

*Arbor Acres  
Arborview 2019*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p><b>1</b> Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Planet Earth 2:00 Walking Club 3:00 Devotions 4:00 Vespers (WC) 6:30 Meet me in the Sunroom Game 7:30 Neighborhood Chats</p>	<p><b>2</b> Storytelling</p> <p>10:00 Brainfitness 11:00 Noodle Ball 1:30 Weight Lifting 2:00 Walking Club 3:00 Tai Chi with Dr. David 4:15 Amy Wright 6:30 Let's Cook! 7:30 Neighborhood Chats</p>	<p><b>3</b> Deep breathing</p> <p>10:00 Spa Morning 11:00 Slow Stretches 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 Pat Wade (A) 4:00 Marbles Circle 6:30 Relaxation Tech. 7:30 Neighborhood Chats</p>	<p><b>4</b> Sunrise Chats</p> <p>10:30 Classic Tunes with Larry Pope (WC) 11:30 Yoga 4:00 How to make Red Lobster Biscuits 7:00 Let's Take a Walk to the Rose Garden</p>
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<p><b>5</b> Deep Breathing</p> <p>10:30 Choices Jar 11:00 Let's Exercise 2:00 Walking Club 4:00 Church Service (WC) 6:15 Frank Fratoni in Concert</p>	<p><b>6</b> Morning Wake Up</p> <p>10:00 Nancy Mcgimsey! 11:00 Volleyball (A) 1:30 Travel Session 2:00 Walking Club 3:00 Cinco De Mayo! 4:00 Amy Wright 6:30 Let's Draw Spring 7:30 Neighborhood Chats</p>	<p><b>7</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 Table Top Game 4:00 Courtyard Gardening 6:30 Meet me in the Bakery 7:30 Neighborhood Chats</p>
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<p><b>8</b> Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Planet Earth 2:00 Walking Club 3:00 Devotions 4:00 Vespers (WC) 6:30 Manicures 7:30 Neighborhood Chats</p>	<p><b>9</b> Storytelling</p> <p>10:00 Brainfitness 11:00 Noodle Ball 1:30 Weight Lifting 2:00 Walking Club 3:00 Small Groups 4:00 Music with Amy 6:30 Let's Take a Stroll 7:30 Neighborhood Chats</p>	<p><b>10</b> Deep breathing</p> <p>10:00 UNO 11:00 Slow Stretches 1:00 Zuri the Mastiff 2:00 Walking Club 3:00 Crafting 4:00 Levon Myers (A) 6:30 Relax Techniques 7:30 Neighborhood Chats</p>	<p><b>11</b> Sunrise Chats</p> <p>10:30 Zach Dease Music (WC) 11:30 Corn Hole 2:00 Walking Club 4:00 How to make Pancakes 7:00 Wallpaper the House</p>
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<p><b>12</b> <i>Mother's Day</i></p> <p>10:30 Table Topics~Moms 11:00 Let's Exercise 12:00 Atrium Lunch! 2:00 Walking Club to the Rose Garden 4:00 Church Service (WC) 6:15 Frank Fratoni in</p>	<p><b>13</b> Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Davis Tucker (WC) 1:30 Planet Earth 2:00 Walking Club 3:00 The FARE Singers 4:00 BINGO 6:30 Let's Take a Stroll 7:30 Neighborhood Chats</p>	<p><b>14</b> 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 Nancy Pitkin (A) 6:30 Meet me in the Bakery 7:30 Neighborhood Chats</p>
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Key:

Arborview

Atrium (A)

Activity Room (AR)

Sunroom (SR)

Fitzgerald

Place

Willingham Court (WC)

Brock Court (BC)

Please contact Joy Saylor @ jsaylor@arboracres.org



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Arborview 2019*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**15**  
**Bedside Stretches**  
10:00 Brainfitness  
11:00 Keith Byrd  
1:30 Planet Earth  
2:00 Walking Club  
3:00 Devotions  
4:00 Vesper's (WC)  
6:30 Meet me in the Sunroom Game  
7:30 Neighborhood Chats

**16**  
**Storytelling**  
10:00 Brainfitness  
11:30 Chair Exercise  
1:30 Weight Lifting  
2:00 Walking Club  
3:00 **Tai Chi with Dr. David**  
4:00 Music with Amy  
6:30 Hangman  
7:30 Neighborhood Chats

**17**  
**Deep breathing**  
10:00 Word Games  
11:00 Slow Stretches  
1:00 Zuri the Mastiff Club  
2:00 The Walking Club  
3:00 Wood Working  
4:00 Guitar Circle (AR)  
6:30 Relaxation Techniques  
7:30 Neighborhood

**18**  
**Sunrise Chats**  
10:30 Spin the Bottle  
11:30 Let's Golf  
2:00 Walking Club  
4:00 Kevin on the Keys (WC)  
7:00 Famous Paintings~ What do you see?

**19**  
**Deep Breathing**  
10:30 Easter Devotional (AR)  
11:15 Hair, Nails, Makeup Spa (AR)  
2:00 Walking Club  
4:00 AA Church Service (WC)  
6:15 **Frank Fraton** in Concert

**20**  
**Morning Wake Up**  
10:00 Brainfitness  
11:00 Volleyball (AR)  
1:30 Planet Earth  
2:00 Walking Club  
3:00 Card Game  
4:00 **AA Spring Concert!**  
6:30 Let's Take a Stroll  
7:30 Neighborhood Chats

**21**  
**Sunrise Chats**  
10:00 Art with Cindy  
11:00 Double Kickball  
2:00 Walking Club to Brock Court  
3:00 Travel to the Beach  
4:00 Nancy Pitkin (A)  
6:30 Meet me in the Bakery  
7:30 Neighborhood Chats

**22**  
**Bedside Stretches**  
10:00 Brainfitness  
11:00 Keith Byrd  
1:30 Planet Earth  
2:00 Walking Club  
3:00 Devotions  
4:00 Vesper's (WC)  
6:30 Meet me in the Sunroom Game  
7:30 Neighborhood Chats

**23**  
**Storytelling**  
10:00 Brainfitness  
11:30 Lower Body Exercise  
1:30 Weight Lifting  
2:00 Walking Club  
3:00 Let's Celebrate!  
4:00 Ladder Ball  
6:30 Dominos  
7:30 Neighborhood Chats

**24**  
**Deep breathing**  
10:00 Marbles!  
11:00 Slow Stretches  
1:00 Zuri the Mastiff  
2:00 Walking Club  
3:00 Sandwiches for the Homeless  
4:00 **Magic Show!**  
6:30 Relaxation Tech  
7:30 Neighborhood Chats

**25**  
**Sunrise Chats**  
10:30 **Robbie & Betty Vance (WC)**  
11:30 Ring Toss  
2:00 Walking Club  
4:00 Marker Drawings  
7:00 Courtyard Game

**26**  
**Deep Breathing**  
10:30 Mind Joggers  
11:00 Let's Exercise  
2:00 Walking Club  
4:00 Church Service (WC)  
6:15 **Frank Fraton** in Concert

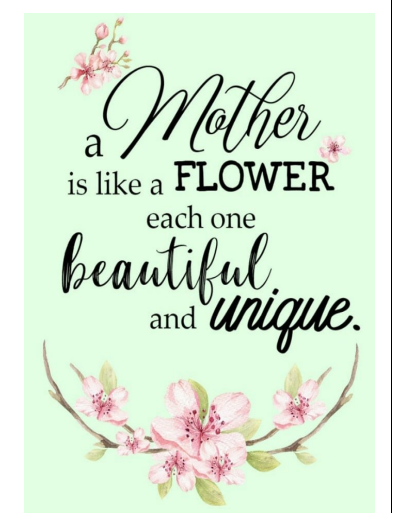
**27**  
**Morning Wake Up**  
10:00 Brainfitness  
11:00 Keith Byrd (WC)  
1:30 Planet Earth  
2:00 Walking Club  
3:00 Watercolor Art  
4:00 **The Sentimental Journey Show (A)**  
6:30 Let's Take a Stroll  
7:30 Neighborhood

**28**  
**Sunrise Chats**  
10:00 Art with Cindy  
11:00 Double Kickball  
2:00 The Walking Club  
3:00 Table Top Game  
4:00 Let's Get Creative  
6:30 Meet me in the Bakery  
7:30 Neighborhood Chats

**29**  
**Bedside Stretches**  
10:00 Brainfitness  
11:00 Keith Byrd  
1:30 Planet Earth  
2:00 Walking Club  
3:00 Devotions  
4:00 Vesper's (WC)  
6:30 Meet me in the Sunroom Game  
7:30 Neighborhood Chats

**30**  
**Storytelling**  
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 Puzzle It  
7:30 Neighborhood Chats

**31**  
**Deep breathing**  
10:00 Spa Morning  
11:00 Slow Stretches  
1:00 Zuri the Mastiff  
2:00 Walking Club  
3:00 BINGO  
4:00 Bluegrass! (WC)  
6:30 Relaxation Tech.  
7:30 Neighborhood Chats



*Key:*

Arborview

Atrium (A)

Activity Room (AR)

Sunroom (SR)

Fitzgerald

Place

Willingham Court (WC)

Brock Court (BC)

*Friday Morning  
Bike Rides  
& Golfcart Rides*

Please contact  
Joy Saylor @  
jsaylor@arboracres.org