



# The Willows of Arbor Lakes

11955 80th Avenue North, Maple Grove MN  
First Floor

# September



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 										<b>1</b>	<b>Entertainment</b>	<b>2</b>	
										10:45	Sit & Be Fit	10:45	Balloon Toss
										11:45	Mind Joggers	11:45	What Am I?
										12:00	Lunch	12:00	Lunch
										1:30	<b>Patrick Allen-entertainer</b>	2:00	<b>BINGO</b>
										2:45	Coffee & Cookies	2:45	Coffee & Cookies
										4:00	Would You Rather?	4:00	I Have Never...
										5:00	Supper	5:00	Supper
										6:10	Classic Movie & Popcorn	6:00	Wacky Words
<b>3</b>		<b>4</b>	<b>Memorial Day</b>	<b>5</b>	<b>Craft</b>	<b>6</b>	<b>BINGO</b>	<b>7</b>		<b>8</b>		<b>9</b>	
10:45	Sunday Service	10:45	Exercise with Balls	10:45	<b>Bible Stories with Russ</b>	10:45	Tai Chi Exercises	10:45	Fit For Life	10:45	Seated Barre Exercise	10:45	Paddle Balloon
11:45	Sunday Hymns	11:45	Odds & Ends	11:45	Famous Women	11:45	Proverbs & Sayings	11:45	Finish the Phrase	11:45	Presidential Facts	11:45	Finish This...
12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:00	Yahtzee	2:00	Ice Cream Social	2:00	Fall Tree Painting	2:00	<b>BINGO</b>	2:00	L-R-C Dice Game	2:00	Zero Difference Dice Game	2:00	<b>CARD BINGO</b>
2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies
4:00	Name 5	4:00	20 Questions	4:00	Been There...	5:00	Supper	4:00	Deal or No Deal	4:00	Over or Under	4:00	Can You Name It?
5:00	Supper	5:00	Supper	5:00	Supper	5:00	Dementia/Alzheimer's support Group*	5:00	Supper	5:00	Supper	5:00	Supper
6:00	Breathe Easy Yoga	6:10	Creative Coloring	6:10	Room Visits	6:15	Family Council Meeting**	6:10	Jigsaw Puzzles	6:10	Manicures & Hand Massage	6:00	Karaoke
<b>10</b>		<b>11</b>	<b>Happy Birthday LeRoy</b>	<b>12</b>		<b>13</b>	<b>BINGO</b>	<b>14</b>		<b>15</b>	<b>Entertainment</b>	<b>16</b>	
10:45	Sunday Service	10:45	Exercise with Bands	10:45	<b>Bible Stories with Russ</b>	10:45	Seated Yoga	10:45	Classical Stretch	10:45	Flexibility & Motion	10:45	Balloon Toss
11:45	Sunday Hymns	11:45	State Trivia	11:45	Similes	11:45	Who Am I?	11:45	Famous Men	11:45	Threesome Words	11:45	Just Joking
12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:00	Dice Bowling	2:00	Apple Taste Testing	2:00	Uno Card Game	2:00	<b>BINGO</b>	2:00	Scrabble	2:00	Chair Travel Video	2:00	<b>BINGO</b>
2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies
4:00	Shake a Memory	4:00	7-Up Word Game	4:00	Double Dip Word Game	4:00	Peanut-dog visit	4:00	Past Times	3:15	<b>Keyrtones-entertainers</b>	4:00	Word in a Word
5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper
6:00	Music & Motion	6:10	Tangram Puzzles	6:10	Aqua Art	6:10	Manicures & Hand Massage	6:10	Mindful Music	6:10	Classic Movie & Popcorn	6:00	Game Night
<b>17</b>	<b>Happy Birthday Janet S.</b>	<b>18</b>	<b>Happy Birthday Gladys</b>	<b>19</b>	<b>Craft</b>	<b>20</b>	<b>BINGO</b>	<b>21</b>	<b>Happy Birthday Lola</b>	<b>22</b>		<b>23</b>	
10:45	Sunday Service	10:45	Sit & Be Fit	10:45	<b>Bible Stories with Russ</b>	10:45	Exercise with Balls	10:45	Tai Chi Exercise	10:45	Fit For Life	10:45	Noodle Balloon
11:45	Sunday Hymns	11:45	Finishing Lines	11:45	Famous Phrases	11:45	Name the TV Show	11:45	Decade Trivia	11:45	Finishing Lyrics	11:45	Famous Couples
12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:00	Beat That Dice Game	2:00	Sevens Dice Game	2:00	Fall Door Decoration	2:00	<b>BINGO</b>	2:00	Dominos	2:00	Yahtzee	2:00	<b>DICE BINGO</b>
2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies
4:00	Outburst Game	4:00	East or West Game	4:00	Yes, I Have Game	4:00	Peanut-dog visit	4:00	Family Talk	4:00	7-up Word Game	4:00	Would You Rather?
5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper
6:00	Breathe Easy Yoga	6:10	Wacky Words	6:10	Karaoke	6:10	Jigsaw Puzzles	6:10	Room Visits	6:10	Creative Coloring	6:00	Manicures & Hand Massage
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	<b>BINGO</b>	<b>28</b>		<b>29</b>	<b>Entertainment</b>	<b>30</b>	
10:45	Sunday Service	10:45	Seated Barre Exercise	10:45	<b>Bible Stories with Russ</b>	10:45	Workout Bands	10:45	Seated Yoga	10:45	Classical Stretch	10:45	Paddle Balloon
11:45	Sunday Hymns	11:45	Trivia Time	11:45	Food for Thought	11:45	Fascinating Facts	11:45	Clever Cliches	11:45	Fact or Fiction	11:45	Odds & Ends
12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:00	Aces in the Hole Dice	2:00	Sipping Cider	2:00	Kismet Dice Game	2:00	<b>BINGO</b>	2:00	Dice Bowling	2:00	Chair Travel Video	2:00	<b>BINGO</b>
2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies
4:00	Deal or No Deal	4:00	Double Dip Word Game	4:00	Word in a Word Game	4:00	Peanut-dog visit	4:00	Brain Quest	3:00	<b>Vinnie Ross-entertainer</b>	4:00	Pictionary White Board
5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper
6:00	Music & Motion	6:10	Cranium Crunches	6:10	Room Visits	6:10	Mindful Music	6:10	Aqua Art	6:10	Classic Movie & Popcorn	6:00	Game Night
<b>31</b>		Contact Shelley Merkley, Activity Director at 763-777-8691 for any additional information. *Activities may vary on calendar occasionally due to tenants preference.											
10:45	Sunday Service												
11:45	Sunday Hymns												
12:00	Lunch												
2:00	All Six Dice Game												
2:45	Coffee & Cookies												
4:00	Shake a Memory												
5:00	Supper												
6:00	Breathe Easy Yoga												
		<b>Wednesday, September 6</b>		5:00 Dementia/Alzheimer's support Group* Held at the 2nd floor community room in Arbor Lakes.		6:15 Family Council Meeting** Held at the 2nd floor community room in Arbor Lakes.							

