


The Arbor at the Kroontje Health Care Center Activities are 30 - 60 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	<h1>AUGUST</h1>			1 9:30-10:00 Arbor Café (S) 10:30-11:00 Puzzles (C) 1:30-2:00 Drumming Circle with Jennifer (P) 3:30-4:00 Sit and Be Fit Class (P-Willows)	2 9:30-10:00 Arbor Café (S) 10:30-11:00 Game Time (C) 2:00-2:30 Kickball (P) 3:00-4:00 Bingo (S) 4:00-5:30 Afternoon Movie and Popcorn (S)	3 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 2:00-2:30 Balloon Ball (P) 2:30-4:00 Afternoon Movie and Popcorn (S)
	4 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 1:00-1:30 Trivia (C) 4:00-4:45 Church Service (R) Blacksburg Christian Fellowship	5 9:30-10:00 Arbor Café (S) 10:30-11:00 Singing with Patricia (R) 2:00-2:30 Adult Coloring (C) 3:00-4:00 Bingo (S) 4:45-5:15 Trivia (C)	6 9:30-10:00 Arbor Café (S) 10:30-11:00 Matching (C) 2:00-2:45 Men’s Club (S) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:45-5:15 Nail Treatment (SN)	7 9:30-10:00 Arbor Café (S) 11:00-11:30 Walking Club (P) 2:00-2:45 Gardening (P) 3:00-4:00 Bingo (S) 4:30-5:00 Music Performance (LR) George on Clarinet	8 9:30-10:00 Arbor Café (S) 10:30-11:00 Arts and Crafts (C) 1:30-2:00 Drumming Circle with Jennifer (P) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:45-5:15 Trivia (C)	9 9:30-10:00 Arbor Café (S) 10:30-11:00 Playing Uno (C) 2:00-2:30 Painting on Canvas (C) 3:00-4:00 Bingo (S) 4:00-5:30 Afternoon Movie and Popcorn (S)	10 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 2:00-2:30 Balloon Ball (P) 2:30-4:00 Afternoon Movie and Popcorn (S)
	11 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 1:00-1:30 Trivia (C) 4:00-4:45 Church Service (R) Grace Covenant Presbyterian Church	12 9:30-10:00 Arbor Café (S) 10:30-11:00 Adult Coloring (C) 2:00-2:45 Musical Ball Toss (P) 3:00-4:00 Bingo (S) 4:45-5:15 Trivia (C)	13 9:30-10:00 Arbor Café (S) 10:30-11:00 Sensory Time (SN) 1:30-2:00 Hymns with Lois (R) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:45-5:15 Nail Treatment (SN)	14 9:30-10:00 Arbor Café (S) 11:00-11:30 Walking Club (P) 2:00-2:30 Gardening (P) 3:00-4:00 Bingo (S) 4:30-5:00 Music Performance (LR) George on Clarinet	15 9:30-10:00 Arbor Café (S) 10:30-11:00 Painting Rocks (C) 1:30-2:00 Drumming Circle with Jennifer (P) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:00-4:45 Protestant Communion with Jim	16 9:30-10:00 Arbor Café (S) 10:30-11:00 Game Time (C) 2:00-2:30 Matching (C) 3:00-4:00 Bingo (S) 4:00-5:30 Afternoon Movie and Popcorn (S)	17 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 2:00-2:30 Balloon Ball (P) 2:30-4:00 Afternoon Movie and Popcorn (S)
	18 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 1:00-1:30 Trivia (C) 4:00-4:45 Church Service (R) Blacksburg Christian Fellowship	19 9:30-10:00 Arbor Café (S) 10:30-11:00 Puzzles (C) 2:00-2:30 Gardening (P) 3:00-4:00 Bingo (S) 4:45-5:15 Trivia (C)	20 9:30-10:00 Arbor Café (S) 10:30-11:00 Adult Coloring (C) 1:00-3:00 Scenic Van Ride (O) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:45-5:15 Nail Treatment (SN)	21 9:30-10:00 Arbor Café (S) 11:00-11:30 Walking Club (P) 3:30-4:00 Birthday Social (S) 4:30-5:00 Music Performance (LR) George on Clarinet	22 9:30-10:00 Arbor Café (S) 10:30-11:00 Kickball (P) 1:30-2:00 Drumming Circle with Jennifer (P) 2:00-2:45 Men’s Club (S) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:00-5:00 Sunny Side Band (R)	23 9:30-10:00 Arbor Café (S) 10:30-11:00 Musical Ball Toss (P) 2:00-2:30 Sensory Time (SN) 3:00-4:00 Bingo (S) 4:00-5:30 Afternoon Movie and Popcorn (S)	24 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 2:00-2:30 Balloon Ball (P) 2:30-4:00 Afternoon Movie and Popcorn (S)
	25 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 1:00-1:30 Trivia (C) 4:00-4:45 Church Service (R) Union Valley Pentecostal Church	26 9:30-10:00 Arbor Café (S) 10:30-11:00 Adult Coloring (C) 2:00-2:30 Matching (C) 3:00-4:00 Bingo (S) 4:45-5:15 Trivia (C)	27 9:30-10:00 Arbor Café (S) 10:30-11:00 Arts and Crafts (C) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:45-5:15 Nail Treatment (SN)	28 9:30-10:00 Arbor Café (S) 11:00-11:30 Walking Club (P) 2:00-2:30 Gardening (P) 3:00-4:00 Bingo (S) 4:30-5:00 Music Performance (LR) George on Clarinet	29 9:30-10:00 Arbor Café (S) 10:30-11:00 Sensory Time (SN) 1:30-2:00 Drumming Circle with Jennifer (P) 3:30-4:00 Sit and Be Fit Class (P-Willows) 4:45-5:15 Trivia (C)	30 9:30-10:00 Arbor Café (S) 10:30-11:00 Playing Uno (C) 2:00-2:30 Game Time (C) 3:00-4:00 Wine and Cheese (S) 4:00-5:30 Afternoon Movie and Popcorn (S)	31 9:00-9:30 Morning Music (R) 9:30-10:00 Arbor Café (S) 2:00-2:30 Balloon Ball (P) 2:30-4:00 Afternoon Movie and Popcorn (S)