

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				1 9:30 Arbor Café (S) 10:00 Matching and Sorting (C) 2:00 Coloring Christmas Pictures (C) 3:00 Bingo (S) 4:15 Bean Bag Toss (P) 7:00 Blacksburg Christmas Parade (O)	2 9:30 Arbor Café (S) 10:30 Bingo (S)
3 4:00 Church Service (R) Blacksburg Christian Fellowship	4 9:30 Arbor Café (S) 11:00 Balloon Toss (P) 2:00 Puzzle Time (C) 3:00 Bingo (S) 4:15 Hot Potato Game (P)	5 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Sensory Time (SN) 11:00 Cooking Group (P) 1:30 Bowling (P) 4:15 Nail Treatment (SN)	6 9:30 Arbor Café (S) 10:30 Matching & Sorting (C) 11:00 Exercise Time (P) 2:00 Hand Massage (SN) 3:00 Bingo (C) 4:30 Musical Performance (R) George on Clarinet	7 9:30 Arbor Café (S) 10:30 Bean bag Toss (P) 11:00 Wood Burning Ornaments (C) 4:00 Protestant Communion with Jim (R) 4:15 Pet Visit with Todd (SN)	8 9:30 Arbor Café (S) 10:30 Adult Coloring (C) 11:00 Building a Snowman (C) 2:00 Music and Jam (R) 3:00 Bingo (S) 4:15 Playing Kick Ball (P) 7:00 Scenic Ride: Live Nativity Scene	9 9:30 Arbor Café (S) 10:30 Bingo (S)
10 4:00 Church Service (R) Grace Covenant Presbyterian Church	11 9:30 Arbor Café (S) 10:30 Snowman Craft (C) 11:00 Rocking around the Christmas Tree (R) 2:00 Hand Massages (R) 3:00 Bingo (S) 4:15 Bean Bag Toss (P)	12 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Christmas Color Craft (C) 11:00 Cooking Group (Sugar Cookies) (P) 1:30 Hymns with Lois (R) 4:15 Nail Treatment (SN)	13 9:30 Arbor Café (S) 10:30 Playing Kick Ball (P) 11:00 Making Snowflakes (C) 1:30 Kinetic Sand (SN) 3:00 Chef Stage Center (PR) 4:30 Musical Performance (R) George on Clarinet	14 9:30 Arbor Café (S) 10:30 Making Toilet Paper Roll Santa's (C) 2:00 Basketball (P) 4:00 Family Night with Holiday Eats and Treats 4:15 Pet Visit with Todd the Dog (SN)	15 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:30 Name 5 Game (C) 2:00 Making Christmas Cards (C) 3:00 Bingo (S) 4:15 Ring Toss (P)	16 8:30 Arbor Cafe (S) 10:30 Bingo (S)
17 4:00 Church Service (R) Blacksburg Christian Fellowship 6:15 Caroling with Lois and First Wesleyan Church	18 9:30 Arbor Café (S) 10:30 Christmas Traditions (S) 11:00 Balloon Toss (P) 2:00 Painting Wooden Christmas Signs (C) 3:00 Bingo (S) 4:15 Nail Treatment (SN)	19 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Making Ornaments (C) 11:00 Cooking Group (Rice Crispy Treats) (P) 1:30 Holiday Party 4:00 Musical Performance (R) Sunny Side Band	20 9:30 Arbor Café (S) 10:30 Pet Visit with Knobby (SN) 11:00 Parachute with Anna 2:00 Sensory Time (SN) 3:00 Birthday Social (S) 4:30 Musical Performance (R) George on Clarinet	21 9:30 Arbor Café (S) 10:30 Making Personalized Stockings (C) 1:30 Sensory Time (SN) 4:00 Protestant Communion with Jim (R) 4:15 Pet Visit with Todd the Dog (SN)	22 9:30 Arbor Café (S) 10:00 Sing a-long with Kristi (R) 1:30 Fried Apple Pies (P) 2:30 Christmas Stories With Ellie (R) 3:00 Bingo (S) 4:15 Making Ornaments (C)	23 9:30 Arbor Café (S) 10:30 Bingo (S)
24 Christmas Eve 9:30 Arbor Café	25 Christmas Day 12:00 Christmas Day Luncheon (S)	26 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 11:00 Cooking Group 2:00 Splash/Recipe Review with Jen (PR) 4:15 Nail Treatment (SN)	27 9:30 Arbor Café (S) 10:30 Adult Coloring (C) 11:00 Balloon Toss (P) 2:00 Hand Lotion Massage (SN) 3:00 Bingo (S) 4:30 Musical Performance (R) George on Clarinet	28 9:30 Arbor Café (S) 10:30 Personalizing your own Cup (C) 2:00 Sensory Time (SN) 4:15 Pet Visit with Todd the Dog (SN)	29 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:30 New Year's Resolutions (S) 2:00 Building Structures (C) 3:00 Wine and Cheese Social (S) 4:15 Music and Movement (P)	30 9:30 Arbor Café (S) 10:30 Bingo (S)
31 New Years Eve 4:00 Church Service (R)	<b>Enjoy Music and Movies throughout the day</b>					