

THIS WEEK'S VIRTUAL EVENTS

May 3 - May 7, 2021

All Events will be hosted on the Zoom app

zoom.us/j/4390713470

password: Arrow

Monday, May 3

- 9:45 am Virtual Fitness with Katie
- 10:30 am Virtual Brain Games
- 2:00 pm Virtual Choir with Mary
- 2:30 pm Tony Stephenson Presents: The End of the Old West

Tuesday, May 4

- 9:45 am Virtual Fitness with Michelle
- 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, May 5

- 9:45 am Virtual Fitness: BalloFlex with Jani
- 10:30 am Virtual Name That Tune 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, May 6

9:45 am Virtual Silver Sneakers Program: Functionally Stronger

1:00 pm Virtual Bible Study with Duane Praschan

Friday, May 7

9:45 am Virtual Movement and Music with Vanessa

10:30 am Virtual Sing Along with Mary

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