

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	C – Creative/Mental P – Physical PR – Productive S – Social SN – Sensory R – Reflective O – Outdoor	JULY				1 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Snack (S)
2 2:30 Bingo (S) 4:00 Church Service (R) Blacksburg Christian Fellowship	3 9:00 Arbor Café (S) 3:00 Bingo (S)	4 12:00 Independence Day Themed Luncheon (S) 3:30 Afternoon Movie and Popcorn (S)	5 9:30 Arbor Café (S) 11:00 Arbor Artisans (PR) 3:00 Bingo (S) 4:30 Music Performance (PR) George on Clarinet	6 9:30 Arbor Café (S) 10:00 Garden Club (P) 3:00 Game Time (C) 4:30 Todd the Dog Visits (SN)	7 9:30 Arbor Café (S) 11:00 Puzzles with Melodie (C) 2:00 Hand Lotion Massage (SN) 3:00 Bingo (S)	8 1:30 Balloon Toss (P) 2:30 Aram and Gerry Musical Performance (R)
9 2:30 Bingo (S) 4:00 Church Service (R) Grace Covenant Presbyterian Church	10 9:30 Arbor Café (S) 10:30 Exercise Group (P) 2:00 Game Time (C) 3:00 Bingo (S)	11 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 11:00 Cooking with Melodie (P) 1:30 Hymns with Lois (R) 3:30 Bean Bag Toss on the Patio (P)	12 9:30 Arbor Café (S) 11:00 Balloon Toss (P) 3:00 Bingo (S) 4:30 Music Performance (PR) George on Clarinet	13 9:30 Arbor Café (S) 10:00 Garden Club (P) 11:00 Trivia (C) 1:30 Scenic Van Rides (SN) 4:00 Todd the Dog Visits (SN)	14 9:30 Arbor Café (S) 10:00 Puzzles with Melodie (C) 11:00 Kick Ball (P) 2:00 Blowing Bubbles on the Patio (SN) 3:00 Bingo (S)	15 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Snack (S)
16 2:30 Bingo (S) 4:00 Church Service (R) Blacksburg Christian Fellowship	17 9:30 Arbor Café (S) 10:30 Arbor Artisans (PR) 11:00 Exercise Group (P) 2:00 Manicure Monday (SN) 3:00 Bingo (S)	18 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 11:00 Cooking with Melodie (P) 3:30 Painting Bird Houses (C)	19 9:30 Arbor Café (S) 10:00 Balloon Toss (P) 10:30 Pet Visit (SN) 11:00 Making Homemade Ice Cream (P) 3:00 Birthday Social (S) 4:30 Music Performance (PR) George on Clarinet	20 9:30 Arbor Café (S) 10:00 Garden Club (P) 11:30 Music with Robbie (R) 3:00 Kickball (P) 4:00 Protestant Communion (R) 4:30 Todd the Dog Visits (SN)	21 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:00 Trivia (C) 11:00 Hand Lotion Massage (SN) 3:00 Bingo (S) 4:00 Piano Musical Performance (R)	22 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Snack (S)
23 2:30 Bingo (S) 4:00 Church Service (R) Union Valley Pentecostal Church	24 9:30 Arbor Café (S) 10:30 Exercise Group (P) 11:00 Building Structures (C) 3:00 Bingo (S)	25 9:30 Arbor Café (S) 10:00 Catholic Communion (R) 11:00 Cooking with Melodie (P) 2:00 Recipe/Splash Review with Jen (S) 3:30 Hand Lotion Massage (SN)	26 9:30 Arbor Café (S) 10:00 Balloon Toss (P) 11:00 Blowing Bubbles on the Patio (SN) 4:30 Music Performance (PR) George on Clarinet	27 9:30 Arbor Café (S) 10:00 Garden Club (P) 11:00 Puzzles with Melodie (C) 1:30 Scenic Van Rides (SN) 4:00 Musical performance (R) Sunny Side Band 4:30 Todd the Dog Visits (SN)	28 9:30 Arbor Café (S) 10:00 Sing a-long with Kristi (R) 11:00 Trivia (C) 3:00 Wine and Cheese Social (S) 6:15 Musical Performance (R) Apple Dumpling Gang	29 1:30 Balloon Toss (P) 2:30 Afternoon Movie and Snack (S)
30 2:30 Bingo (S) 4:00 Church Service (R) Grace Light Baptist Church	31 9:30 Arbor Café (S) 10:30 Exercise Group (P) 11:00 Manicure Monday (SN) 2:00 Matching Game (C) 3:00 Bingo (S)					