

Arbor Life Enrichment

July 2022

Friday, July 1

AM:

10:00 Virtual Chair Exercise-CH 991

10:15 Chapel with Pastor Keith - A

10:45 Sit To Be Fit – A

11:15 Visit with Miss Penelope

And Heather - A

PM:

2:30 Decorate for 4th of July with Jill -A

6:00 Susie Q Sing along - A 3

Saturday, July 2

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, July 3

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A

3:30 Sunday Chapel Service on 991

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, July 4

HAPPY 4TH OF JULY

AM:

10:00 Virtual Chair Exercise- Canceled

11:15 Chair Exercise with Sharon

On YouTube - A

PM:

3:00 Snack-N-Chat - A

6:00 Yankee Doodle Dandy DVD- - A

Tuesday, July 5

AM:

9:00 Virtual Chair Exercise

10:00 Music on the Patio -A

10:00 Catholic Service – CH 991

PM:

2:15 Yoga on the Rotunda Patio - RP

6:00 Music on the Patio - A

Wednesday, July 6

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Gardening on the Patio with Jill

11:15 Sit To Be Fit - A

PM:

2:30 Cactus Crafts with Jill - A

5:45 Welcome New Volunteer to

The Arbor Tavary -A

Thursday, July 7

AM:

10:00 Virtual Chair Exercise - CH 991

10:00 Color Pencil Drawing – A

PM:

2:15 Open Gym with Wellness – FC

7:00 Jazz Concert In The Rose Gardens

Friday, July 8

AM:

10:00 Virtual Chair Exercise-CH 991

10:15 Chapel with Pastor Keith - A

10:45 Sit To Be Fit – A

PM:

1:30 Trishaw Bike Rides

With Jill - FP

6:00 Music Thought life - A

Saturday, July 9

AM:

10:00 Virtual Chair Exercise -CH 991
10:00 Water Flowers On The Patio - A

PM:

3:00 Snack-N-Chat - A
6:00 Saturday Movie Night - A

Sunday, July 10

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A
3:30 Sunday Chapel Service on 991
6:00 Catholic Mass
EWTN Channel 291 – A

Monday, July 11

AM:

10:00 Virtual Chair Exercise-CH 991
10:00 Large Puzzles – A
11:15 Sit To Be Fit - A

PM:

**2:00 Entertainment: MecPhil
Music School- How Music
Harmonious – Rotunda Patio**
6:00 Lawrence Welk Show - A

Tuesday, July 12

AM:

9:00 Virtual Chair Exercise
10:00 Paint Bird House & wooden
Flowers with Jill - A
10:00 Catholic Service – CH 991

PM:

2:15 Yoga on the Rotunda Patio - RP
6:30 Wheel of Fortune Ch 4 - A

Wednesday, July 13

AM:

10:00 Virtual Chair Exercise-CH 991
10:00 Baking with Jill - A

11:15 Sit To Be Fit - A

PM:

2:30 Walking Group with Jill - A
5:45 Activities with Tavery - A

Thursday, July 14

AM:

10:00 Virtual Chair Exercise - CH 991
10:00 Morning Walks with Jill - A

PM:

2:15 Open Gym with Wellness - FC
6:00 Scenic Drives DVD – A

Friday, July 15

AM:

10:00 Virtual Chair Exercise-CH 991
10:15 Chapel with Pastor Keith - A
10:45 Sit To Be Fit – A

PM:

1:30 Outing To Centerville Beach
with Jill -A
6:00 Music On The Patio - A

Saturday, July 16

AM:

10:00 Virtual Chair Exercise-CH 991
10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A
6:00 Saturday Movie Night - A

Sunday, July 17

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A

3:30 Sunday Chapel Service on 991

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, July 18

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Trishaw Rids with Jill - FP

PM:

1:30 Bingo – AD

6:00 Susie Sing Along - A

Tuesday, July 19

AM:

9:00 Virtual Chair Exercise

10:00 Moring Walks with Jill - A

10:00 Catholic Service – CH 991

PM:

1:30 Yoga on the Rotunda Patio - RP

6:00 Badminton - A

Wednesday, July 20

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Gardening on the Patio - A

11:15 Sit To Be Fit - A

PM:

2:30 Arbor Resident Council
With Jill - A

5:45 Activities with Tavary - A

Thursday, July 21

AM:

10:00 Virtual Chair Exercise - CH 991

10:00 Morning Walking with Jill - A

PM:

2:15 Open Gym with Wellness - FC

6:00 Susie Sing Along - A

Friday, July 22

AM:

10:00 Virtual Chair Exercise-CH 991

10:15 Chapel with Pastor Keith - A

10:45 Sit To Be Fit – A

PM:

2:00 Entertainment: Nordic Music

Violin And Vocal Sparano - AD

6:30 Wheel of Fortune Ch 4 – A

Saturday, July 23

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, July 24

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A

3:30 Sunday Chapel Service on 991

6:00 Catholic Mass

EWTN Channel 291 – A

Monday, July 25

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Color Pencil Art - A

PM:

1:30 Bingo - AD

5:45 Music with Keralyn – A

Tuesday, July 26

AM:

9:00 Virtual Chair Exercise

10:00 Manicure with Jill - A

10:00 Catholic Service – CH 991

PM:

2:00 Entertainment: Jim Kirkendell

Guitar and voice - Rotunda Patio

6:30 Wheel of Fortune Ch 4 - A

Wednesday, July 27

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Baking with Jill - A

11:15 Sit To Be Fit with Jill - A

PM:

2:30 Corn Feed with Jill - A

5:45 Activities with Tavery - A

Thursday, July 28

AM:

10:00 Virtual Chair Exercise - CH 991

10:00 Sorting Games - AD

PM:

2:15 Open Gym with Wellness - FC

6:00 Music on the patio - A

Friday, July 29

AM:

10:00 Virtual Chair Exercise-CH 991

10:15 Chapel with Pastor Keith - A

10:45 Sit To Be Fit – A

PM:

3:00 Snack-N-Chat - A

6:30 Wheel of Fortune Ch 4 – A

Saturday, July 30

AM:

10:00 Virtual Chair Exercise-CH 991

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

Sunday, July 31

AM:

10:00 Reading The Sunday paper – A

PM:

3:00 Snack-N-Chat - A

3:30 Sunday Chapel Service on 991

6:00 Catholic Mass

EWTN Channel 291 – A

July Highlights

Mondays 1:30 Bingo Please come and join us for live bingo in the auditorium. (No bingo on Monday, July 11, entertainment instead)
Auditorium

Thursday, July 7, 7:00 Entertainment: The Swing Cats Sextet Is our 3 horn band performing familiar American Songbook songs from the 20s to 50s, including traditional jazz, swing, Latin arrangements. **Rose Garden**

Tuesday, July 8, 1:30 Trishaw Rides

Come join us for a ride around our campus with trained staff. Enjoy the fresh air while riding in the front of our new Trishaw bike. Everyone needs to sign a Liability Waive prior to bike ride.-Front Patio

Friday, July 18, 10:00 Trishaw Rides Come join us for a ride around our campus with trained staff. -Front Patio

Monday, July 11, 2:00 Entertainment: MacPhail Hour Presents Harmonious Horns; Mike Alexander and Allison Akins – Rotunda Patio

Friday, July 22, 2:00 Entertainment: Nordic Music Program violin, piano, soprano - Auditorium

AD= Auditorium (Ground Level)

AR= Commons Activity Room (2nd Floor)

B= Bistro

C= Chapel (Ground Level)

CL= Club Room (Across from Library)

CON= Conservatory

FL= Front Lobby

FC= Fitness Center (Ground Level)

FP= Front Patio

CH991= in-house Virtual Channel-991

G= Gallery (Next to conservatory)

GC= Garden Court Dining (Across from Dining Room)

HCR= Hearth Community Room (first floor)

L= Library (First Floor)

T= Movie Theatre (Ground Level)

NG= North Gables (Ground Level)

R = Rotunda (Ground Level)

RG= Rose Garden

Any question please contact Jill Hanson at *4061 Programs are subject to change and cancellation.

