

# Arborview October 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Monday-Friday 1pm  
& 4pm  
Golfcart Tours  
Of Arbor Acres

Monday-Friday 1:1  
Adaptive Bicycle  
Rides

Refreshment –  
Offered 11a  
door to door for  
residents– Choices  
vary daily

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



it's  
**PUMPKIN**  
spice  
AND EVERYTHING NICE  
**SEASON**



**1**  
Share a Memory  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Tai Chi  
11:30 Channel 1390  
Art Bloom Sing  
2:00 Courtyard Sun-  
shine  
4:00 Spin the Bottle  
6:30 Staff Choice

**2**  
Relax  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Weights  
2:00 Courtyard Sun-  
shine  
4:00 Stretch Bands  
6:30 Staff Choice

**3**  
Appreciate Sunrises  
11:00 Table Topics  
2:00 Courtyard Sunshine  
4:00 Simply Seated Exer-  
cise  
7:00 Spa Dayz

**4**  
Let's Worship

10:30 Video Church  
Service  
2:00 Courtyard Sun-  
shine  
4:00 Hymns & Hot  
Chocolate  
7:00 Jeopardy

**5**  
Wake Up with a Song

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Upper Body Exercise  
2:00 Courtyard Sun-  
shine  
4:00 Let's Make Art  
6:30 Staff Choice

**6**  
Favorite Travel Spot

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Tai Chi  
2:00 Courtyard Sun-  
shine  
4:00 Slow Stretches  
6:30 Staff Choice

**7**  
What Makes you Laugh

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Lower Body Exercise  
2:00 Courtyard Sun-  
shine  
4:00 1:1s  
6:30 Staff Choice

**8**  
Share a Memory

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Tai Chi  
11:30 Channel 1390  
Art Bloom Sing  
2:00 Courtyard Sun  
4:00 Let's Talk Hallow-  
een  
6:30 Staff Choice

**9**  
Relax

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Weights  
2:00 Courtyard Sun-  
shine  
4:00 Fresh Baked  
Goods  
6:30 Staff Choice

**10**  
Appreciate Sunrises

11:00 Mind Joggers  
2:00 Courtyard Sunshine  
4:00 Simply Seated Exer-  
cise  
7:00 Spa Dayz

**11**  
Let's Worship

10:30 Video Church  
Service  
2:00 Courtyard Sun-  
shine  
4:00 Hymns & Hot  
Chocolate  
7:00 Jeopardy

**12**  
Wake Up with a Song

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Upper Body Exercise  
2:00 Courtyard Sun-  
shine  
4:00 Let's Make Art  
6:30 Staff Choice

**13**  
Favorite Travel Spot

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Tai Chi  
2:00 Courtyard Sun-  
shine  
4:00 Slow Stretches  
6:30 Staff Choice

**14**  
What Makes you Laugh

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Lower Body Exercise  
2:00 Courtyard Sun-  
shine  
4:00 1:1's  
6:30 Staff Choice

**15**  
Share a Memory

10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-  
Tai Chi  
11:30 Channel 1390 Art  
Bloom Sing  
2:00 Courtyard Sun  
4:00 Hangman  
6:30 Staff Choice



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spice  
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**SEASON**



**16**  
**Relax**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Weights  
2:00 Courtyard Sunshine  
4:00 Stretch Bands  
6:30 Staff Choice

**17**  
**Appreciate Sunrises**  
11:00 Scattegories  
2:00 Courtyard Sunshine  
4:00 Simply Seated Exercise  
7:00 Spa Dayz

Monday-Friday 2pm-4pm  
Golfcart Tours  
Of Arbor Acres

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Adaptive Bicycle Rides

Refreshment – Offered 11a  
door to door for residents– Choices vary daily

Facetimes, Skype, or Zoom  
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**18**  
**Let's Worship**  
10:30 Video Church Service  
2:00 Courtyard Sunshine  
4:00 Hymns & Hot Chocolate  
7:00 Jeopardy

**19**  
**Wake Up with a Song**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Upper Body Exercise  
2:00 Courtyard Sunshine  
4:00 Let's Make Art  
6:30 Staff Choice

**20**  
**Favorite Travel Spot**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Tai Chi  
2:00 Courtyard Sunshine  
4:00 Slow Stretches  
6:30 Staff Choice

**21**  
**What Makes you Laugh**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Lower Body Exercise  
2:00 Courtyard Sunshine  
4:00 1:1s  
6:30 Staff Choice

**22**  
**Share a Memory**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Tai Chi  
11:30 Channel 1390 Art Bloom Sing  
2:30pm Gazebo Pumpkin Carving

**23**  
**Relax**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Weights  
2:00 Courtyard Sunshine  
4:00 Stretch Bands  
6:30 Staff Choice

**24**  
**Appreciate Sunrises**  
11:00 Table Topics  
2:00 Courtyard Sunshine  
4:00 Simply Seated Exercise  
7:00 Spa Dayz

**25**  
**Let's Worship**  
10:30 Video Church Service  
2:00 Courtyard Sunshine  
4:00 Hymns & Hot Chocolate  
7:00 Jeopardy

**26**  
**Wake Up with a Song**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Upper Body Exercise  
2:00 Courtyard Sunshine  
4:00 Let's Make Art  
6:30 Staff Choice

**27**  
**Favorite Travel Spot**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Tai Chi  
2:00 Courtyard Sunshine  
4:00 Slow Stretches  
6:30 Staff Choice

**28**  
**What Makes you Laugh**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Lower Body Exercise  
2:00 Courtyard Sunshine  
4:00 1:1's  
6:30 Staff Choice

**29**  
**Share a Memory**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Tai Chi  
11:30 Channel 1390 Art Bloom Sing

**30**  
**Let's Celebrate**  
10:30 Brainfitness  
11:00 Fall Refreshment  
11:15 Small Group-Weights  
**4pm Halloween Family Parade!**

**31**  
**Staff Costume Contest Voting**  
11:00 A Charlie Brown Halloween  
2:00 Courtyard Sunshine  
4:00 Simply Seated Exercise  
7:00 Door Delivered chocolate

