

Willows of Arbor Lakes

11955 80th Avenue North, Maple Grove MN

First Floor

SEPTEMBER



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	Labor Day	3		4		5	Craft	6		7	
10:45	Sunday Service	10:45	Exercise Bands	10:45	Bible Stories With Russ	10:45	Yoga Strength	10:45	Flexibility & Motion	10:45	Fit for Life Exercise	10:45	Balloon Toss
11:30	Worship Hymns	11:45	Mind Joggers	11:45	Odds & Ends	11:45	Proverbs & Savings	11:45	Finish This...	11:45	Fact or Fiction	11:45	State the Simile
12:00	Sunday Brunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:10	Zero Difference Dice	2:10	Yahtzee Game	2:10	L-R-C Dice Game	2:10	BINGO	2:10	Fall Door Decoration	2:10	Slam Dice Game	2:10	Bingo
2:45	Juice & 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
4:10	Word in a Word Game	4:10	Would You Rather?	4:10	Brain Quests	4:10	Peanut-dog visit	4:10	Past Times...	4:10	Shake a Memory	4:10	7-Up Word Game
5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper
6:00	Breath Easy Yoga	6:10	Room Visits	6:10	Creative Coloring	6:10	Picture Dominoes	6:10	Jigsaw Puzzles	6:10	Hand Massage/Nails	6:00	Sing-A-Long
8	Nat'l Grandparents Day	9		10	Entertainer	11		12		13	Apple Day	14	
10:45	Sunday Service	10:45	Tai Chi Exercise	10:45	Bible Stories With Russ	10:45	Sit & Be Fit	10:45	Seated Barre Exercises	10:45	Classical Stretch	10:45	Noodle Balloon
11:30	Worship Hymns	11:45	Who Am I?	11:45	Threesome Words	11:45	That's a Cliché	11:45	Finish The Phrase	11:45	What Am I?	11:45	Famous Women
12:00	Sunday Brunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:10	Ice Cream Social	2:10	Ship-Captain-Crew Dice	2:10	Name that Tune	2:10	BINGO	2:10	Dominos	2:10	Apple Taste Testing	2:10	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
4:10	Double Dip	4:10	Hand Massage/Nails	3:00	Nigel E-entertainer	4:10	Junior Trivia	4:10	Music with Megan	4:10	Pictionary	4:10	Shake a Memory
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 Puzzle	6:10	Room Visits	6:10	Wacky Words	6:10	Mindful Music	6:10	Classic Movie & Popcorn	6:00	Game Night
15		16		17	Happy Birthday Janet S.	18	Happy Birthday Gladys	19	Craft	20		21	
10:45	Sunday Service	10:45	Chair Pilates	10:45	Bible Stories With Russ	10:45	Exercise Balls	10:45	Chair Yoga	10:45	Flexibility & Motion	10:45	Balloon Toss
11:30	Worship Hymns	11:45	Trivia Time	11:45	Just Joking	11:45	Famous Couples	11:45	Finishing Lines	11:45	State Facts	11:45	Food For Thought
12:00	Sunday Brunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:10	Sevens Dice Game	2:10	Dice Bowling	2:10	10,000 Dice Game	2:10	BINGO	2:10	Paper Pumpkins	2:10	Yahtzee	2:10	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
4:10	Been There Game	4:10	Family Talk	4:10	20 Questions	4:10	Peanut-dog visit	4:10	7-Up Word Game	4:10	Would You Rather?	4:10	Word in a Word Game
5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper
6:00	Breath Easy Yoga	6:10	Cranium Crunches	6:10	Aqua Art	6:10	Hand Massage/Nails	6:10	Room Visits	6:10	Card Puzzles	6:00	Sing-A-Long
22	Autumn Begins	23		24		25	Family Happy Hour	26	Entertainer	27		28	
10:45	Sunday Service	10:45	Yoga Strength	10:45	Bible Stories With Russ	10:45	Tai Chi Exercise	10:45	Fit for Life Exercise	10:45	Seated Barre Exercises	10:45	Paddle Balloon
11:30	Worship Hymns	11:45	Famous Men	11:45	Finishing Lyrics	11:45	Fact or Fiction	11:45	Fascinating Facts	11:45	Mind Joggers	11:45	Odds & Ends
12:00	Sunday Brunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:10	Dice Bowling	2:10	Bonkers Dice Game	2:10	Three or More Dice Game	2:10	BINGO	1:30	Mary F-entertainer	2:10	Farkle Dice Game	2:10	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
4:10	Outburst Game	4:10	Shake Lose a Memory	4:10	Music with Megan	4:10	Hand Massage/Nails	4:10	Mad Libs	4:10	Over or Under	4:10	Yes, I Have
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	Wacky Words	6:10	Tangram Puzzles	6:10	Happy Hour	6:10	Hand Massage/Nails	6:10	Classic Movie & Popcorn	6:00	Game Night
29		30											
10:45	Sunday Service	10:45	Classical Stretch										
11:30	Worship Hymns	11:45	Finish This...										
12:00	Sunday Brunch	12:00	Lunch										
2:10	All Six Dice Game	2:10	Pig Dice Game										
2:45	Coffee & Cookies	2:45	Coffee & Cookies										
4:10	Would You Rather?	4:10	7-Up Word Game										
5:00	Supper	5:00	Supper										
6:00	Breath Easy Yoga	6:10	Room Visits										

Contact Shelley Merkley, Activity Director at 763-777-8691 for any additional information. * Times may vary on calendar occasionally due to tenants preference.

