

Arbor Acres Retirement Center Regular Events

Monday
 9:00 Wet & Wild, L2 (SP)
 9:30 Prayer Group (JSC)
 10:00 Senior Shape Up, L2 (FH)
 10:30 Functional Fitness L1 (GP)
 1:30 *Sharps & Flats* Rehearsal (FH)
 1:30 Afternoon Aquatics (SP)
 6:30 Swim Time for Residents (SP)
 7:00 BINGO (2nd & 4th Monday)

Tuesday
 9:00 Wet & Wild, L2 (SP)
 10:00 6-Wicket Croquet (CH)
 10:00 Bible Study (JSC)
 10:00 Getting to the Core, L2 (GP)
 10:30 Brain, Body, Breath, L3 (GP)
 10:30 Fluid Motion, L1 (SP)
 1:00 Shopping at Thruway (FL)
 2:00 Billiards (PTL)
 1:30 Afternoon Aquatics (SP)

Wednesday
 9:00 Wet & Wild, L2 (SP)
 10:00 Senior Shape Up, L2 (FH)
 10:30 Functional Fitness L1 (GP)
 10:45 Centering Prayer (JSC)
 11:00 Healthy Living (FH)
 1:00 Pick-Up Billiards (PTL)
 7:00 Prayer Meeting (FH)

Thursday Name Tag Thursday
 9:00 Wet & Wild, L2 (SP)
 10:00 6-Wicket Croquet (CH)
 10:00 Getting to the Core, L2 (GP)
 10:30 Brain, Body, Breath, L3 (GP)
 10:30 Fluid Motion, L1 (SP)
 1:30 Afternoon Aquatics (SP)

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

Saturday
 10:30 Line Dancing, L3 (GP)

KEY
AP Asbury Place -Assisted Living
AR Arbor Room
AS Art Studio
BW Bay Window
C Clubroom 3rd floor AP
CL Computer Lab
FH Fellowship Hall
FL Front Lobby
FR Fitness Room
GP Gathering Place
JSC Jean Steelman Chapel
LR Living Room
RH Robinson Hall 2nd floor AP
SP Swimming Pool
SS Sculpting Studio

Sunday	Monday	Tuesday	Wednesday	Thursday <i>Name Tag Day!</i>	Friday	Saturday	
 <h1>February 2012 Retirement Center</h1>							
			1 <i>New Associated Artist Exhibit!</i> 2-4 Open Bridge (Library) 7:00 Wednesday Vespers (FH) Rev. Jim Long Arbor Acres	2 10:00 Resident Council (FH) 12:30 Chair Tai Chi 5/8(GP) 7:30 Twin City Stage: Welcome to Mitford (FL)	3 3:30-4:30 Flannery O'Connor Series 4/4 (GP)	4 1:00 Movie (FH) The Help Emma Stone Viola Davis Octavia Spencer 2 hrs. 26 min.	
5 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 11 Church Service (RH) 6:30 Vespers (FH) Rev. Bert Sanders Communion	6 11:30 UMW Lunch (FL) 1:00 CVS /Cloverdale shopping (FL) 3:00 Fireside Sing along (LR) 5:30 Healing Touch (GP)	7 11- Zumba Lite & Low (GP) 1-4:45 Carolina Audiology (JSC) 2 Movie: Radio Days (FH) 2:00 Stitch & Chat (LR) 3 Bridge (Clubroom 3rd AP) 7:00 Movie: Incompatible w/ Christian teaching w/ Doug (FH)	8 9-4 Mammography Van (Berrier Parking Lot) 2 CAR Wars DVD (FH) 2-4 Open Bridge (Library) 7:00 Wednesday Vespers (FH) Rev. David Hughes 1st Baptist Church, W-S	9 12 Men's Club (FH) 12:30 Chair Tai Chi 6/8(GP) 3:00 UMW Circle #2 (GP)	10 7:00 Movie: The Stars in My Crown (FH)	11 1:00 Movie (FH) To Have and Have Not Humphrey Bogart Lauren Bacall 1 hr 40 min.	
12 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 11 Worship (RH) 6:30 Vespers (FH) Rev. Douglas Suggs Arbor Acres	13 11:00 Green Gate Olive Oils Tour, Lunch out (FL) 1:00 CVS Shopping (FL) 3:00 Fireside Sing along (LR) 5:30 Healing Touch (GP) 7:00 Bingo (FH)	14 Happy Valentine's Day! 11- Zumba Lite & Low (GP) 2:00Movie: The Shop Around the Corner (FH) 2:00 Stitch & Chat (LR) 3 Bridge (Clubroom 3rd ALP) 7:00 Valentine Concert w/ The Gary Lewis Quartet—The dance floor will be down (FH)	15 2-4 Open Bridge (Library) 7:00 Wednesday Vespers (FH) Rev. Jim Long Arbor Acres	16 12:30 Chair Tai Chi 7/8(GP) 7:00 UNCSA String Quartet (FH)	17 9:30 Kiwanis Pancake Breakfast – Convention Center (FL) 3:30-5:00 Writing Class (Clubroom 3rd floor AP)	18 1:00 Movie (FH) Amish Grace Kimberly Williams-Paisley Tammy Blanchard Matt Letscher 1 hr 29 min	
19 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 11 Worship (RH) 6:30 Vespers (FH) Rev. Rick Carter Main St. UMC, Kernersville	20 Harlem Renaissance Exhibit– Passageway 1:00 CVS /Cloverdale shopping (FL) 3:00 Fireside Sing along (LR) 5:30 Healing Touch (GP) 7:00 Julie Lanford, Cancer Services, “ Facing the Bogie - man” (FH)	21 Harlem Renaissance Exhibit– Passageway Mardi Gras! 11- Zumba Lite & Low (GP) 2 Movie: Oscar (Sneak Peak) 2:00 Stitch & Chat (LR) 7:00 Dave Reid Muddy River Jazz Band (RH)	22 Harlem Renaissance Exhibit– Passageway 2 Fancy Feet Dancers (FH) 2-4 Open Bridge (Library) 7:00 Wednesday Vespers (FH) Ash Wednesday Rev. Douglas Suggs Arbor Acres	23 Harlem Renaissance Exhibit– Passageway 12:30 Chair Tai Chi 8/8(GP) 1:00 Wal-Mart (FL) 7:00 Voices of God Choir (FH)	24 Harlem Renaissance Exhibit– Passageway comes down at 3pm 3:30-5:00 Writing Class (Clubroom 3rd floor AP) *6: 00 Movie: The Best Years of Our Lives (FH)	25 1:00 Movie (FH) Dial M for Murder Grace Kelly Robert Cummings Ray Milland 1 hr 45 min.	
26 9:30 Sunday School (FL) 10:30 Church at Centenary (FL) 11 Worship (RH) 6:30 Vespers (FH) Rev. Douglas Suggs Arbor Acres Shepherd Singers	27 1:00 CVS Shopping (FL) 2:00 Jewelry w/ Amy (Library) 3:00 Fireside Sing along (LR) 5:30 Healing Touch (GP) 7:00 Bingo (FH)	28 11 - Zumba Lite & Low (GP) 2:00 Stitch & Chat (LR) 2 Movie: Oceans (FH) 3 Bridge (Clubroom 3rd AP) 7:00 Vocalist: Lonnie Carpenter (FH)	29 2-4 Open Bridge (Library) 3:00 Fancy Feet Dancers (RH-2nd Floor AP) 7:00 Wednesday Vespers (FH) Rev. Jim Long Arbor Acres	Monday, Wednesday & Friday: 9:00 What's Happening w/ Bert (Alibi Café) You are invited to attend! Tuesday & Thursday 9:00am A New Day Devotional (Clubroom 3rd floor AP) You are invited to attend! Clingman Center - Equipment Orientation: Feb 20, 22, 24 See Lamplighter for details!			Janice Lutz-Vanhoy, LRT/CTRS, AD,CLL Director of Recreation /Wellness Services 1240 Arbor Rd. Winston-Salem, NC 27104 336-748-4646 jlutzvanhoy@arboracres.org