

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>1 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 Ladder Ball 6:30 Relaxation Techniques 7:30 Neighborhood Snack & Chat</p>		<p>2 Sunrise Chats</p> <p>10:30 Classic Tunes with Larry Pope 11:30 Tea & Poetry 2:00 Walking Club 4:00 Pillow Tossing Contest 7:00 Irish Drawings</p>		
		<p>3 Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Indoor Putt Putt 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 7:00 Frank Fratoni in Concert</p>	<p>4 Morning Wake Up</p> <p>10:00 Nancy Mcgimsey 11:00 Volleyball 1:30 Planet Earth 2:30 Walking Club 3:00 Bulb Planting 4:00 Gary Dobbins Bluegrass (A) 6:30 Let's Take a Stroll 7:30 Neighborhood Chat</p>	<p>5 Sunrise Chats</p> <p>10:00 Let's Make Art 11:00 Double Kickball 1:30 Strength Training 2:00 Walking Club 3:00 Table Top Game 4:00 AA Sing A Long 6:30 Meet me in The Bakery 7:30 Neighborhood Chat</p>	<p>6 Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 IN2L Travel 2:00 Walking Club 3:00 Devotions 4:00 Vespers (WC) 6:30 Famous Photography 7:30 Neighborhood Chat</p>	<p>7 Storytelling</p> <p>10:00 Brainfitness 11:00 Noodle Ball 1:30 Weight Lifting 2:00 Walking Club 3:00 Tai Chi Class 4:15 Amy Wright 6:30 Well Known Art 7:30 Neighborhood Chat</p>
<p>10 Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Indoor Putt Putt 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 6:15 Frank Fratoni in Concert</p>	<p>11 Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Keith Byrd (WC) 1:30 Planet Earth 2:00 Walking Club 3:00 The FARE Singers 4:00 Word Games 6:30 Disc Golf 7:30 Neighborhood Chat</p>	<p>12 Sunrise Chats</p> <p>10:00 Let's Make Art 11:00 1:30 Strength Training 2:00 Walking Club 3:00 Table Top Game 4:00 AA Sing A Long 6:30 Meet me in the Bakery 7:30 Neighborhood Chat</p>	<p>13 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 7:30 Neighborhood-Chat</p>	<p>14</p> <p>10:00 Cooking with Martha (AR) 11:00 Noodle Ball 2:00 Walking Club 3:00 Small Groups 4:00 Music with Amy 6:30 Evening Piano with Ronnie 7:30 Neighborhood Chat</p>	<p>15 Deep breathing</p> <p>10:00 Dominos 11:00 Tie Die Socks (WC) 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 Clover Patterns 4:00 Sound Therapy with Nancy Pitkin 6:30 Relax Techniques 7:30 Neighborhood</p>	<p>16 Sunrise Chats</p> <p>10:30 Keith Byrd on Piano (A) 11:30 Sewing Class 2:00 Walking Club 4:00 Kevin on the Keys (WC) 7:00 Cornhole Tournament</p>

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<p>17 St. Patricks Day!</p> <p>10:30 Mind Joggers 11:00 AV Beer Tasting 2:00 Walking Club 3:00 UNCG Singers (WC) 4:00 Church Service (WC) 6:15 Frank Fratoni in Concert</p>	<p>18 Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Zac Messick Concert (WC) 1:30 Planet Earth 2:00 Walking Club 3:00 Wood Works 4:00 Giant Kerplunk 6:30 Let's Take a Stroll 7:30</p>	<p>19 Sunrise Chats</p> <p>10:00 Art with Cindy 11:00 Mrs. Cottontail! 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 Chat</p>	<p>20 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 Vesper's (WC) 6:30 Bocce Ball 7:30 Neighborhood Chat</p>	<p>21 Storytelling</p> <p>10:00 Brainfitness 11:30 Lower Body Exercise 1:30 Weight Lifting 2:00 Walking Club 3:00 Tai Chi Class 4:00 Music with Amy 6:30 LG Tic Tac Toe 7:30 Neighborhood Chat</p>	<p>22 Deep breathing</p> <p>10:00 National News 11:00 Slow Stretches 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 Wine & Design 4:00 Sound Therapy 6:30 Relaxation Techniques 7:30 Neighborhood Chat</p>	<p>23 Sunrise Chats</p> <p>10:30 Robbie & Betty Vance (WC) 11:30 Atrium March 2:00 Walking Club 4:00 ZINGO 7:00 Indoor Putt Putt</p>
<p>24 Deep Breathing</p> <p>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>25 Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Levon Myers(WC) 1:30 Planet Earth 2:00 Walking Club 3:00 Let's Talk Plants 4:00 The Sentimental Journey Show (A) 6:30 Let's Take a Stroll 7:30</p>	<p>26 Sunrise Chats</p> <p>10:00 Art with Cindy 11:00 Double Kickball 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 Chat</p>	<p>27 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 Vesper's (WC) 6:30 Mad Libs 7:30 Neighborhood Chat</p>	<p>28 Storytelling</p> <p>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 Hangman 7:30 Neighborhood Chat</p>	<p>29 Deep breathing</p> <p>10:00 Marbles Tournament 11:00 Slow Stretches 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 March BINGO 4:00 Guitar with Lauren 6:30 Relaxation Techniques</p>	<p>30 Sunrise Chats</p> <p>10:30 Allen Groupel (WC) 11:30 Noodle Ball 2:00 Walking Club 4:00 Family Feud 7:00 Hair Styles of the 70's</p>
<p>31 Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Hula Hoop Race 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 6:15 Frank Fratoni in Concert</p>						