


The Arbor at the Kroontje Health Care Center All activities are 30 - 60 minutes in length

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:00 New Year's Trivia (C) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	2 9:30 Arbor Café (S) 10:30 Finish the Line (C) 2:00 Adult Coloring (C) 3:00 Bingo (S) 4:30 Musical Performance (R) George on Clarinet	3 9:30 Arbor Café (S) 10:30 Playing Uno (C) 2:00 Game Time (C) 3:30 Sit and Be Fit Class (P) 4:00 Protestant Communion with Jim (R)	4 9:30 Arbor Café (S) 10:30 Matching (C) 2:00 Balloon Toss (P) 3:00 Bingo (S) 3:30 Afternoon Movie and Popcorn (S)	5 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)
6 © Can Stock Photo - csp14791830 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) Blacksburg Christian Fellowship	7 9:30 Arbor Café (S) 10:30 Playing Uno (C) 2:00 Putting Puzzles Together (C) 3:00 Bingo (S)	8 Elvis' Birthday 9:30 Arbor Café (S) 10:00 Communion (R) 10:30 Elvis Trivia and Fun Facts (C) 1:30 Pet Visit with Alf (SN) 1:30 Hymns with Lois (R) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	9 9:30 Arbor Café (S) 10:30 Bean Bag Toss (P) 2:00 Men's Club (S) 3:00 Bingo (S) 4:30 Musical Performance (R) George on Clarinet	10 9:30 Arbor Café (S) 10:30 Trivia (C) 2:00 Adult Coloring (C) 3:30 Sit and Be Fit Class (P) 4:15 Bean Bag Toss (P)	11 9:30 Arbor Café (S) 10:30 Baking Sweets (P) 2:00 Game Time (C) 3:00 Bingo (S) 3:30 Afternoon Movie and Popcorn (S)	12 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)
13 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) Grace Covenant Presbyterian Church	14 9:30 Arbor Café (S) 10:30 Arbor Artisans (PR) 2:00 Story Time With Anna (S) 3:00 Bingo (S)	15 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Adult Coloring (C) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	16 9:30 Arbor Café (S) 10:30 Arts and Crafts (C) 2:00 Chef Stage Center (S) 3:30 Birthday Social (S) 4:30 Musical Performance (R) George on Clarinet	17 9:30 Arbor Café (S) 10:30 Baking Treats (P) 11:00 Playing Uno (C) 2:00 Kickball (P) 3:30 Sit and Be Fit Class (P) 4:00 Protestant Communion with Jim (R)	18 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:00 Sensory Time (SN) 11:15 Balloon Toss (P) 2:00 Painting with Kelsey (C) 3:00 Bingo (S) 3:30 Afternoon Movie and Popcorn (S)	19 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)
20 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) Blacksburg Christian Fellowship	21 Penguin Day 9:30 Arbor Café (S) 10:30 Penguin Craft (C) 2:00 Adult Coloring (C) 3:00 Bingo (S)	22 Blondie Brownie Day 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Baking Brownies (P) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	23 9:30 Arbor Café (S) 10:30 Sensory Time (SN) 2:00 Playing Uno (C) 3:00 Bingo (S) 4:30 Musical Performance (R) George on Clarinet	24 9:30 Arbor Café (S) 10:30 Sorting and Organizing (C) 2:00 Bowling (P) 3:30 Sit and Be Fit Class (P) 4:00 Musical Performance (R) Sunny Side Band	25 9:30 Arbor Café (S) 10:30 Finish the Line (C) 2:00 Arts and Crafts (C) 3:00 Wine and Cheese (S) 3:30 Afternoon Movie and Popcorn (S)	26 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:15 Balloon Toss (P) 2:30 Afternoon Movie and Popcorn (S)
27 9:30 Arbor Café (S) 1:00 Exercise (P) 4:00 Church Service (R) Union Valley Pentecostal Church	28 9:30 Arbor Café (S) 10:30 Arbor Artisans (PR) 2:00 Game Time (C) 3:00 Bingo (S)	29 Puzzle Day 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Puzzle Arts and Crafts (C) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	30 9:30 Arbor Café (S) 10:30 Balloon Toss (P) 2:00 Arbor Artisans (PR) 3:00 Bingo (S) 4:30 Musical Performance (R) George on Clarinet	31 9:30 Arbor Café (S) 10:30 Arts and Crafts (C) 1:30 Adult Coloring (C) 3:30 Sit and Be Fit Class (P)	C – Creative/Mental P – Physical Pr – Productive S – Social Sn – Sensory R – Reflective O - Outdoor	