

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FEBRUARY 2024

The Arbors Independent Living



10am Exercise Class(cc) 1
1:00pm Bingo (CC)*
3:30pm Happy Hour (CC)*

10am Exercise Class(cc) 2
11:00am Home Depot (Outing)*
1:00pm Art with Emily (CC)*

~Independent Activity~
6:30pm Bingo (CC)*

4
2pm Church Service With Communion (CC)

5
10am Exercise Class (CC)
1:00pm Bingo (CC)*
6:00pm Movie and popcorn (MC)*

6
10am Exercise Class(cc)
2:00pm Birthday Social/ Entertainer James "Blue" Curry (DR)*
3:30pm Happy Hour (CC)*

7
10am Exercise Class (CC)
11:00am Walmart (Outing)
1:00pm Knitting (3rd floor)*
3:00pm Memoir/Life Story Class (CC)*

8
10am Exercise Class(cc)
1:00pm Bingo (CC)*
3:30pm Happy Hour (CC)*

9
10am Exercise Class(cc)
2pm Chinese New Year Social (DR)*
6:00pm Movie & Popcorn (mc)*

10
1:00pm Book Club Meeting (3rd Floor)*
6:30pm Bingo (CC)*



11
2pm Church Service(cc)
6:00pm Super Bowl Pre-Game Party (CC)*



12
10am Exercise Class (cc)
1:00pm Bingo (CC)*
2:30pm Dollar Tree (Outing)*

13
10am Exercise Class (CC)
1:30pm Fat Tuesday Celebration (DR)*
3:30pm Happy Hour (CC)*



14
10:00am Exercise Class (CC)
10:40am Food Lion (Outing)
2:00pm Paint the Town Red Social (DR)*
3:00pm Support Group (CC)*

Valentine's Day

15
10am Exercise Class (cc)
1:00pm Bingo (CC)*
3:30pm Happy Hour (CC)*

16
10am Exercise Class (cc)
11:30am Presidential Lunch (DR)
1:00pm Art with Emily (CC)*

17
~Independent Activity~
6:30pm Bingo (CC)*

18
2pm Church Service (CC)

19
10am Exercise Class ~Resident Led~ (cc)
1:00pm Bingo (cc)*



20
10am Exercise Class (cc)
12pm Lunch Outing (TBD)
3:30pm Happy Hour (CC)*

21
10am Exercise Class (CC)
10:40 Aldi/Lidl (Outing)
1:00pm Knitting (3rd floor)*
1:30pm Health and Wellness Event Special Guest Speaker Marcella W. (CC)

22
10am Exercise Class(cc)
12:00pm Bingo (MC)*
1:00pm Black History Program (Mariner Museum Speaker)*
3:30pm Happy Hour (CC)*

23
10am Exercise Class (cc)
11:00am Patrick Henry Mall (outing)
2:30pm Trivia & Tea (CC)*

24
~Independent Activity~
6:30pm Bingo (CC)*

25
2pm Church Service (CC)

26
10am Exercise Class (cc)
1:00pm Bingo (CC)*
2:30pm Men's Group (CC)*

27
10am Exercise Class (cc)
12pm Rosies (Outing)*
3:30pm Happy Hour (CC)*

28
10am Exercise Class(cc)
11:00am Food Lion (Outing)
2:00pm One on One Support Session
3:00pm Memoir/Life Story (CC)*

29
10am Exercise Class (cc)
1:00pm Bingo (CC)*
3:30pm Happy Hour (CC)*



~Quianna Terrell~Life Enrichment Director~