



Willows of Arbor Lakes

11955 80th Avenue North, Maple Grove MN
Second Floor

September



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 										1	Entertainment	2	
										10:00	Sit & Be Fit	10:00	Balloon Toss
										11:15	Mind Joggers	11:15	What Am I?
										11:30	Lunch	11:30	Lunch
										1:30	Patrick Allen-entertainer	1:00	BINGO
										2:45	Coffee & Cookies	2:45	Coffee & Cookies
										3:30	Beat That Dice Game	3:30	Three or More Dice Game
										4:30	Supper	4:30	Supper
										5:30	Classic Movie & Popcorn	5:30	Wacky Words
3		4	Memorial Day	5	Craft	6	BINGO	7		8		9	
10:00	Sunday Service	10:00	Exercise with Balls	10:00	Bible Stories with Russ	10:00	Tai Chi Exercise	10:00	Fit For Life Exercise	10:00	Seated Barre Exercise	10:00	Paddle Balloon
11:15	Sunday Hymns	11:15	Odds & Ends	11:15	Famous Women	11:15	Proverbs & Sayings	11:15	Finish the Phrase	11:15	Presidential Facts	11:15	Finish This...
11:30	Sunday Brunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch
1:00	Go Boom Card Game	1:00	Ice Cream Social	1:00	Fall Tree Painting	1:00	BINGO	1:00	Cheat Card Game	1:00	Crazy 8 Card Game	1:00	CARD BINGO
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
3:30	Ship-Captain-Crew Dice	3:30	Knock Out Dice Game	3:30	Zero Difference Dice Game	4:30	Supper	3:30	L-R-C Dice Game	3:30	Rock Around the Clock	3:30	Rolling Zip Codes Dice
4:30	Supper	4:30	Supper	4:30	Supper	5:00	Dementia/Alzheimer's support Group*	4:30	Supper	4:30	Supper	4:30	Supper
5:30	Breathe Easy Yoga	5:30	Creative Coloring	5:30	Room Visits	6:15	Family Council Meeting**	5:30	Jigsaw Puzzles	5:30	Manicures & Hand Message	5:30	Karaoke-sing along
10		11		12		13	BINGO	14		15	Entertainment	16	Happy Birthday Terry
10:00	Sunday Service	10:00	Workout Bands	10:00	Bible Stories with Russ	10:00	Seated Yoga	10:00	Classical Stretch	10:00	Flexibility & Motion	10:00	Balloon Toss
11:15	Sunday Hymns	11:15	State Trivia	11:15	Similes	11:15	Who Am I?	11:15	Famous Men	11:15	Threesome Words	11:15	Just Joking
11:30	Sunday Brunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch
1:00	Uno Attack	1:00	Apple Tast Testing	1:00	Family Feud Card Game	1:00	BINGO	1:00	Scrabble Game	1:00	Chair Travel Video	1:00	BINGO
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
3:30	Beat That Dice Game	3:30	Aces in the Hole Dice	3:30	Dice Bowling	3:30	Peanut-dog visit	3:30	Everest Dice Game	3:15	Keyrtones-entertainers	3:30	All Six Dice Game
4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper
5:30	Music & Motion	5:30	Tangram Puzzles	5:30	Aqua Art	5:30	Manicures & Hand Message	5:30	Mindful Music	5:30	Classic Movie & Popcorn	5:30	Game Night
17		18		19	Craft	20	BINGO	21		22		23	
10:00	Sunday Service	10:00	Sit & Be Fit	10:00	Bible Stories with Russ	10:00	Exercise with Balls	10:00	Tai Chi Exercise	10:00	Fit For Life Exercise	10:00	Noodle Balloon
11:15	Sunday Hymns	11:15	Finishing Lines	11:15	Famous Phrases	11:15	Name the TV Show	11:15	Decade Trivia	11:15	Finishing Lyrics	11:15	Famous Couples
11:30	Sunday Brunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch
1:00	Play or Pay Card Game	1:00	Sevens Card Game	1:00	Fall Door Decoration	1:00	BINGO	1:00	Dominos	1:00	Yahtzee	1:00	DICE BINGO
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
3:30	Farkle Dice Game	3:30	Bonkers Dice Game	3:30	Slam Dice Game	3:30	Peanut-dog visit	3:30	Knock Out Dice	3:30	Beat That Dice Game	3:30	Sevens Dice Game
4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper
5:30	Breathe Easy Yoga	5:30	Wacky Words	5:30	Karaoke-sing along	5:30	Jigsaw Puzzles	5:30	Room Visits	5:30	Creative Coloring	5:30	Manicures & Hand Message
24		25		26		27	BINGO	28		29	Entertainment	30	
10:00	Sunday Service	10:00	Seated Barre Exercise	10:00	Bible Stories with Russ	10:00	Workout Bands	10:00	Seated Yoga	10:00	Classical Stretch	10:00	Paddle Balloon
11:15	Sunday Hymns	11:15	Trivia Time	11:15	Food for Thought	11:15	Fascinating Facts	11:15	Clever Cliches	11:15	Fact or Fiction	11:15	Odds & Ends
11:30	Sunday Brunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch
1:00	Pass the Trash Card Game	1:00	Sipping Cider	1:00	Flip-It Card Game	1:00	BINGO	1:00	Dice Bowling	1:30	Chair Travel Video	1:00	BINGO
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
3:30	Zero Difference	3:30	Ship-Captain-Crew Dice	3:30	Stuck In The Mud Dice Game	3:30	Peanut-dog visit	3:30	Crazy 8 Card Game	3:00	Vinnie Ross-entertainer	3:30	Everest Dice Game
4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper	4:30	Supper
5:30	Music & Motion	5:30	Cranium Crunches	5:30	Room Visits	5:30	Mindful Music	5:30	Aqua Art	5:30	Classic Movie & Popcorn	5:30	Game Night
31		Contact Shelley Merkley, Activity Director at 763-777-8691 for any additional information. *Activities may vary on calendar occasionally due to tenants preference.											
10:00	Sunday Service												
11:15	Sunday Hymns												
11:30	Sunday Brunch												
1:00	Farkle Dice Game												
2:45	Coffee & Cookies												
3:30	Uno Card Game												
4:30	Supper												
5:30	Breathe Easy Yoga												

Wednesday, September 6 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.

