

THIS WEEK'S VIRTUAL EVENTS

July 12 - July 16, 2021

All Events will be hosted on the Zoom app

zoom.us/j/4390713470

password: Arrow

Monday, July 12

- 9:45 am Virtual Fitness with Katie
- 10:30 am Virtual Brain Games
- 2:30 pm Tony Stephenson Presents: Babylonian Empire

Tuesday, July 13

- 9:45 am Virtual Exercise 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, July 14

- 9:45 am Virtual Fitness: BalloFlex with Jani
- 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, July 15

1:00 pm Virtual Bible Study with Duane Praschan

Friday, July 16

9:45 am Virtual Movement and Music with Vanessa

10:30 am Virtual Music with Mary: Country Hits of the Decades

1:00 pm St. Louis Zoo Presents: Snake Tour

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