

**Arbor Acres
Retirement Center
July 2008
Regular Events**

Monday
9:00 Wet & Wild, L2 (SP)
9:30 Prayer Group (JSC)
10:00 Senior Shape Up, L2 (FH)
10:30 Take a Deep Breath, L1 (FH)
10:30 Functional Fitness, L1 (GP)
1:00 Body Recall Class, L1 (GP)
7:00 BINGO (2nd & 4th Monday)

Tuesday
9:00 6-Wicket Croquet (CH)
9:00 Wet & Wild, L2 (SP)
9:30 Mature Muscle (GP)
10:00 Getting to the Core, L2 (GP)
10:30 Movements That Matter, L3 (GP)
10:30 Fluid Motion, L1 (SP)
1:00 Shopping at Thruway (FL)
1:00 Billiards (PTL)
2:00 Afternoon Aquatics (SP)

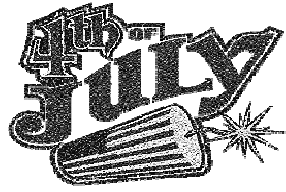

Wednesday
9:00 Wet & Wild, L2 (SP)
9:30 Bible Study (JSC)
10:00 Senior Shape Up, L2 (FH)
10:30 Take a Deep Breath, L1 (FH)
10:30 Functional Fitness, L1 (GP)
10:45 Centering Prayer (JSC)
1:00 Pick-Up Billiards (PTL)
1:00 Body Recall Class, L1 (GP)
7:00 Prayer Meeting (FH)

Thursday
Name Tag Thursday
9:00 6-Wicket Croquet (CH)
9:00 Wet & Wild, L2 (SP)
9:30 Mature Muscle, L3 (GP)
10:00 Getting to the Core, L2 (GP)
10:30 Movements That Matter, L3 (GP)
10:30 Fluid Motion, L1 (SP)
2:00 Afternoon Aquatics (SP)

Friday
9:00 Wet & Wild, L2 (SP)
10:00 Senior Shape Up, L2 (FH)
10:30 Take a Deep Breath, L1 (FH)
10:30 Functional Fitness, L1 (GP)

Saturday
10:30 Line Dancing, L3 (GP)

KEY
AR Arbor Room
ALR Arbor Living Room
BR Board/Conf. Room
BW Bay Window
CH Club House
CL Computer Lab
CLR Corp. Living Room
CR Craft Room
DR Dining Room
FH Fellowship Hall
FL Front Lobby
FR Fitness Room
GP Gathering Place
JSC Jean Steelman Chapel
LR Living Room
PTL Pool Table Lobby
SP Swimming Pool
CT Corpening Terrace
L1 Activity Level
L2 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>
<h1>July 2008</h1> <h2>Retirement Center</h2>		1 Walking Club - 8 weeks end! 7:00 One Man Theatrical Show, "3 Hats" presented by Michael Huie (FH)	2 Sign-up for Roaring Gap Trip & Lunch 3:00 Patriotic Sing-A-Long with Lisa Woods (GP) 7:00 Prayer Meeting (FH)	3 <i>Name Tag Thursday</i> No Resident Council Mtg. 2-4 Helping Hands: Lighthouse Workshop (AS) 3:00 SkipBo (GP) 7:00 Centennial Squares Patriotic Celebration	 10:30 July 4th Parade to FHC 11:30 Independence Day Picnic (Dining Rooms)	5 1:00 Movie: (FH) <i>The Sound of Music</i> Julie Andrews Christopher Plummer (Approx. 3 hours) <i>With an Intermission</i>
6 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 7:00 Vespers (FH) Rev. Douglas Suggs Arbor Acres	7 Sign-up Red Lobster/Shopping & Fresh Market/Lunch Trips 1:00 Movie: <i>Ellis Island</i> Vol. 1 (FH) 5:30 Healing Touch (GP) 7:00 Open Bridge (FH)	8 8:00am Outdoor Worship: "In God's Creation: (Rose Garden) <i>Light Breakfast Afterward</i> 7:00 Classical Guitar: <i>Duo Fantastic</i> (FH)	9 9:30 Roaring Gap/Doughton Park, Lunch at The Bluffs Dessert at Mtn. home of Sara & Curtis Long (FL) 7:00 Prayer Meeting (FH)	10 <i>Name Tag Thursday</i> 2-4 Helping Hands: Lighthouse Workshop (AS) 2:00 Walking Club "You Made It!" Ceremony (FH)	11 10:45 Fresh Market & Lunch (FL) 11:00 Lunch at Red Lobster & Shopping at Salem Creek with Corpening Residents (FL)	12 1:00 Movie: (FH) <i>To Catch a King</i> Robert Wagner Teri Garr (1 hr. 53 min.)
13 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 7:00 Vespers (FH) Rev. Lee Strange Trinity UMC Winston-Salem	14 1:00 Movie: <i>Ellis Island</i> Vol. 2 (FH) 2:00 Green Bean Snap & Corn Shuckin (St. Francis Garden) 5:30 Healing Touch (GP) 7:00 Bingo (FH)	15 11:30 Tomato Sandwich & Farmer's Blue Plate Special Luncheon (DR's) 2-4 Jewelry Class w/Amy (CR) 7:00 Pianist: Vladimir Syvosky (FH)	16 1:00 Good Humor Gals in your Neighborhood! 2:00 Good Humor Gals on Corpening Terrace 7:00 Prayer Meeting (FH)	17 <i>Name Tag Thursday</i> 10:00 Town Hall Mtg. (FH) 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	18 Sign-up for Tour of Ronald McDonald House & Lunch	19 1:00 Movie: (FH) <i>Summertime</i> Katharine Hepburn Rossana Brazzi (1 hr. 39 min.)
20 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 7:00 Vespers (FH) Rob Womack WFU Divinity School Arbor Acres' Summer Intern	21 11:00 Health & Lifestyle Review "Results" Make-Up Day (FH) 1:00 Movie: <i>Ellis Island</i> Vol. 3 (FH) 5:30 Healing Touch (GP) 7:00 Open Bridge (FH)	22 10:00 Paper Folded Moravian Stars (AS) 2-4 Christmas Rubber Stamping (GP) 7:00 Singer: Lonnie Carpenter (FH)	23 11:30 Tour & Lunch at Ronald McDonald House (FL) 7:00 Prayer Meeting (FH)	24 <i>Name Tag Thursday</i> 1:00 Shopping at Wal-Mart (FL) 2-4 Helping Hands: Lighthouse Workshop (AS) 7:00 Guest Speaker: Dr. Watkins, Director Sticht Center (FH)	25 Last day for Luminary Fund 10:45 Mall Walking & Lunch (FL) 11:30 Christmas in July Buffet in honor of Ronald McDonald Luminary Fund (DR's) 2:00 Wild at Heart Social (GP)	26 1:00 Movie: (FH) <i>A Song to Remember</i> Merle Oberon Paul Muni (1 hr. 52. min)
27 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 7:00 Vespers (FH) Rev. Douglas Suggs Arbor Acres	28 1:00 Movie: (FH) <i>The Heroes of Telemark</i> 5:30 Healing Touch (GP) 7:00 Bingo (FH)	29 7:00 Bailey Theatrical Players "The Ransom of Red Chief" (FH)	30 7:00 Prayer Meeting (FH)	31 <i>Name Tag Thursday</i> 2-4 Helping Hands: Lighthouse Workshop (AS) 7:00 Flutes on 4th Concert (FH)	 Janice Lutz-Vanhoy, LRT/CTRS, CLL Director of Recreation Services 1240 Arbor Rd. Winston-Salem, NC 27104 336-748-4646 jlutzvanhoy@arboracres.org	