

THIS WEEK'S VIRTUAL EVENTS

January 11 - January 15, 2021

All Events will be hosted on the Zoom app

zoom.us/j/4390713470

password: Arrow

Monday, January 11

- 9:45 am Virtual Fitness with Katie
- 10:30 am Virtual Brain Games
- 2:00 pm Arrow's Virtual Choir led by Mary Stoinski
- 2:30 pm The Gold Rush of 1849 with Tony Stephenson

Tuesday, January 12

- 9:45 am Virtual 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

Wednesday, January 13

- 9:45 am Virtual Fitness: BalloFlex with Jani
- 10:30 am Virtual Name That Tune & Singalong with Mary
- 2:00 pm Virtual Trivia with Shannon

All times in Central Standard Time

Zoom events will be recorded and select events will be published at ArrowSeniorLiving.com

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Thursday, January 14

- 9:45 am Virtual Yoga with Andie
- 1:00 pm Virtual Bible Study with Duane Praschan
- 2:00 pm Virtual Sit and Dance with Katie

Friday, January 15

- 9:45 am Virtual Movement and Music with Vanessa
- 10:30 am Virtual Sing Along with Mary
- 2:00 pm Virtual Entertainment with Greg Piscura

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