

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE PRACTICE Facemask Required THE ARBORS ASSISTED LIVING COMMUNITIES THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF HEALTH FOR CORONA VIRUS PREVENTION	HAPPY new year 2021	BANKING HOURS MONDAY - FRIDAY 11:00 AM - 3:00 PM BREAKFAST SERVED 7:30 AM & 8:45 AM COMPUTER CLUB MONDAY - FRIDAY 9:00 AM - 10:00 AM WALKING CLUB MONDAY /WEDNESDAY/ THURSDAY 2:00 PM LUNCH SERVED 11:30 AM & 12:45 PM DINNER SERVED 4:30 PM & 5:45 PM	STAFF KEY M=MICHAEL F=FATIMA N=NANCY J=JIMMY B=BLAKE A=ANTONIA E=ALL STAFF LOCATION KEY B - Bistro D - Dining Room GR - Great Room M - Media Room O - Outings P - Patio IR - In Room UN - Upper Nook	*All trips are if weather permits. *All programs are subject to change. Change will be reflected on the Daily Board. Your Recreation Director Michael Fils will be happy to answer any questions you may have regarding this calendar.	1 NEW YEARS DAY 10:00 MAIL, NEWSPAPERS, PACKETS B GR 11:15 FITNESS J GR 11:30 NEW YEAR RESOLUTION DISCUSSION GR 1:00 MOVIE MATINEE GR 2:00 SNACK CART B GR 2:15 BINGO FUN F GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE GR	2 10:00 MAIL, NEWSPAPARES, PACKETS B GR 11:15 FITNESS F GR 11:15 MANICURES N GR 11:30 WORD GAME B GR 1:00 MOVIE MATINEE IR GR 2:00 SNACK CART B M 2:30 TRIVIA N GR 4:00 SB: SONG REQUEST B GR 5:00 EVENING MOVIE I GR
3 UNLIMITED CARD BINGO 10:15 MAIL,NEWSPAPERS,PACKETS N GR 10:45 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:00 SUNDAY STRETCH N GR 11:30 FINISHING WORDS F M 1:00 MOVIE MATINEE IR 2:00 SNACK CART N GR 2:15 UNLIMITED CARD BINGO F GR 4:00 CONVERSATION CORNER N GR 5:00 EVENING MOVIE I IR	4 10:15 MAIL,NEWSPAPER, PACKETS N GR 11:00 LIGHT N LIVELY FITNESS F GR 11:30 CHRISTMAS ORNAMENT MAKING I GR 1:00 MOVIE MATINEE N IR 2:00 SNACK CART N GR 2:15 BINGO N GR 3:30 BOOK CLUB E GR 4:00 WORD GAME Y GR 5:00 EVENING MOVIE I IR	5 WRITING CLUB 10:15 MAIL, NEWSPAPER, PACKETS B R 11:15 EXERCISE WITH MUSIC F GR 11:30 WRITING CLUB F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B M 2:15 BINGO F GR 3:30 SB: ENGELBERT HUMPERDINK E GR 5:00 EVENING MOVIE I IR	6 SINGING HYMNS W/ BLAKE 10:15 MAIL, NEWSPAPER,PACKETS B GR 11:15 WEDNESDAY WORKOUT F GR 11:30 BRAIN GAMES B GR 1:00 MOVIE MATINEE F IR 2:00 SNACK CART B GR 2:15 BINGO F GR 4:00 SINGING HYMNS W/ BLAKE F GR 5:00 EVENING MOVIE I IR	7 NEW RESIDENT TEA 10:15 MAIL, NEWSPAPER, PACKETS B R 11:15 MORNING EXERCISE F GR 11:30 NEW RESIDENT TEA I GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B R 2:15 BINGO E GR 5:00 EVENING MOVIE I IR	8 10:15 MAIL NEWSPAPER,PACKETS B GR 11:15 FRIDAY FITNESS F GR 11:30 RESIDENT COUNCIL F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B GR 2:15 BINGO F GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	9 10:15 MAIL, NEWSPAPER, PACKETS B GR 11:15 EXERCISE WITH MUSIC F GR 11:30 WORD GAME B GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B M 2:15 BINGO F GR 5:00 EVENING MOVIE I IR
10 MAH JONGG 10:15 MAIL,NEWSPAPERS,PACKETS N GR 10:45 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:15 SUNDAY STRETCH F GR 11:30 MANICURES N GR 1:00 MATINEE MOVIE I IR 2:00 SNACK CART N GR 2:15 UNLIMITED CARD BINGO F GR 4:00 MAH JONGG F GR 5:00 EVENING MOVIE I IR	11 PAINT BY NUMBERS 10:15 MAIL,NEWSPAPERS,PACKETS N GR 11:15 STRETCH TO THE MUSIC F GR 11:30 NEWS AND DISCUSSIONS F GR 1:00 MATINEE MOVIE I IR 2:00 SNACK CART N M 2:15 BINGO F GR 4:00 PAINT BY NUMBERS I GR 5:00 EVENING MOVIE N IR	12 BOWLING 10:15 MAIL,NEWSPAPERS,PACKETS B GR 11:15 MORNING EXERCISE F IR 11:30 HOLIDAY COOKIES F GR 1:00 MATINEE MOVIE I GR 2:00 SNACK CART B M 2:15 BINGO F GR 3:30 BOWLING E GR 5:00 EVENING MOVIE I IR	13 VETS CHAT W/ PAT 10:15 MAIL, NEWSPAPER,PACKETS B R 10:30 WEDNESDAY WORKOUT N GR 11:15 BAKING CLUB F GR 1:00 MATINEE MOVIE F IR 2:00 SNACK CART B GR 2:15 BINGO B GR 3:00 VETS CHAT W/ PAT B GR 4:00 MANDALA ART Y GR 5:00 EVENING MOVIE F IR	14 COOKING DEMONSTRATION W/ CHEF 10:15 MAIL, NEWSPAPER,PACKETS B O 11:15 EXERCISE TO MUSIC F GR 11:30 WHAT WOULD DO F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART F GR 2:15 COOKING DEMONSTRATION W/ CHEF E GR 4:00 BINGO F GR 5:00 EVENING MOVIE I IR	15 RESIDENT COUNCIL 10:15 MAIL, NEWSPAPER,PA B GR 11:15 CHAIR EXERCISE N GR 11:30 RESIDENT COUNCIL N GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B GR 2:00 BINGO N GR 3:30 SOCIAL HOUR B GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I IR	16 10:15 MAIL, NEWSPAPER,PA B GR 11:15 YOGA STRETCHING F GR 11:30 WORD GAME F GR 1:00 MATINEE MOVIE I IR 2:00 SNACK CART B M 2:15 BINGO F GR 4:00 RUMMIKUB F GR 5:00 EVENING MOVIE I IR
17 UNLIMITED CARD BINGO 10:15 MAIL, NEWSPAPERS,PACKETS Y GR 10:45 SUNDAY MASS LIVE STREAM CH 26 GR 11:15 SUNDAY STRETCH N GR 11:30 WHAT'S TRENDING Y GR 1:00 MATINEE MOVIE N IR 2:00 SNACK CART Y GR 2:15 UNLIMITED CARD BINGO I GR 4:00 MUSIC APPRECIATION E GR 5:15 EVENING MOVIE I IR	18 MARTIN LUTHER KING JR DAY 10:15 MAIL,NEWSPAPER,PACKETS Y GR 11:00 EXERCISE TO THE MUSIC Y GR 11:30 MARTIN LUTHER KING DISCUSSION Y GR 1:00 MATINEE MOVIE Y IR 2:00 SNACK CART B GR 2:15 BINGO Y GR 4:00 20 QUESTIONS N GR 5:30 EVENING MOVIE I IR	19 10:15 MAIL, NEWSPAPER, PACKETS Y GR 11:15 EXERCISE TO MUSIC F GR 11:30 SB: HANGMAN Y GR 1:00 MOVIE MATINEE Y IR 2:00 SNACK CART Y M 2:15 BINGO Y GR 4:00 RUMMIKUB E GR 5:00 EVENING MOVIE I IR	20 BAKING CLUB 10:15 MAIL, NEWSPAPER,PACKETS M GR 11:15 WEDNESDAY WORKOUT Y GR 11:30 SB: JUDY GARLAND B O 1:00 MOVIE MATINEE F IR 2:00 SNACK CART B O 4:00 ARM CHAIR TRAVEL: RUSSIA E GR 5:00 EVENING MOVIE I IR	21 MENS COMEDY CLUB 10:15 MAIL,NEWSPAPER, PACKETS B R 11:15 EXERCISE TO MUSIC F GR 11:30 MUSIC APPRECIATION BEETHOVEN F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B R 2:15 BINGO F M 5:00 EVENING MOVIE N IR	22 10:15 MAIL, NEWSPAPER,PACKETS H GR 11:15 FRIDAY FITNESS B GR 11:30 HOLIDAY DISCUSSION F GR 1:00 MOVIE MATINEE F IR 2:00 SNACK CART F GR 2:15 BINGO H GR 4:00 SHABBAT SERVICES E 5:00 EVENING MOVIE I IR	23 JANUARY BIRTHDAY SOCIAL 10:15 MAIL,NEWSPAPER,PACKETS B GR 11:15 WEEKEND STRETCH F GR 11:30 WORD GAME F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B GR 2:15 BIRTHDAY SOCIAL F GR 4:00 BINGO F GR 5:00 EVENING MOVIE I IR
24/31 10:15 MAIL,NEWSPAPER, PACKETS N GR 10:45 SUNDAY MASS LIVE STREAM CH 26 Y GR 11:00 SUNDAY STRETCH N GR 11:30 MAH JONGG F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART F GR 2:15 UNLIMITED BINGO N GR 4:00 FIRE SIDE CHAT F GR 5:30 EVENING MOVIE I IR	25 10:15 MAIL,NEWSPAPER, PACKETS B GR 11:15 STRETCH TO MUSIC F GR 11:30 A-Z TRIVIA F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B GR 2:15 BINGO N GR 4:00 FAMILY FEUD F GR 5:30 EVENING MOVIE I IR	26 GLEE CLUB 10:15 MAIL,NEWSPAPER, PACKETS B GR 11:15 CHAIR YOGA F GR 11:30 NEWS CURRENTS F GR 1:00 MOVIE MATINEE I IR 2:00 SNACK CART B GI 2:15 BINGO F GR 4:00 GLEE CLUB F GR 5:30 EVENING MOVIE I IR	27 10:15 MAIL,NEWSPAPER, PACKETS B R 11:15 WEDNESDAY WORKOUT N GR 11:30 BRAIN BENDERS N GR 1:00 MOVIE MATINEE I R 2:00 SNACK CART B R 2:15 BINGO N GR 4:00 TRIVIA F GR 5:00 EVENING MOVIE I R	28 BOWLING 10:15 MAIL,NEWSPAPER, PACKETS B R 11:15 CHAIR FITNESS N GR 11:30 WORD PUZZLES N GR 1:00 MOVIE MATINEE I R 2:00 SNACK CART B R 2:15 BINGO GR 4:00 BOWLING F GR 5:00 EVENING MOVIE R	29 10:15 MAIL,NEWSPAPER, PACKETS B R 11:15 STRENGTH&MOVEMENTS F GR 11:30 POETRY WITH JAMES F GR 1:00 MOVIE MATINEE I R 2:00 SNACK CART B R 2:15 BINGO F GR 4:00 SHABBAT SERVICES F GR 5:00 EVENING MOVIE I R	30 10:15 MAIL,NEWSPAPER, PACKETS B R 11:15 CHAIR FITNESS F GR 11:30 NEWS & DISCUSSION F GR 1:00 MOVIE MATINEE I GR 2:00 SNACK CART E GR 2:15 BINGO 4:00 TABLE GAMES 5:00 EVENING MOVIE I GR