# January 2021
## Arbor Terrace Roseland- Evergreen Calendar

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

**January cont'd** — 31
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Hang Man Word Games!
- 11:45 Songs of Faith
- 1:45 Afternoon Stretch Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Sunday Night Movie

THE ARBOR COMPANY ENGAGED LIFESTYLE

- Arts & Education
- Deep Connections
- Health & Wellness
- Purposeful Living
- Recreation & Leisure
- Spiritual Journey

Activity programs are subject to change.
Thank you.
The Engagement Team

**1** — **Happy New Year!**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations!
- 10:45 Pretty Nails!
- 11:45 Music from the 50's
- 1:30 Word Games!
- 2:00 Afternoon Chair Exercise!
- 2:00 PM Scheduled Virtual Visits
- 3:00 Art Expressions and Music
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Afternoon Sitcom/Comedy
- 7:00 Classic TV

**2**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Relaxing Melodies!
- 1:45 Chair Exercise Afternoon Stretch
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Sitcom/Comedy
- 7:00 Classic TV

**3**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Hang Man Word Games!
- 11:45 Songs of Faith
- 1:45 Afternoon Stretch Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Sitcom/Comedy
- 7:00 Sunday Night Movie

**4**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Exercise with Weights
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Nature Documentary
- 4:45 Afternoon Sitcom/Comedy
- 7:00 Classic TV

**5**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations with Paint!
- 11:45 Relaxing Music
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Sitcom/Comedy
- 7:00 Classic TV

**6**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Colorful Weights Exercise
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Patriotic Music
- 1:45 Afternoon Chair Exercise Stretch and Bend
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Travel Documentary- Adventure Travel in Thailand
- 4:45 Afternoon Sitcom/Comedy
- 7:00 Classic TV

**7**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Hang Man Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Sitcom/Comedy
- 7:00 Classic TV

**8**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations!
- 10:45 Pretty Nails!
- 11:45 Music from the 50's
- 1:30 Word Games!
- 2:00 Afternoon Chair Exercise!
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Carol Burnett Comedy Hour!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**9**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Relaxing Melodies!
- 1:45 Chair Exercise Afternoon Stretch
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**10**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Hang Man Word Games!
- 11:45 Songs of Faith
- 1:45 Afternoon Stretch Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Sunday Night Movie

**11**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Exercise with Weights
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Nature Documentary
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**12**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations with Paint!
- 11:45 Relaxing Music
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**13**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Colorful Weights Exercise
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Patriotic Music
- 1:45 Afternoon Chair Exercise Stretch and Bend
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Travel Documentary-National Geographic HD Islands
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**14**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Hang Man Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**15**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations!
- 10:45 Pretty Nails!
- 11:45 Music from the 50's
- 1:30 Word Games!
- 2:00 Afternoon Chair Exercise!
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Dick Van Dyke Comedy Hour!
- 7:00 Classic TV

**16**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Relaxing Melodies!
- 1:45 Chair Exercise Afternoon Stretch
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**17**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Hang Man Word Games!
- 11:45 Songs of Faith
- 1:45 Afternoon Stretch Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Sunday Night Movie

**18**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Exercise with Weights
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Nature Documentary
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**19**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations with Paint!
- 11:45 Relaxing Music
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**20**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Colorful Weights Exercise
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Patriotic Music
- 1:45 Afternoon Chair Exercise Stretch and Bend
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Travel Documentary-National Geographic- The Great Wall of China
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**21**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Hang Man Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**22** — **Happy Birthday Ralph A!**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations!
- 10:45 Pretty Nails!
- 11:45 Music from the 50's
- 1:30 Word Games!
- 2:00 Afternoon Chair Exercise!
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 I love Lucy Comedy Hour!
- 7:00 Classic TV

**23**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Relaxing Melodies!
- 1:45 Chair Exercise Afternoon Stretch
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**24**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Hang Man Word Games!
- 11:45 Songs of Faith
- 1:45 Afternoon Stretch Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Sunday Night Classic TV

**25**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Exercise with Weights
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Nature Documentary
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**26**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations with Paint!
- 11:45 Relaxing Music
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**27**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Colorful Weights Exercise
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Patriotic Music
- 1:45 Afternoon Chair Exercise Stretch and Bend
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Travel Documentary-Islands: Cyprus National Geographic
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**28**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Sing-A-Long
- 1:45 Afternoon Chair Exercise
- 2:00 PM Scheduled Virtual Visits
- 2:30 Hang Man Word Games!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

**29**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 Artistic Creations!
- 10:45 Pretty Nails!
- 11:45 Music from the 50's
- 1:30 Word Games!
- 2:00 Afternoon Chair Exercise!
- 2:00 PM Scheduled Virtual Visits
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 The Beverly Hillbillies Comedy Hour!
- 7:00 Classic TV

**30**
- 9:45 Daily Delivery
- — AM Scheduled Virtual Visits
- 10:00 Morning Chair Exercise!
- AM Scheduled Indoor and Outdoor Visits
- 10:45 How Many Words?
- 11:45 Relaxing Melodies!
- 1:45 Chair Exercise Afternoon Stretch
- 2:00 PM Scheduled Virtual Visits
- 2:30 Name That Tune!
- 3:00 Refreshments
- PM Scheduled Indoor and Outdoor Visits
- 3:30 Bingo!
- 4:45 Afternoon Classic Sitcom!
- 7:00 Classic TV

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