

# THIS WEEK'S VIRTUAL EVENTS

October 5 - October 9

*All Events will be hosted on the Zoom app*

*zoom.us/j/4390713470*

*password: Arrow*

## Monday, October 5th

- 9:45 am Virtual Fitness with Katie
- 10:30 am Brain Games
- 2:00 pm Arrow's Virtual Choir with Mary Stoinski
- 2:30 pm Intro to the American West by Tony Stephenson

## Tuesday, October 6th

- 9:45 am Therapy Yoga with Jayme
- 10:30 am Virtual Bingo (Ask your Resident Services Director for a card!)
- 3:00 pm Virtual Rosary led by The Boulevard St. Charles

## Wed, October 7th

- 9:45 am Virtual Exercise: BalloFlex
- 10:30 am Virtual Name That Tune with Mary
- 2:30 pm Sit and Dance with Katie

*All times in Central Standard Time*

*Zoom events will be recorded and select events will be published at [ArrowSeniorLiving.com](http://ArrowSeniorLiving.com)*

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## Thursday, October 8th

- 9:45 am Virtual Yoga with Andie
- 1:00 pm Bible Study with Duane Praschan
- 2:00 pm Virtual Trivia with Shannon

## Friday, October 9th

- 9:45 am Virtual Exercise: Music and Movement with Venessa
- 10:30 am Hymn Sing Along with Christy
- 2:00 pm Musical Bingo with Mary

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