indiana Jones: Kingdom of the Crystal Skull	Theater
4:30PM	Blazing Boomerangs	Poolside
7:00PM	Movie: The Secret Life of Walter Mitty	Theater
Friday, August 30, 2019		
11:00AM	Decorate a Windchime	Poolside
1:00PM	Movie: Anastasia	Theater
3:00PM	Hit Me: Blackjack	Poolside
4:00PM	Movie: Gravity	Theater
7:00PM	Movie: Game Night	Theater

^{*} please note all activities and times are subject to change *

FITNESS & WELLNESS

Time: Event: Location:

Saturday, August 24, 2019

No Fitness Classes Today

Sunday, August 25, 2019

10:00AM Mindful Yoga Meet @ The Front Desk

Monday, August 26, 2019

10:00AM Water in Motion Pool

Tuesday, August 27, 2019

8:00AM Tennis Clinic Tennis Courts

Wednesday, August 28, 2019

10:00AM Hydro Fit Pool

Thursday, August 29, 2019

No Fitness Classes Today

Friday, August 30, 2019

10:00AM Agua - Robics Pool



*6.99 PER PERSON/PER DAY
OR...

PURCHASE THE 7-DAY CARD FOR

\$35 & SAVE \$15 PER PERSON

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

Tai Chi Easy— a gentle Tai Chi & Qigong practice through movement, breathing & focused awareness. Ending your journey with mindful meditation

Tennis Clinic – 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.

Hydro Fit-dynamic total body workout in the pool

Water In Motion- aerobic & muscle conditioning pool exercises to minimize joint discomfort

<u>Making Waves</u> - Utilize the wonders of the water to improve flexibility, increase strength and energy while toning muscles and increasing endurance without stressing the bones and joints.





Answers to Did You Know...

1. True 2. Palo Verde 3. Cardinals 4. Doc Holliday & Wyatt Earp

5. True 6. Phoenix

DESERT FUN

Find all these Arizona places and things

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APACHE

CAMELBACK

COWBOY

FLAGSTAFF

GECKO

GRAND CANYON

HUMMINGBIRD

JAVELINA

NAVAJO

RATTLESNAKE

SAGUARO

SCOTTSDALE

SONORAN DESERT

Did you know...

- 1. Is the Arizona state flower the saguaro cactus blossom?

 True | False
- 2. The _____ is the Arizona state tree.
- 3. What is the name of Arizona's football team?

NZNPXJZMTVXYUMC

- 4. Name two famous gun slingers that fought at the O.K Corral in Tombstone, AZ ______ &
- 5. Arizona is called The Grand Canyon State? True | False
- 6. What is the capitol of Arizona?

