

*Arbor Acres  
Arborview*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Key:*

Arborview

*Atrium (A)*

*Activity Room (AR)*

*Sunroom (SR)*

Fitzgerald  
Place

*Willingham Court  
(WC)*

*Brock Court  
(BC)*

Please contact  
Joy Saylor @  
jsaylor@arboracres.org



<p><b>1</b> Deep breathing</p> <p>10:00 Brainfitness 11:00 Mrs. Cottontail 1:00 Zuri the Mastiff 2:00 Walking Club 3:15 Pat Wade (W) 4:00 LOVE Bingo 6:30 Relaxation Techniques 7:30 Neighborhood Snack &amp; Chat</p>	<p><b>2</b> Sunrise Chats</p> <p>10:30 Classic Tunes with Larry Pope 11:30 Bowling Tournament 2:00 Walking Club 4:00 Scrapbooking 7:00 Poetry Class</p>								
<p><b>3</b> Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Ladder Ball 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 7:00 Frank Fraton in Concert</p>	<p><b>4</b> Morning Wake Up</p> <p>10:00 Nancy Mcgimsey 11:00 Volleyball 1:30 Rick Steve's Travel 2:30 Walking Club 3:00 Clicheable's 4:00 Ronnie Reeves (A) 6:30 Let's Take a Stroll 7:30 Neighborhood Chat</p>	<p><b>5</b> Sunrise Chats</p> <p>10:00 Let's Make Art 11:00 Double Kickball 1:30 Strength Training 2:00 Walking Club 3:00 Ceramic Class 4:00 AA Sing A Long 6:30 Meet me in The Bakery 7:30 Neighborhood Chat</p>	<p><b>6</b> Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions &amp; Coffee 4:00 Vespers (WC) 6:30 Courtyard Golf 7:30 Neighborhood</p>	<p><b>7</b> Storytelling</p> <p>10:00 Brainfitness 11:00 Noodle Ball 1:30 Weight Lifting 2:00 Walking Club 3:00 Small Groups 4:15 Amy Wright 6:30 Ballroom Dancing 7:30 Neighborhood Chat</p>	<p><b>8</b> Deep breathing</p> <p>10:00 Let's Play Marbles 11:00 Slow Stretches 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 UNO 4:00 Levon Myers (A) 6:30 Relaxation Tech. 7:30 Neighborhood Chat</p>	<p><b>9</b> Sunrise Chats</p> <p>10:30 Guitar with Lauren Venable (WC) 11:30 Bowling Tournament 2:00 Walking Club 4:00 Spa Afternoon 7:00 Game Time</p>			
<p><b>10</b> Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Yoga 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 6:15 Frank Fraton in Concert</p>					<p><b>11</b> Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Keith Byrd (WC) 1:30 Travel Book 2:00 Walking Club 3:00 The FARE Singers 4:00 Word Games 6:30 Disc Golf 7:30 Neighborhood Chat</p>	<p><b>12</b> Sunrise Chats</p> <p>10:00 Let's Make Art 11:00 Musical Exercise 1:30 Strength Training 2:00 Walking Club 3:00 Table Top Game 4:00 Sue Tillman Solos 6:30 Meet me in the Bakery 7:30 Neighborhood Chat</p>	<p><b>13</b> Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions 4:00 Vespers (WC) 6:30 Bocee Ball 7:30 Neighborhood-Chat</p>		

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						<p><b>14</b> <i>Valentine's Day!</i> <b>*Wear Red</b> 10:00 Tell Your Love Story 11:00 Exercise to Love Songs 2:00 Walking Club 3:00 Tai Chi Class 4:00 Music with Amy 6:30 Love Letters 7:30 Neighborhood Chat</p>	<p><b>15</b> Deep breathing 10:00 NC News 11:00 Slow Stretches 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 Greeting Card-Making 4:00 Nancy Pitkin 6:30 Relax Techniques 7:30 Neighborhood Chat</p>	<p><b>16</b> Sunrise Chats 10:30 Morning News (AR) 11:30 Bowling Tournament 2:00 Walking Club 4:00 Spin the Bottle 7:00 Choosing Paint Colors</p>
<p><b>17</b> Deep Breathing 10:30 Mind Joggers 11:00 Let's Exercise 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 6:15 Frank Fratoni in Concert</p>	<p><b>18</b> Morning Wake Up 10:00 Brainfitness 11:00 Zac Messick (WC) 1:30 Cricket the Yorkie 2:00 Walking Club 3:00 Destination Travel 4:00 Bluegrass Concert 6:30 Let's Take a Stroll 7:30 Night at the Museum Theatre</p>	<p><b>19</b> Sunrise Chats 10:00 Art with Cindy 11:00 Double Kickball 2:00 Walking Club to Brock Court 3:00 Table Top Game 4:00 Bocce Ball 6:30 Meet me in the Bakery 7:30 Neighborhood Chat</p>	<p><b>20</b> Bedside Stretches 10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions &amp; Coffee 4:00 Vesper's (WC) 6:30 Artistic Works 7:30 Neighborhood</p>	<p><b>21</b> Storytelling 10:00 Brainfitness 11:30 Lower Body Exercise 1:30 Weight Lifting 2:00 Walking Club 3:00 Small Groups 4:00 Music with Amy 6:30 7:30 Neighborhood Chat</p>	<p><b>22</b> Deep breathing 10:00 Spa Day 11:00 Slow Stretches 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 Birthday Party 4:00 Folk Songs (WC) 6:30 Relaxation Techniques 7:30 Neighborhood Chat</p>	<p><b>23</b> Sunrise Chats 10:30 Robbie &amp; Betty Vance (WC) 11:30 Bowling Tournament 2:00 Walking Club 4:00 Hangman 7:00 Nails Salon with Staff</p>		
<p><b>24</b> Deep Breathing 10:30 Mind Joggers 11:00 Let's Exercise 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 6:15 Frank Fratoni in Concert</p>	<p><b>25</b> Morning Wake Up 10:00 Brainfitness 11:00 Levon Myers (W) 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Bracelet Making 4:00 Sentimental Journey Show 6:30 Let's Take a Stroll 7:30 Neighborhood</p>	<p><b>26</b> Sunrise Chats 10:00 Art with Cindy 11:00 Musical Exercise 2:00 Walking Club to Brock Court 3:00 Table Top Game 4:00 AA Sing A Long 6:30 Meet me in the Bakery 7:30 Neighborhood</p>	<p><b>27</b> Bedside Stretches 10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions &amp; Coffee 4:00 Vesper's (WC) 6:30 7:30 Neighborhood</p>	<p><b>28</b> Storytelling 10:00 Brainfitness 11:30 Noodle Ball 1:30 Weight Lifting 2:00 Walking Club 3:00 Tai Chi Class 4:00 Music with Amy 6:30 Postcard Travel 7:30 Neighborhood-Chat</p>				