

THIS WEEK'S VIRTUAL EVENTS

November 15-19, 2021

All Events will be hosted on the Zoom app

zoom.us/j/4390713470

password: Arrow

Monday, Nov. 15

9:45 am Fitness with Katie

10:30 am Brain Games

2:30 pm History with Tony Stephenson: The Persian Wars

Tuesday, Nov. 16

9:45 am Fitness with Michelle

1:00 pm Virtual Bingo

Wednesday, Nov. 17

9:45 am BalloFlex with Jani

2:00 pm 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, Nov. 18

9:45 am Music and Movement

1:00 pm Bible Study with Duane Praschan

2:00 pm Bingo Shopping Spree

Friday, Nov. 19

10:30 am Singing with Mary

All times in Central Standard Time

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