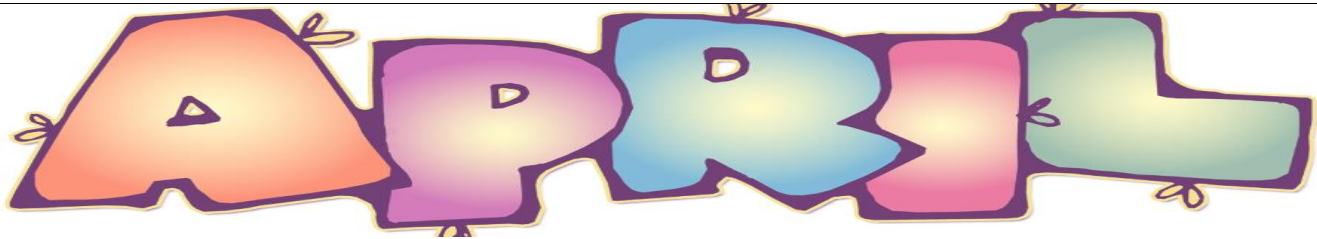



Willows of Arbor Lakes

11955 80th Avenue North, Maple Grove MN

First Floor



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3	BINGO	4	Happy Birthday Rosalind	5		6	
		10:45	Chair Pilates	10:45	Bible Stories with Russ	10:45	Sit & Be Fit	10:45	Yoga Strength	10:45	Flexibility & Motion	10:45	Balloon Toss
		11:45	Mind Joggers	11:45	Odds & Ends	11:45	Proverbs & Sayings	11:45	Finish This...	11:45	State the Simile	11:45	What Am I?
		12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
		2:10	Scrabble	2:10	Yahtzee	2:10	BINGO	2:10	Mini Paper Umbrella Craft	2:10	Dominoes	2:10	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
		4:10	Family Talk Game	4:10	Name Five	4:10	Yes, I Have	4:10	Opposites Game	4:10	7 UP White Board	4:10	Would You Rather...
		5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper
	6:10	Dementia/Alzheimer's Support Group	6:10	Creative Coloring	6:10	Manicures	6:10	Puzzles	6:10	Room Visits	6:00	Cranium Crunches	
7		8		9	Entertainer	10	BINGO	11		12		13	
10:45	Sunday Service	10:45	Sit & Stretch	10:45	Bible Stories with Russ	10:45	Seated Barre	10:45	Chair Yoga	10:45	Tai Chi Exercise	10:45	Paddle Balloon
11:30	Sunday Hymns	11:45	Threesome Words	11:45	That's a Cliches	11:45	Finish the Phrase	11:45	Name a TV Show	11:45	Trivia Time	11:45	Just Joking
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	Uno	1:30	Tim Patrick-entertainer	2:10	BINGO	2:10	Slam Dice Game	2:10	10,000 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	Double Dip Word Game	4:10	Shake a Memory	4:10	Junior Trivia	4:10	Peanut-dog visit	4:10	Brain Quests	4:10	Word in a Word Game	4:10	Outburst
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	Jigsaw Puzzles	6:10	Aqua Art	6:10	Room Visits	6:10	Tangram Puzzles	6:10	Manicures	6:00	Readers Corner
14	Happy Birthday Janice	15		16		17	BINGO	18		19		20	
10:45	Sunday Service	10:45	Sit & Be Fit	10:45	Bible Stories with Russ	10:45	Classical Stretch	10:45	Chair Pilates	10:45	Fit for Life	10:45	Balloon Toss
11:30	Sunday Hymns	11:45	Finishing Lyrics	11:45	Fact or Fiction	11:45	Food for Thought	11:45	Finish this Line	11:45	Fascinating Facts	11:45	Mind Joggers
12:00	Sunday Brunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:10	Ship/Captain/Crew Dice	2:10	Knock Out Dice Game	2:10	Dice Bowling	2:10	BINGO	2:10	Paper Raindrops Craft	2:10	All 6 Card Game	2:10	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
4:10	Categories	4:10	Words That Start With?	4:10	Pictionary	4:10	Anagrams	4:10	7 Up White Board	4:10	Name Five	4:10	Double Dip 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	Breathe Easy Yoga	6:10	Readers Corner	6:10	Room Visits	6:10	Creative Coloring	6:10	Cranium Crunches	6:10	Puzzles	6:00	Manicures
21		22		23	Happy Birthday Delores	24	BINGO	25		26		27	
10:45	Sunday Service	10:45	Seated Barre	10:45	Bible Stories with Russ	10:45	Exercise Bands	10:45	Yoga Strength	10:45	Flexibility & Motion	10:45	Noodle Balloon
11:30	Sunday Hymns	11:45	Odds & Ends	11:45	Proverbs & Sayings	11:45	Finish This...	11:45	State the Simile	11:45	What am I?	11:45	Threesome Words
12:00	Sunday Brunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
2:10	Yahtzee	2:10	Bonkers Dice Game	2:30	Nigel E.-entertainer	2:10	BINGO	2:10	Beat That Dice Game	2:10	Cover That Number	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	Would You Rather...	4:10	Junior Trivia	4:10	Word in a Word Game	4:10	Peanut-dog visit	4:10	Shake a Memory	4:10	Categories	4:10	Words That Start With?
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	Aqua Art	6:10	Tangram Puzzles	6:10	Room Visits	6:10	Readers Corner	6:10	Mindful Music	6:00	Jigsaw Puzzles
28		29		30		31	BINGO	April 1-5:30 Dementia/Alzheimer's support group held in the conference room at the Willows of Arbor Lakes.					
10:45	Sunday Service	10:45	Sit & Stretch	10:45	Bible Stories with Russ	10:45	Exercise with Balls						
11:30	Sunday Hymns	11:45	Finish the Phrase	11:45	Just Joking	11:45	Fascinating Facts						
12:00	Sunday Brunch	12:00	Lunch	12:00	Lunch	12:00	Lunch						
2:10	Threes Dice Game	2:10	Dominoes	2:10	Farkle Dice Game	2:10	BINGO						
2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies	2:45	Coffee & Cookies						
4:10	20 Questions	4:10	Pictionary	4:10	Opposites Game	4:10	Word in a Word Game						
5:00	Supper	5:00	Supper	5:00	Supper	5:00	Supper						
6:00	Breathe Easy Yoga	6:10	Manicures	6:10	Room Visits	6:10	Puzzles						

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