

# January 2021

## Arbor Terrace Mount Laurel Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January cont'd</b> <b>31</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:00 Sunday Morning Spiritual Services [Door] 10:30 Resistance Band Exercise!-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 After Dinner Matinee: Drama [TH] 6:30 Grab & Go Activities [Door]		Arts & Education Deep Connections Health & Wellness Purposeful Living Recreation & Leisure Spiritual Journey	<b>Location Key:</b> 2nd Floor-The Pub-Pub 1st Floor-Bistro-BI 1st Floor-Restaurant-Dine 3rd Floor-Library/Tech Room-LIB 3rd Floor-Friendship	<b>*Programs are subject to change, changes are carefully considered.</b>	<b>National Hangover Day!</b> <b>New Year's Day</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Sit & Be Fit Exercise [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 Hallway Bingo! 2:30 Bloody Mary Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Saturday Morning Fitness-Hallway [TH] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 1:1 Activity Room Visit [Door] 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]
<b>National Fruit Cake Toss Day!</b> <b>3</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:00 Sunday Morning Spiritual Services [Door] 10:30 Resistance Band Exercise!-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Fruit Cake Snack Cart [Door] 3:30 Fruit Cake Toss! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [TH] 6:30 Grab & Go Activities [Door]	<b>National Spaghetti Day</b> <b>4</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Chair Boxing [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Spaghetti Pie Cart [Door] 3:15 Spaghetti Fun Facts! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>5</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Exercise with Fox Rehabilitation [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 1:1 Visits [Door] 2:00 Suiteside Snack Cart [Door] 2:30 Cocktail Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>Charlie Brown Day!</b> <b>6</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Using Your Noodle Exercise! [FH] 11:00 Outdoor Family Visits [Patio] 11:30 Peanuts Comic Strips & Peanuts Cart! [Door] 2:30 Charlie Brown Snack Cart [Door] 3:15 Sage Seniors Book Club [Lib] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>7</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Resident Council [Dine] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>8</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Sit & Be Fit Exercise [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 Hallway Bingo! 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>9</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Saturday Morning Fitness-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:00 Hallway Trivia Time! [Hall] 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]
<b>House Plant Appreciation Day!</b> <b>10</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:00 Sunday Morning Spiritual Services [Door] 10:30 Resistance Band Exercise!-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:30 Seed Planting [FH] 4:00 Family Visits/Virtual [Patio] 6:30 After Dinner Matinee: Drama [TH] 6:30 Grab & Go Activities [Door]	<b>11</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Chair Boxing [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Hallway Chat! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>National Hot Tea Day!</b> <b>12</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Exercise with Fox Rehabilitation-Hallway 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 1:1 Visits [Door] 2:00 Tea Cart & Origins of Tea! [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>13</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Using Your Noodle Exercise! [FH] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Flower Arranging! [FH] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>14</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Virtual Cycling [TH] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Hallway Crafts & Creations-Make Your Own Hats! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>National Hat Day!</b> <b>15</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Sit & Be Fit Exercise [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:00 Hallway Bingo-Wear Your Hat! [Hall] 1:30 Hallway Bingo! 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>16</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Saturday Morning Fitness-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 1:1 Activity Room Visit [Door] 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]
<b>17</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:00 Sunday Morning Spiritual Services [Door] 10:30 Resistance Band Exercise!-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 After Dinner Matinee: Drama [TH] 6:30 Grab & Go Activities [Door]	<b>Martin Luther King, Jr. Day</b> <b>18</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Chair Boxing [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Hallway Chat-Martin Luther King! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>National Popcorn Day!</b> <b>19</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Exercise with Fox Rehabilitation-Hallway 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 1:1 Visits [Door] 2:30 Popcorn Cocktail Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>National Cheese Lovers Day!</b> <b>20</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Using Your Noodle Exercise! [FH] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Wine & Cheese Cart [Door] 3:15 Sage Seniors Book Club [Lib] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>1940's Flash Back</b> <b>21</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Virtual Cycling [TH] 11:00 Outdoor Family Visits [Patio] 11:30 1940'S Movies & Stars/Food for Thought Cart [Door] 2:00 Suiteside Snack Cart-1940's Style! [Door] 3:15 Hallway Crafts & Creations! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>22</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Sit & Be Fit Exercise [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 Hallway Bingo! 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>23</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Saturday Morning Fitness-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:00 Hallway Trivia Time! [Hall] 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]
<b>National Compliment Day!</b> <b>24</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:00 Sunday Morning Spiritual Services [Door] 10:30 Resistance Band Exercise!-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:00 Write a Compliment! [FH] 4:00 Family Visits/Virtual [Patio] 6:30 After Dinner Matinee: Drama [TH] 6:30 Grab & Go Activities [Door]	<b>25</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Chair Boxing [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Hallway Chat! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>26</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Exercise with Fox Rehabilitation-Hallway 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 1:1 Visits [Door] 2:00 Suiteside Snack Cart [Door] 2:30 Cocktail Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>27</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Using Your Noodle Exercise! [FH] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Flower Arranging! [FH] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>28</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Virtual Cycling [TH] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 2:00 Suiteside Snack Cart [Door] 3:15 Hallway Crafts & Creations! [Hall] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>National Puzzle Day!</b> <b>29</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Sit & Be Fit Exercise [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Puzzle Cart! [Door] 1:30 Hallway Bingo! 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]	<b>30</b> 9:30a Meaningful Moment Room Visits 10:00 Family Visits/Virtual [Patio] 10:30 Saturday Morning Fitness-Hallway [Hall] 11:00 Outdoor Family Visits [Patio] 11:30 Fun on the Run Cart! [Door] 1:30 1:1 Activity Room Visit [Door] 2:00 Suiteside Snack Cart [Door] 4:00 Family Visits/Virtual [Patio] 6:30 Grab & Go Activities [Door]

Continued at top