

**Arbor Acres
Arborview
2020**

**Monday-Friday 9a-12p
Golfcart Tours
Of the Arbor Acres
Campus**

**Summer Refreshment –
Offered 11a & 2p
door to door for
residents– Choices
vary daily**

**Facetimes, Skype,
or Zoom
Available 24/7
Contact Joy Saylor
After 5pm call
(336)-705-8320**

**Joy Saylor
Life Enrichment
Manager
jsalor@arboracres.org
Ext 1228**



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							<p>1 Appreciate Sunrises</p> <p>11:00 Scattegories</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Simply Seated Exercise</p> <p>7:00 Cookies in the Gazebo</p>
	<p>2 Let's Worship</p> <p>10:30 Video Church Service</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Hymns & Lemonade</p> <p>7:00 Jeopardy</p>	<p>3 Wake Up with a Song</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Upper Body Exercise 2:00 Courtyard Sunshine 3:00 Channel 1390 : W-S Symphony 4:00 IN2L Travel 6:30 Staff Choice</p>	<p>4 Favorite Travel Spot</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 2:00 Courtyard Sunshine 3:00 Make Art 4:00 Slow Stretches 6:30 Nail Spa</p>	<p>5 What Makes you Laugh</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Lower Body Exercise 2:00 Courtyard Sunshine 3:00 Devotions 4:00 1:1 6:30 Staff Choice</p>	<p>6 Share a Memory</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 11:30 Channel 1390 Art Bloom Sing 2:00 Courtyard Sunshine 3:00 Chicken Feeding 4:00 Hangman 6:30 Staff Choice</p>	<p>7 Relax</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Weights 2:00 Courtyard Sunshine 3:00 Dog Show Voting 4:00 Friday Sing 6:30 Staff Choice</p>	<p>8 Appreciate Sunrises</p> <p>11:00 Table Topics</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Simply Seated Exercise</p> <p>7:00 Watering the Flowers</p>
	<p>9 Let's Worship</p> <p>10:30 Video Church Service</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Hymns & Lemonade</p> <p>7:00 Jeopardy</p>	<p>10 Wake Up with a Song</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Upper Body Exercise 2:00 Courtyard Sunshine 3:00 Channel 1390 : W-S Symphony 4:00 IN2L Travel 6:30 Staff Choice</p>	<p>11 Favorite Travel Spot</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 2:00 Courtyard Sunshine 3:00 Make Art 4:00 Slow Stretches 6:30 Nail Spa</p>	<p>12 What Makes you Laugh</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Lower Body Exercise 2:00 Courtyard Sunshine 3:00 Devotions 4:00 1:1 6:30 Staff Choice</p>	<p>13 Share a Memory</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 11:30 Channel 1390 Art Bloom Sing 2:00 Courtyard Sun 3:00 Chicken Feeding 4:00 Hangman 6:30 Staff Choice 6:30</p>	<p>14 Relax</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Weights 2:00 Courtyard Sunshine 3:00 Dog Show Voting 4:00 Friday Sing 6:30 Staff Choice</p>	<p>15 Appreciate Sunrises</p> <p>11:00 Mind Joggers</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Simply Seated Exercise</p> <p>7:00 Cookies in the Gazebo</p>

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<p>16 Let's Worship</p> <p>10:30 Video Church Service</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Hymns & Lemonade</p> <p>7:00 Jeopardy</p>	<p>17 Wake Up with a Song</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Upper Body Exercise 2:00 Courtyard Sunshine 3:00 Channel 1390 : W-S Symphony 4:00 IN2L Travel 6:30 Staff Choice</p>	<p>18 Favorite Travel Spot</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 2:00 Courtyard Sunshine 3:00 Make Art 4:00 Slow Stretches 6:30 Staff Choice</p>	<p>19 What Makes you Laugh</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Lower Body Exercise 2:00 Courtyard Sunshine 3:00 Devotions 4:00 1:1 6:30 Staff Choice</p>	<p>20 Share a Memory</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 11:30 Channel 1390 Art Bloom Sing 2:00 Courtyard Sun 3:00 Chicken Feeding 4:00 Hangman 6:30 Staff Choice</p>	<p>21 Relax</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Weights 2:00 Courtyard Sunshine 3:00 Dog Show Voting 4:00 Friday Sing 6:30 Staff Choice</p>	<p>22 Appreciate Sunrises</p> <p>11:00 Scattogories</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Simply Seated Exercise 7:00 Watering the Flowers</p>
<p>23 Let's Worship</p> <p>10:30 Video Church Service</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Hymns & Lemonade</p> <p>7:00 Jeopardy</p>	<p>24 Wake Up with a Song</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Upper Body Exercise 2:00 Courtyard Sunshine 3:00 Channel 1390 : W-S Symphony 4:00 IN2L Travel 6:30 Staff Choice</p>	<p>25 Favorite Travel Spot</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 2:00 Courtyard Sunshine 3:00 Make Art 4:00 Slow Stretches 6:30 Staff Choice</p>	<p>26 What Makes you Laugh</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Lower Body Exercise 2:00 Courtyard Sunshine 3:00 Devotions 4:00 1:1 6:30 Staff Choice</p>	<p>27 Share a Memory</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Tai Chi 11:30 Channel 1390 Art Bloom Sing 2:00 Courtyard Sun 3:00 Chicken Feeding 4:00 Hangman 6:30 Staff Choice</p>	<p>28 Relax</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Weights 2:00 Courtyard Sunshine 3:00 Dog Show Voting 4:00 Friday Sing 6:30 Staff Choice</p>	<p>29 Appreciate Sunrises</p> <p>11:00 Table Topics</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Simply Seated Exercise 7:00 Cookies in the Gazebo</p>
<p>30 Let's Worship</p> <p>10:30 Video Church Service</p> <p>2:00 Courtyard Sunshine</p> <p>4:00 Hymns & Lemonade</p> <p>7:00 Jeopardy</p>	<p>31 Wake Up with a Song</p> <p>10:30 Brainfitness 11:00 Summer Refreshment 11:15 Small Group-Upper Body Exercise 2:00 Courtyard Sunshine 3:00 Channel 1390: W-S Symphony 4:00 IN2L Travel 6:30 Staff Choice</p>	<p>Channel 1390– Local Arbor Acres channel offered for resident enjoyment. Programming varies daily. Special pro- gramming will be highlighted on calen- dar</p>	<p>Wednesdays : 1:1 Adaptive Bicycle Rides available</p> <p>During this time We are remaining Social distanced in 1:1 or small groups And following Precautions</p>			