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!

Sept 21 - Sept 27



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.

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 fench fries & cole slaw \$10.25



 $H^3 = Holistic Happy Hour$

Monday-Thursday

12ри-5ри

50-minute traditional Swedish massage \$80





specials cannot be combined with any other discounts or promotions

ACTIVITIES & MOVIES

Time:	Event:	Location:
Saturday, September 21, 2019		
10:00AM	Make A Collage	Poolside
11:30AM	Colorful Bookmarks	Poolside
1:00PM	Movie: Star Trek	Theater
3:00PM	Learn Origami	Poolside
4:30PM	Giant Uno	Poolside
6:00PM	Movie: Star Trek Into Darkness	Theater
	Sunday, September 22, 2019	
10:00AM	Pinwheels	Poolside
11:30AM	Paper Flowers	Poolside
1:00PM	Movie: Star Trek Beyond	Theater
3:00PM	Rock with Paint!	Poolside
4:30PM	Bingo	Poolside
6:00PM	Movie: A Star is Born	Theater
	Monday, September 23, 2019	
9:30AM	Coffee Talk - Things To Do In Arizona	Poolside
11:00AM	Mini Golf Tournament	Poolside
1:00PM	Movie: X-Men Dark Phoenix	Theater
3:00PM	Fall Sponge Tree	Poolside
4:30PM	BINGO	Poolside
6:00PM	Movie: Bohemian Rhapsody	Theater
Tuesday, September 24, 2019		
10:00AM	Mini Kites	Poolside
11:30AM	Learn to Play Pickleball	Poolside
1:00PM	Movie: The Secret Life of Pets 2	Theater
3:00PM	Clothespin Pets	Poolside
4:30PM	NFL Trivia	Poolside
6:00PM	Movie: Rocketman	Theater
Wednesday, September 25, 2019		
10:00AM	Paper Gliders	Poolside
11:30AM	Are you Game? Puzzles	Poolside
1:00PM	Movie: We Bought a Zoo	Theater
3:00PM	Lollipop Flowers	Poolside
4:30PM	BINGO	Poolside
6:00PM	Movie: Captain Marvel	Theater
	Thursday, September 26, 2019	
12:00PM	Construct a Birdhouse	Poolside
3:00PM	Wacky Windsocks	Poolside
4:30PM	Blazing Boomerangs	Poolside
6:00PM	Movie: The Upside	Theater
Friday, September 27, 2019		
10:00AM	Make a Button Tree	Poolside
11:30AM	Decorate Your Own Wind Chimes	Poolside
1:00PM	Movie: Aladdin	Theater
3:00PM	Pom - Pom Sheep	Poolside
4:30PM	Hit Me! Blackjack	Poolside
6:00PM	Movie: Pokémon The Detective Pikachu	Theater
	* please note all activities and times are subject to change	sie

FITNESS & WELLNESS

Time: Event: Location:

Saturday, September 21, 2019

No Fitness Classes Today

Sunday, September 22, 2019

10:00AM Mindful Yoga Meet @ The Front Desk

Monday, September 23, 2019

10:00AM Water in Motion Pool

Tuesday, September 24, 2019

8:00AM Tennis Clinic Tennis Courts

Wednesday, September 25, 2019

10:00AM Hydro Fit Pool

Thursday, September 26, 2019

No Fitness Classes Today

Friday, September 27, 2019

10:00AM Aqua - 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.

<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





Answers to Did You Know...

Grand Canyon 2. Saguaro 3. True 4. Doc Holliday & Wyatt Earp
 False

DESERT FUN

Find all these Arizona places and things

K F J H E L A D S T T O C S G COFCUOCNTAOGDDR AAAANMAONFLCLHA B A C T T V M I W Y Q M O R N LPBYASLIWBPJAYD **GECKO** EAKJSEGDNLOTZEC M C O N V K V A I G T Y D Q A AHDAVUGTLLBZORN CEJPEXZWEFXIIGY SAGUAROSUQDDRIO SONORANDESERTDN HJEQUABOBOKCEGW YYDCKYYHJKFYGFN CBLEGTRAXEULUCT

APACHE CAMELBACK COWBOY **FLAGSTAFF**

GRAND CANYON

HUMMINGBIRD

JAVELINA

NAVAJO

RATTLESNAKE

SAGUARO

SCOTTSDALE

SONORAN DESERT

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
- 3. The official Arizona state neckwear the bolo tie? True | False

NZNPXJZMTVXYUMC

- 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

