


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Adult Coloring (C) 3:00 Bingo (S)	2 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Catholic Communion 10:30 Kick Ball (P) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	3 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Balloon Toss (P) 2:00 Sensory Time (SN) 3:00 Bingo (S) 4:00 Music Performance (R) <i>George on Clarinet</i>	4 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Painting Pumpkins (C) 2:00 Arts and Crafts (C) 3:30 Sit and Be Fit Class (P) 4:00 Protestant Communion (R)	5 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Arts and Crafts Ghost (C) 2:00 Playing Who Wants To Be A Millionaire on the Wii 3:00 Bingo (S)	6 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:00 Sit and Be Fit Class (P) 2:00 Musical Performance (R)
7 4:00 Church Service (R) Blacksburg Christian Fellowship	8 Columbus Day 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Columbus Day Trivia and Fun Facts (C) 3:00 Bingo (S)	9 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Communion (R) 10:30 Making Caramel Apples (P) 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)	10 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Leaf Scratching Craft (P) 2:00 Reading Group (S) 3:00 Bingo (S) 4:00 Music Performance (R) <i>George on Clarinet (R)</i>	11 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Game Time (C) 1:30 Scenic Ride (O) 3:30 Sit and Be Fit Class (P) 4:00 Singing Group (R)	12 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Sensory Time (SN) 2:00 Making Beaded Necklaces (P) 3:00 Bingo (S)	14 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:00 Sit and Be Fit Class (P) 2:30 Afternoon Movie (S)
14 4:00 Church Service (R) Grace Covenant Presbyterian Church	15 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Telling Ghost Stories (S) 3:00 Bingo (DR)	16 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Communion (R) 10:30 Arts and Crafts (C) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	17 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Table Balloon Ball (P) 2:00 Chef Stage Center (S) 3:00 Birthday Social (S) 4:00 George on Clarinet (R)	18 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:30 Music with Robbie Vance (R) 3:30 Sit and Be Fit Class (P) 4:00 Protestant Communion (R)	19 9:00 Sing a-long with David (R) 9:30 Arbor Café (S) 10:30 Coloring Fall Pictures (S) 2:00 Taste of Fall Social (S) 3:00 Bingo (DR)	20 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:00 Sit and Be Fit Class (P) 2:30 Afternoon Movie (S)
21 4:00 Church Service (R) Blacksburg Christian Fellowship	22 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Adult Coloring (C) 3:00 Bingo (S)	23 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Catholic Communion 10:30 Joy Singers (R) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	24 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Making Halloween Signs (C) 2:00 Arts and Crafts (C) 3:00 Bingo (S) 4:00 George on Clarinet (R)	25 Pumpkin Cheese Cake 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Cooking with Melissa (P) 2:00 Arts and Crafts (P) 3:30 Sit and Be Fit Class (P) 4:00 Sunny Side Band	26 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Adult Coloring (C) 2:00 Hand Lotion Massage (SN) 3:00 Wine & Cheese (S)	27 9:00 Morning Music (R) 9:30 Arbor Café (S) 11:00 Sit and Be Fit Class (P) 2:30 Afternoon Movie (S)
28 4:00 Church Service (R) Union Valley Pentecostal Church	29 9:00 Morning Music (R) 9:30 Arbor Café (S) 2:00 Halloween Trivia (S) 3:00 Bingo (S)	30 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:00 Communion (R) 10:30 Arts and Crafts (C) 1:30 Pet Visit with Alf (SN) 3:30 Sit and Be Fit Class (P) 4:15 Nail Treatment (SN)	31 Halloween 9:00 Morning Music (R) 9:30 Arbor Café (S) 10:30 Sensory Time (SN) 3:00 Halloween Party (S) 4:00 Music Performance (R) <i>George on Clarinet</i>	C – Creative/Mental P – Physical PR – Productive S – Social SN – Sensory R – Reflective	