

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day 12:00 New Year's Day Luncheon Enjoy music and movies throughout the day	2 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 2:30 Jump and Jive (P) 4:15 Nail Treatment (SN)	3 9:30 Arbor Café (S) 10:30 Balloon Toss (P) 3:00 Bingo (S) 4:00 Music Performance (R) George on Clarinet	4 National Trivia Day 9:30 Arbor Café (S) 10:30 Trivia (C) 4:00 Protestant Communion (R)	5 National Bird Day 9:30 Arbor Café (S) 11:00 Hand Lotion Massage (SN) 2:30 Painting Bird Houses (C) 3:00 Bingo (S)	6 2:30 Afternoon Movie and Popcorn (S): Fury Vengeance: Rated PG
7 4:00 Church Service (R) Blacksburg Christian Fellowship	8 Happy Birthday Elvis 9:30 Arbor Café (S) 10:30 Elvis Trivia (C) 2:00 Music on CD --- The King of Rock and Roll (SN) 3:00 Bingo (S)	9 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 1:30 Hymns with Lois (R) 4:15 Nail Treatment (SN)	10 9:30 Arbor Café (S) 10:30 Finish the Line (C) 3:00 Bingo (S) 4:00 Music Performance (R) George on Clarinet	11 National Milk Day 9:30 Arbor Café (S) 11:00 Parachute Exercise (P) 2:00 Milkshake Social (S) 4:00 Cow Craft (C)	12 9:30 Arbor Café (S) 10:30 Hand Lotion Massage (Sn) 2:00 Adult Coloring (C) 3:00 Bingo (S)	13 2:30 Afternoon Movie and Popcorn (S): Black Stallion: Not Rated
14 4:00 Church Service (R) Grace Covenant Presbyterian Church	15 National Hat Day 9:30 Arbor Café (S) 10:30 Making a Hat 2:00 Sights and Sounds Sensory (SN) 3:00 Bingo (DR)	16 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 10:30 Arts and Crafts (C) 2:00 Finish the Line (C) 4:15 Nail Treatment (SN)	17 9:30 Arbor Café (S) 10:30 Table Balloon Ball (P) 2:00 Sensory Time (SN) 3:00 Birthday Social (S) 4:00 George on Clarinet	18 Winnie the Pooh Day 9:30 Arbor Café (S) 11:30 Music with Robbie Vance (R) 2:00 Winnie the Pooh Craft (C) 4:00 Communion (R)	19 National Popcorn Day 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:30 Hand Massage (Sn) 2:00 Popcorn Party 3:00 Bingo (DR)	20 9:00 Arbor Café (S) 2:00 Balloon Toss Exercise (P) 3:00 Bingo
21 4:00 Church Service (R) Blacksburg Christian Fellowship	22 9:30 Arbor Café (S) 10:30 Ring Toss (P) 2:00 Sights and Sounds Sensory (SN) 3:00 Bingo (S)	23 National Pie Day 9:30 Arbor Café (S) 10:00 Communion (R) 10:30 Baking a Pie (P) 2:00 Parachute Toss (P) 4:15 Nail Treatment (SN)	24 National Peanut Butter Day 9:30 Arbor Café (S) 11:00 Making Peanut Butter Balls (P) 2:00 Arts and Crafts (C) 3:00 Bingo (S)	25 9:30 Arbor Café (S) 10:30 Sculpting with Play-Doh (P) 2:00 Table Balloon Ball (P) 4:00 Music Performance Sunny Side Band	26 9:30 Arbor Café (S) 10:00 Sing a-long with Kristi (R) 2:00 Hand Lotion Massage (SN) 3:00 Wine & Cheese (S)	27 9:00 Arbor Café (S) 2:00 Balloon Toss Exercise (P) 3:00 Bingo
28 4:00 Church Service (R) Union Valley Pentecostal Church	29 National Puzzle Day 9:30 Arbor Café (S) 10:30 Piecing together Puzzles 2:00 Jump and Jive (P) 3:00 Bingo (S)	30 9:30 Arbor Café (S) 10:00 Communion (R) 10:30 Arts and Crafts (C) 2:00 Recipes with Jen (PR) 4:00 Exercise (P)	31 National Art Day 9:30 Arbor Café (S) 10:30 Let's Make Artwork (C) 2:00 Sensory Time (SN) 3:00 Bingo (S) 4:00 Music Performance	C – Creative/Mental P – Physical PR – Productive S – Social SN – Sensory R – Reflective		

George on Clarinet

