

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10am Exercise Class (CC) 1 ~Resident Lead~ 1pm Bingo (CC)* 	10am Exercise Class (CC) 2 11:30am Ambassador Pass (Outing)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 3 11am Food Lion (Outing)* 3pm Memoir/Life Story Writing Class (4th Floor Arbors Club)*	10am Exercise Class (CC) 4 1pm Bingo (CC)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 5 1pm Art with Emily (CC)* 6:00pm Movie & Popcorn (MC)*	~Independent Activity~ 6 6:30pm Bingo (CC)*
2pm Church Service with Communion (CC) 7	10am Exercise Class (CC) 8 1pm Bingo (MC)* 3:00pm Elvis Birthday Social (CC)*	10am Exercise Class (CC) 9 3pm Birthday Social (Cafe)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 10 11:00am Walmart (Outing)* 2pm Support Group (CC)*	10am Exercise Class (CC) 11 1pm Bingo (CC)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 12 2pm Wine & Cheese Meet & Greet (CC)* 6:00pm Movie and Popcorn (MC)*	~Independent Activity~ 13 1pm Book Club Meeting (3rd floor)* 6:30pm Bingo (CC)*
2pm Church Service (CC) 14	10am Exercise Class (CC) 15 ~Resident Lead~ 1:00pm Bingo (CC)* 	10am Exercise Class (CC) 16 11:45am Opus 9 (Lunch Outing)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 17 11:00am Lidl/Aldi (Outing) 3pm Memoir Writing Class (4th floor Arbors Club)*	10am Exercise Class (CC) 18 12pm Bingo (CC)* 1pm Lee Hall Mansion (Outing)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 19 1pm Art with Emily (CC)* 6:00pm Movie & Popcorn (MC)* ~Ms. Suzanne's last day~ She will be missed dearly	~Independent Activity~ 20 6:30pm Bingo (CC)*
2pm Church Service (CC) 21  Activity Professionals Week	10am Exercise Class (CC) 22 1pm Bingo (MC)* 2pm New Foundland & Labrador discussion (CC)*	10am Exercise Class (CC) 23 1pm Entertainer Roberto (DR)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 24 11am Food Lion (Outing)* 2pm Support Group (CC)*	10am Exercise Class (CC) 25 1pm Bingo (CC)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 26 12:30pm Hot Chili Bar (CC)* 6:00pm Movie & Popcorn (MC)*	~Independent Activity~ 27 6:30pm Bingo (CC)*
2pm Church Service (CC) 28	10am Exercise Class (CC) 29 1pm Bingo (CC)* 2:30pm Men's Group (CC)*	10am Exercise Class (CC) 30 1pm Trivia & Tea (CC)* 3:30pm Happy Hour (CC)*	10am Exercise Class (CC) 31 11am Harris Teeter (Outing) 2:00pm Hot Chocolate Bar (CC)*	<div> <div>January 2024</div> <div>THE ARBORS INDEPENDENT LIVING</div> </div>		