


September 2023  
Arbor Rose Senior Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Day Club - Day club All Cottages - ALL Cottages 1, 2, 3, & 5 - AL Cottages 6 & 7- Mc	"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow." — Shauna Niequist	A friendly reminder..  Sarah the Beautician will be here every Thursday. Appointments are made by calling the front desk receptionist. Thank you!	6033 E. Arbor Avenue Mesa, Arizona 85206 480-654-8200	8:00 <span>CE</span> Daily Chronicle 9:30 <span>PE</span> Fun Fitness w/ Zumba (Noodles) (Day club) 11:00 <span>CE</span> Trivia(Dayclub) 1:00 <span>LL</span> Bingo (Day club) Sarah is coming w/ door prizes! :) 1:30 <span>LL</span> Memories &Hydration Time ( Day club)	9:30 <span>AE</span> Color seasonal pictures [ALL] 10:30 <span>CE</span> Early afternoon Show (Cooking) 3:00 <span>LL</span> Recharge and Refuel [ALL] 6:00 <span>LL</span> Movie night
8:45 <span>SS</span> Bible study 9:15 <span>PE</span> Morning Chair Exercises w/ Ball 10:00 <span>SS</span> Bible Study (C5) 2:00 <span>PE</span> Recharge and Refuel 6:00 <span>LL</span> Move Night	Labor Day	8:00 <span>CE</span> Daily Chronicle 9:00 <span>PE</span> Stretch n Flex w/music (Day club) 10:00 <span>PE</span> Ball Toss n Talk 11:00 <span>CE</span> Trivia (Day club) 1:00 <span>LL</span> Hydration Time/ Memories 2:00 <span>AE</span> Games (board, card, pool)	8:00 <span>CE</span> Daily Chronicle 9:30 <span>PE</span> Noodles and Balloons W/ Music 11:00 <span>LL</span> Trivia 1:30 Ice Cream Social with Entertainment Billy Frederick (Day club)	8:00 <span>CE</span> Daily Chronicle 9:00 <span>LL</span> Manicures w/ music (Day club) 10:00 <span>AE</span> Painting, crafts w/ music (Day club) 11:00 <span>CE</span> Trivia (Day club) 1:00 <span>LL</span> Bingo (Day club) 1:00 <span>LL</span> Hydration Time/ Fruit	8:00 <span>CE</span> Daily Chronicle 9:30 <span>PE</span> Fun Fitness w/ Zumba (Noodles) (Day club) 11:00 <span>CE</span> Trivia(Dayclub) 1:00 <span>LL</span> Bingo (Day club) 1:30 <span>LL</span> Memories &Hydration Time ( Day club)	9:30 <span>AE</span> Color seasonal pictures [ALL] 10:30 <span>CE</span> Early afternoon Show (Cooking) 3:00 <span>LL</span> Recharge and Refuel [ALL] 6:00 <span>LL</span> Movie night
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