



The Arbor at the Kroontje Health Care Center All activities are 30-60 minutes in length. Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	C – Creative/Mental P – Physical Pr – Productive S – Social Sn – Sensory R – Reflective O - Outdoor					1  9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie (S)
2 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) Blacksburg Christian Fellowship	3 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Adult Coloring (C) 3:00 Bingo (S)	4 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	5 9:00 Morning Music (R) 9:30 Arbor Café (S) 3:00 Bingo (S) 4:30 Musical Performance George on Clarinet (R) 5:00 Christmas Holiday Party (Willows Dining Room)	6 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Adult Coloring (C) 2:00 Arts and Crafts (C) 3:30 Sit and Be Fit Class (P) 4:00 Protestant Communion (R)	7 Pearl Harbor Day 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Pearl Harbor Trivia (C) 3:00 Bingo (S) 4:00 Afternoon Movie and Popcorn (S)	8  9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie (S)
9 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) Grace Covenant Presbyterian Church	10 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Adult Coloring (R) 3:00 Bingo (S)	11 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Communion (R) 1:30 Hymns with Lois (R) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	12 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Playing Uno (C) 2:00 Chef Stage Center (S) 3:00 Bingo (S) 4:30 Musical Performance George on Clarinet (R)	13 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Arts and Crafts (C) 2:00 Baking Sweet Treats (P) 3:30 Sit and Be Fit Class (P)	14 9:00 Morning Music (R) 9:30 Arbor Café (S) 3:00 Bingo (C) 4:00 Afternoon Movie (S) 6:30 Christiansburg Christmas Parade (O)	15  9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie (S)
16 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) Blacksburg Christian Fellowship	17 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Adult Coloring (R) 3:00 Bingo (S)	18 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Communion (R) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN) 6:00 Van Ride to Look at Christmas Lights	19 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Arts and Crafts (C) 2:30 Christmas Party (S) 4:30 Musical Performance George on Clarinet (R)	20 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Baking Sweet Treats (P) 3:30 Sit and Be Fit Class (P) 4:00 Protestant Communion (R) 4:00 Musical Performance Sunny Side Band (R)	21 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:30 Christmas Tradition Talk (R) 1:30 Inn at VT Trip (O) 4:00 Afternoon Movie (S)	22  9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:00 Christmas Caroling (S)
23 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) ----- 30 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R)	24 Christmas Eve 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Christmas Trivia (C) 3:00 Bingo (DR) ----- 31 9:00 Morning Music (R) 9:30 Arbor Café (S) 1:30 "Noon" Year's Eve Celebration (DR) 3:00 Bingo (DR)	25 Christmas Day  12:00 Christmas Day Luncheon 2:00 Afternoon Matinee and Popcorn (S)	26 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Arts and Crafts (C) 2:00 Playing Uno (C) 3:00 Bingo (S) 4:30 Musical Performance George on Clarinet (R)	27 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Game Time (C) 2:00 Sensory Time (SN) 3:30 Sit and Be Fit Class (P)	28 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Arts and Crafts (C) 3:00 Wine and Cheese Social (S) 4:00 Afternoon Movie (S)	29  9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie (S)