

THIS WEEK'S VIRTUAL EVENTS

October 11 - October 15, 2021

All Events will be hosted on the Zoom app

zoom.us/j/4390713470

password: Arrow

Monday, October 11

- 9:00 am Coffee Hour with Building Bridges *Link for these programs below*
- 9:45 am Fitness with Katie
- 10:00 am Activity Hour with Building Bridges *Link for these programs below*
- 10:30 am Virtual Brain Games
- 2:30 pm Tony Stephenson Presents: King Tut

Tuesday, October 12

- 9:45 am Exercise 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, October 13

- 9:00 am Coffee Hour with Building Bridges *Link for these programs below*
- 9:45 am Balloflex Exercise with Jani
- 10:00 am Activity Hour with Building Bridges *Link for these programs below*
- 2:00 pm Virtual Trivia with Kaylin

****Building Bridges Program Link**** Join Zoom Meeting

<https://viriniatech.zoom.us/j/86318144623> Meeting ID: 863 1814 4623

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, October 14

9:45 am Virtual Exercise with Kaylin

1:00 pm Virtual Bible Study with Duane Praschan

Friday, October 15

9:45 am Music and Movement Fitness Class

10:30 am Singing with Mary

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