







The Arbor  
Life Enrichment  
Calendar



# May 2024



| Sun   | Mon  | Tue   | Wed   | Thu   | Fri  | Sat   |
|---|--|---|---|---|--|---|
| <p><i>No<br/>May<br/>Birthdays</i></p>   |   | <p><i>Please watch the<br/>white board for<br/>changes, updates and<br/>additions to our<br/>Activity Schedule</i></p>  | <p><b>1</b> 10:00 List 10<br/>11:00 Catholic Service<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Stories with Jenn<br/>2:30 Snack and Social<br/>3:00 Classic TV Shows</p>                                       | <p><b>2</b> 10:00 Church w/Pastor Peter<br/>10:30 Hymn Sing<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 <b>Michelle and Bella Visit</b><br/>2:30 Snack and Chart<br/>3:00 Nail Time<br/>3:30 Oldies TV Shows</p>         | <p><b>3</b> 10:15 <b>Bingo w/Pastor Peter</b><br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 <b>Music with Joe Ahrens</b><br/>2:30 Snack and Chat<br/>3:00 Classic TV Shows</p>  | <p><b>4</b> 10:00 Oldies TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Classic TV Shows<br/>6:00 Lawrence Welk (ch 17)</p>  |
| <p><b>5</b> 10:00 Classic TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Oldies TV Show</p>  | <p><b>6</b> 10:30 Christ the Lord Church Service-Ch<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 <b>Michelle &amp; Bunnies Visit</b><br/>2:30 Snack and Chat<br/>3:00 Good Old Days Stories<br/>3:30 Classic TV Shows</p>                    | <p><b>7</b> 10:15 <b>Who Am I with Judy</b><br/>1:00 <b>Fitness Center w/Amanda</b><br/>2:00 <b>Ladies Spring Tea</b><br/>3:00 Oldies TV Shows</p>  | <p><b>8</b> 10:00 Balloon Toss<br/>11:00 Catholic Service<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Stories with Jenn<br/>2:30 Snack and Social<br/>3:00 Classic TV Shows</p>                                  | <p><b>9</b> 10:00 Church w/Pastor Peter<br/>10:30 Hymn Sing<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 <b>Michelle and Bella Visit</b><br/>2:30 Snack and Chart<br/>3:00 Nail Time<br/>3:30 Oldies TV Shows</p>         | <p><b>10</b> 10:15 Bowling<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Music on the Patio<br/>2:30 Snack and Chat<br/>3:00 Coloring Fun &amp; Music<br/>3:30 Classic TV Shows</p>                                       | <p><b>11</b> 10:00 Oldies TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Classic TV Shows<br/>6:00 Lawrence Welk (ch 17)</p> |
| <p><b>12</b> 10:00 Classic TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Oldies TV Shows</p>  | <p><b>13</b> 10:30 <b>Bingo w/Pastor Peter</b><br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Movie in the Arbor- <b>"Coat of Many Colors"</b><br/>3:00 Snack and Chat</p>   | <p><b>14</b> 10:15 Sing-Along<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 Sing-Along the Patio<br/>2:30 Snack and Chat<br/>3:00 Patio Time<br/>3:30 Oldies TV Shows</p>  | <p><b>15</b> 10:00 Trivia<br/>11:00 Catholic Service<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Stories with Jenn<br/>2:30 Snack and Social<br/>3:00 Classic TV Shows</p>                                       | <p><b>16</b> <b>9-11 Eyeglass Clinic</b><br/>10:00 Church w/Pastor Peter<br/>10:30 Hymn Sing<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 <b>Michelle and Bella Visit</b><br/>2:30 Snack and Chat<br/>3:00 Patio Time</p> | <p><b>17</b> 10:00 Baking<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 <b>Music w/Chris and Steve</b><br/>2:30 Snack and Chat<br/>3:00 Reminisce on the Patio<br/>3:30 Classic TV Shows</p>                              | <p><b>18</b> 10:00 Oldies TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Classic TV Shows<br/>6:00 Lawrence Welk (ch 17)</p> |
| <p><b>19</b> 10:00 Classic TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Oldies TV Shows</p>  | <p><b>20</b> 10:30 Christ the Lord Church Service-Ch<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 <b>Drumming with Cherie</b><br/>2:30 Snack and Chat<br/>3:00 Weird but True on Patio<br/>3:30 Classic TV Shows</p>                         | <p><b>21</b> 10:15 Bowling<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 <b>Animal Stories with Judy</b><br/>2:30 Snack and Chat<br/>3:00 Tell Me a Joke on the Patio<br/>3:30 Oldies TV Shows</p>                                   | <p><b>22</b> 10:00 Finishing Lines<br/>11:00 Catholic Service<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Stories with Jenn<br/>2:30 Snack and Social<br/>3:00 Classic TV Shows<br/><b>No Open Gym Today</b></p> | <p><b>23</b> 10:00 Church w/Pastor Peter<br/>10:30 Hymn Sing<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 Trivia<br/>2:00 Snack and Chat<br/>2:30 <b>Michelle &amp; Bunnies Visit</b><br/>3:30 Oldies TV Shows</p>        | <p><b>24</b> 10:15 Documentary in the Theater-<b>"Arlington-Field of Honor"</b><br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Bingo<br/>2:30 Snack and Chat<br/>3:00 <b>Trisha &amp; Ferguson Visit</b></p>               | <p><b>25</b> 10:00 Oldies TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Classic TV Shows<br/>6:00 Lawrence Welk (ch 17)</p> |
| <p><b>26</b> 10:00 Classic TV Shows<br/>1:00 Movie Time<br/>2:30 Snack and Social<br/>3:30 Oldies TV Shows</p>  | <p><b>27</b> 10:15 Oldies TV Shows<br/>1:15 Movie- Shirley Temple in <b>"Little Miss Broadway"</b><br/>2:30 Snack and Chat<br/>3:30 Classic TV Shows</p>  | <p><b>28</b> 10:15 Bingo<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 Patriotic Music on the Patio<br/>2:30 Snack and Chat<br/>3:00 Coloring Fun &amp; Music<br/>3:30 Oldies TV Shows</p>   | <p><b>29</b> 10:00 Balloon Toss<br/>11:00 Catholic Service<br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Stories with Jenn<br/>2:30 Snack and Social<br/>3:00 Classic TV Shows</p>                                 | <p><b>30</b> 10:00 Church w/Pastor Peter<br/>10:30 Hymn Sing<br/>1:00 <b>Fitness Center w/Amanda</b><br/>1:30 <b>Michelle and Bella Visit</b><br/>2:30 Snack and Chat<br/>3:00 Nail Time<br/>3:30 Oldies TV Shows</p>         | <p><b>31</b> 10:15 Documentary in Theater-<b>"Germany along the Rhine"</b><br/>1:00 <b>Get Fit with Amanda</b><br/>1:30 Play Ball!<br/>2:30 Snack and Chat<br/>3:00 Reminisce on the Patio<br/>3:30 Classic TV Shows</p> |    |