

THIS WEEK'S VIRTUAL EVENTS

September 20 - September 24, 2021

All Events will be hosted on the Zoom app

zoom.us/j/4390713470

password: Arrow

Monday, Sep. 20

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

Tuesday, Sep. 21

- 9:45 am Virtual Fitness with Michelle
- 1:00 pm Virtual Bingo (Ask your Resident Services Director for a card!)
- 3:00 pm Virtual Rosary led by The Boulevard St. Charles

Wednesday, Sep. 22

- 9:45 am Virtual Fitness: BalloFlex with Jani
- 10:30 am Name that Hit 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, Sep. 23

9:45 am Virtual Exercise with Kayla

1:00 pm Virtual Bible Study with Duane Praschan

Friday, Sep. 24

9:45 am Virtual Music and Movement with Vanessa

10:30 am Virtual Singing with Mary

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