

# THIS WEEK'S VIRTUAL EVENTS

November 16 - November 20, 2020

*All Events will be hosted on the Zoom app*

**zoom.us/j/4390713470**

**password: Arrow**

## Monday, November 16

- 9:45 am Virtual Fitness with Katie
- 10:30 am Brain Games
- 2:00 pm Arrow's Virtual Choir led by Mary Stoinski
- 2:30 pm Mountain Man Era by Tony Stephenson

## Tuesday, November 17

- 9:30 am MSU Student Programs: Name That Tune & Guess the Movie Quote
- 10:30 am Virtual Bingo (Ask your Resident Services Director for a card!)
- 3:00 pm Virtual Rosary led by The Boulevard St. Charles

## Wednesday, November 18

- 9:45 am Virtual Fitness: BalloFlex
- 10:30 am Virtual Name That Tune & Singalong 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, November 19

- 9:30 am MSU Student Programs: Price is Right & Thanksgiving Painting
- 1:00 pm Bible Study with Duane Praschan
- 2:00 pm Virtual Trivia with Shannon

## Friday, November 20

- 9:45 am Virtual Fitness: Music and Movement with Vanessa
- 10:30 am Hymn Sing Along
- 2:00 pm Ask the Chef Culinary Town Hall

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