

Regular Events

Sunday

7:00 Vespers (FH)

Monday

9:30 Prayer Meeting (JSC)
10:30 Functional Fitness, L1 (GP)
1:00 Body Recall Class, L1 (GP)

Tuesday

10:00 Getting to the Core, L2 (GP)
10:30 Movements That Matter, L3 (GP)
10:30 Fluid Motion, L1 (SW)
1:00 Shopping-Thruway (FL)
1:00 Billiards (PTL)
2:00 Afternoon Aquatics (SP)

Wednesday

9:30 Bible Study (JSC)
10:30 Functional Fitness L1 (GP)
10:45 Centering Prayer (JSC)
1:00 Billiards (PTL)
1:00 Body Recall Class, L1 (GP)

Thursday

Name Tag Thursday

10:00 Getting to the Core, L2 (GP)
10:30 Movements That Matter, L3 (GP)
10:30 Fluid Motion, L1 (SW)
2:00 Afternoon Aquatics (SP)

Friday



10:30 Functional Fitness, L1 (GP)

Saturday

10:30 Line Dancing, L3 (GP)
1:00 Movie (FH)

Key

ALR Arbor Living Rm.
AR Arbor Room
BW Bay Window
CR Craft Room (4th floor)
DR Dining Room (3rd floor)
FH Fellowship Hall (1st floor)
FR Fitness Room
GP Gathering Place(4th floor)
JSC Jean Steelman Chapel
LR Living Room (3rd floor)
T Corpening Terrace (3rd floor)
SW Swimming Pool (3rd floor)
L1 Activity Level
L2 Activity Level
L3 Activity Level

Sunday <i>Chocolate</i>	Monday <i>Compliments</i>	Tuesday <i>Flexibility</i>	Wednesday <i>Gratitude</i>	Thursday <i>Kindness</i>	Friday <i>Forgiveness</i>	Saturday <i>Chocolate</i>
<p>July 2008</p> <p>Assisted Living</p> <p>Corpening</p>		<p>1 10:30 Fluid Motion (SP) 3:00 Scrabble (GP) 7:00 One Man Theatrical Show, "3 Hats" presented by Michael Huie (FH)</p>	<p>2 10:30 FUNctional Fitness (GP) 3:00 Patriotic Sing-A-Long with Lisa Woods (GP) 7:00 Prayer Meeting (FH)</p>	<p>3 Name Tag Thursday 10:30 Fluid Motion (SP) 2-4 Helping Hands: Lighthouse Workshop (AS) 3:00 Skip Bo Card Game (GP) 7:00 Centennial Squares Patriotic Celebration</p>	 <p>10:30 July 4th Parade to FHC 11:30 Independence Day Picnic (Dining Rooms)</p>	<p>5 1:00 Movie: (FH) <i>The Sound of Music</i> Julie Andrews Christopher Plummer (Approx. 3 hours) <i>With an Intermission</i></p>
<p>6 7:00 Vespers (FH) Rev. Douglas Suggs Arbor Acres</p>	<p>7 10:30 FUNctional Fitness (GP) 1:00 Movie: <i>Ellis Island</i> Vol. 1 (FH) 2:00 Bingo with Tokens (DR) 5:30 Healing Touch (GP)</p>	<p>8 10:30 Fluid Motion (SP) 2:00 Summer time Jingo (GP) 7:00 Classical Guitar: <i>Duo Fantastique</i> (FH)</p>	<p>9 9:30 Roaring Gap/Doughton Park, Lunch at The Bluffs Dessert at Mtn. home of Sara & Curtis Long (FL) 10:30 FUNctional Fitness (GP) 7:00 Prayer Meeting (FH)</p>	<p>10 Name Tag Thursday 10:30 Fluid Motion (SP) 1:00 Visit Old Salem & the Visitor's Center. (3FL) 2-4 Helping Hands: Lighthouse Workshop (AS)</p>	<p>11 10:30 FUNctional Fitness (GP) 11:00 Lunch at Red Lobster & shopping at Salem Creek (FL)</p>	<p>12 1:00 Movie: (FH) <i>To Catch a King</i> Robert Wagner Teri Garr (1 hr. 53 min.)</p>
<p>13 7:00 Vespers (FH) Rev. Lee Strange Trinity UMC Winston-Salem</p>	<p>14 10:30 FUNctional Fitness (GP) 1:00 Movie: <i>Ellis Island</i> Vol. 2 (FH) 2:00 Bingo with Norma (DR) 2:00 Green Bean Snap & Corn Shuckin (St. Francis Garden) 5:30 Healing Touch (GP)</p>	<p>15 10:30 Fluid Motion (SP) 11:30 Tomato Sandwich & Farmer's Blue Plate Special Luncheon (DR's) 2-4 Jewelry Class (CR) 3:00 Scene It Movie Game (GP) 7:00 Pianist: Vladimir Syvosky (FH)</p>	<p>16 10:30 FUNctional Fitness (GP) 1:00 Good Humor Gals in your Neighborhood! 2:00 Good Humor Gals on Corpening Terrace 7:00 Prayer Meeting (FH)</p>	<p>17 Name Tag Thursday 10:00 Town Hall (FH) 10:30 Fluid Motion (SP) 2-4 Helping Hands: Lighthouse Workshop (AS) 3:00 Birthday Party Host: New Hope UMC (FH) 7:00 Piano & Organ Duet (FH) Martha Bond Hilburn & Sharon Warfield</p>	<p>18 10:30 FUNctional Fitness (GP) 11:00 Culinary: Nilla Dippers (GP)</p>	<p>19 1:00 Movie: (FH) <i>Summertime</i> Katharine Hepburn Rossana Brazzi (1 hr. 39 min.)</p>
<p>20 7:00 Vespers (FH) Rob Womack WFU Divinity School Arbor Acres' Summer Intern</p>	<p>21 10:30 FUNctional Fitness (GP) 1:00 Movie: <i>Ellis Island</i> Vol. 3 (FH) 2:00 Bingo (DR) 5:30 Healing Touch (GP)</p>	<p>22 10:00 Paper Folded Moravian Stars (AS) 10:30 Fluid Motion (SP) 2-4 Christmas Rubber Stamping (GP) 7:00 Singer: Lonnie Carpenter (FH)</p>	<p>23 10:30 FUNctional Fitness (GP) 11:30 Tour & Lunch at Ronald McDonald House (FL) 7:00 Prayer Meeting (FH)</p>	<p>24 Name Tag Thursday 10:30 Fluid Motion (SP) 1:00 Shopping at Wal-Mart (FL) 2-4 Helping Hands: Lighthouse Workshop (AS) 7:00 Guest Speaker: Dr. Watkins, Director Sticht Center (FH)</p>	<p>25 10:30 FUNctional Fitness (GP) 11:30 Christmas in July Buffet (DR's) 2:00 Wild At Heart Social (GP)</p>	<p>26 1:00 Movie: (FH) <i>A Song to Remember</i> Merle Oberon Paul Muni (1 hr. 52. min)</p>
<p>27 7:00 Vespers (FH) Rev. Douglas Suggs Arbor Acres</p>	<p>28 10:30 FUNctional Fitness (GP) 1:00 Movie: (FH) <i>The Heroes of Telemark</i> 5:30 Healing Touch (GP)</p>	<p>29 10:30 Fluid Motion (SP) 3:00 Gerontopoly (GP) 7:00 Bailey Theatrical Players "The Ransom of Red Chief" (FH)</p>	<p>30 10:30 FUNctional Fitness (GP) 11:00 Peanuts and Coke (GP) 3:00 Scenic Ride (3FL) 7:00 Prayer Meeting (FH)</p>	<p>31 Name Tag Thursday 10:30 Fluid Motion (SP) 11:00 Trip to the Mountains! (3FL) 2-4 Helping Hands: Lighthouse Workshop (AS) 7:00 Flutes on the 4th Concert (FH)</p>		<p>Leslie Holcomb, LRT/CTRS Assisted Living Coordinator 1240 Arbor Rd. Winston-Salem, NC 27104 336-724-7921 Ext# 1265 lholcomb@arboracres.org</p>