


The Arbor at the Kroontje Health Care Center All activities are 30 - 45 minutes in length

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	PR – Productive SN – Sensory R – Reflective P – Physical C – Creative/Mental S – Social O – Outside Activities in blue are food based Activities in pink are national days Activities in red are new/different	1 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Hand Massage (SN) 11:00 Arbor Artisans (PR) 2:00 Music and Movement (P) 4:15 Nail Treatment (SN)	2 Ice Cream Sandwich Day 9:30 Arbor Café (S) 10:30 Making Ice Cream Sandwiches (P) 11:00 Playing Kickball 2:00 Gardening (P) 3:00 Bingo (S) 4:30 George on Clarinet (R)	3 Watermelon Day 9:30 Arbor Café (S) 10:30 Watermelon Seed Spitting Contest (S) 2:15 Adult Coloring Group (C) 4:00 Protestant Communion with Jim (R) 4:30 Pet Visit with Todd (SN)	4 9:30 Arbor Café (S) 10:00 Sing a-long with Kristi (R) 10:30 Trivia (C) 2:00 Puzzles with Melodie (C) 3:00 Bingo (S) 4:15 Bubbles on the Patio (S)	5 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)	
	6 2:30 Bingo (S) 4:00 Church Service (R) Blacksburg Christian Fellowship	7 Light House Day 9:30 Arbor Café (S) 10:30 Puzzles with Melodie (C) 11:00 Game Time (C) 2:00 Light House Craft (C) 3:00 Bingo (S) 4:15 Hot Potato Game (P)	8 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Hand Massage (SN) 11:00 Cooking Group (P) 1:30 Hymns with Lois (R) 4:15 Nail Treatment (SN)	9 9:30 Arbor Café (S) 10:30 Building Structures (C) 11:00 Playing Kickball (P) 2:00 Arbor Artisans (PR) 3:00 Chef Stage Center (PR) 4:30 Musical Performance (R) George on Clarinet	10 Relaxation Day 9:30 Arbor Café (S) 10:30 Hand Lotion Massage (SN) 11:00 Balloon Ball Exercise (P) 1:30 Scenic Van Ride (O) 2:15 Sun Bathing on Patio (S) 4:30 Pet Visit with Todd (SN)	11 9:30 Arbor Café (S) 10:30 Trivia (C) 11:00 Parachute Exercise (P) 2:00 Jamming with Instruments (C) 3:00 Bingo (S) 4:15 Moving with Melodie (P)	12 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)
	13 2:30 Bingo (S) 4:00 Church Service (R) Grace Covenant Presbyterian Church	14 9:30 Arbor Café (S) 10:30 Bean Bag Toss (P) 11:00 Game Time (C) 2:00 Sensory Time (SN) 3:00 Bingo (S) 4:15 Bowling (P)	15 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Hand Lotion Massage (SN) 11:00 Cooking with Melodie (P) 2:00 Music and Movement (P) 4:15 Nail Treatment (SN)	16 9:30 Arbor Café (S) 10:30 Pet Visit with Knobby (SN) 11:00 Playing Kickball (P) 2:00 Gardening (P) 3:00 Birthday Social (S) 4:30 Musical Performance (R) George on Clarinet	17 9:30 Arbor Café (S) 10:30 Balloon Ball Exercise (P) 11:30 Music with Robbie (R) 2:00 Name 5 Game (C) 4:00 Protestant Communion with Jim (R) 4:30 Pet Visit with Todd the Dog (SN)	18 Honeybee Day 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:30 Biscuits and Honey Snack Break (S) 2:00 Honeybee Craft (PR) 3:00 Bingo (S) 4:15 Puzzles with Melodie (C)	19 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)
	20 2:30 Bingo (S) 4:00 Church Service (R) Blacksburg Christian Fellowship	21 9:30 Arbor Café (S) 10:30 Puzzles with Melodie (C) 11:00 Game Time (C) 2:00 Sensory Time (SN) 3:00 Bingo (S) 4:15 Hot Potato Game (P)	22 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Hand Lotion Massage (SN) 11:00 Cooking Group (P) 2:15 Arbor Artisans (PR) 4:15 Nail Treatment (SN)	23 9:30 Arbor Café (S) 10:30 Painting Sun Catchers (C) 11:00 Playing Kickball (P) 2:00 Name 5 Game (C) 3:00 Bingo (S) 4:30 Musical Performance (R) George on Clarinet	24 9:30 Arbor Café (S) 10:30 Making Homemade Ice Cream (P) 11:00 Balloon Ball Exercise (P) 1:30 Scenic Van Ride (O) 4:00 Musical Performance (R) Sunny Side Band 4:30 Pet Visit with Todd (SN)	25 9:30 Arbor Café (S) 10:00 Sing a-long with Kristi (R) 10:30 Trivia (C) 11:00 Parachute Exercise (P) 2:00 Bubbles on the Patio (S) 3:00 Wine and Cheese Social (S)	26 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)
	27 2:30 Bingo (S) 4:00 Church (R) Union Valley Pentecostal Church	28 9:30 Arbor Café (S) 10:30 Jamming with Instruments (C) 11:00 Game Time (C) 2:00 Name 5 Game (C) 3:00 Bingo (S) 4:15 Bowling (P)	29 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Hand Massage (SN) 11:00 Cooking (P) 2:00 Arts and Crafts (C) 4:15 Nail Treatment (SN)	30 9:30 Arbor Café (S) 10:30 Building Structures (C) 11:00 Playing Kickball 2:00 Gardening 3:00 Bingo (S) 4:30 Musical Performance (R) George on Clarinet	31 Trail Mix Day 9:30 Arbor Café (S) 10:30 Arbor Artisans (PR) 11:00 Balloon Ball Exercise (P) 2:00 Making Homemade Trail Mix (P) 4:30 Pet Visit with Todd the Dog (SN)		