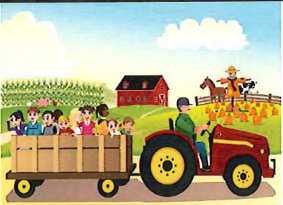


September 2026 East



Arbor Lakes Senior Living
EAST Memory Care Activity Calendar
12001 80th Avenue North Maple Grove, MN 55369

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note: The Activity Calendar is subject to change. Please refer to daily postings for any schedule changes. Thank you for your understanding!		110:00 Hand Massage	210:00 Morning Walks	310:00 Scripture Reading	410:00 Morning Visits	510:00 Current Events
		10:45 Communion-Catholic	11:00 Stretch & Flex	11:00 Balloon Ball	11:00 Movin and Groovin	10:00 Chair Yoga
		11:00 Chair Yoga	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
		11:30 Lunch	12:30 Barrel of Laughs	12:30 TV Classics	12:30 Musical	11:30 Lunch
		12:30 Westerns	2:45 Ladderball	2:45 Bowling	2:45 Social Hour	12:30 Barrel of Laughs
2:45 Acorn Toss	3:45 Would You Rather	3:30 Jigsaw Puzzles	3:30 Find whats Different	2:45 Arts and Crafts/ Jill		
3:30 Word Games	4:30 Supper	4:30 Supper	4:30 Supper	3:30 Word Search		
5:15 Finishing Lyrics	5:15 Trivia	5:15 Call Out the Answer	5:15 Senior Yoga	4:00 Sing-a-long		
6:15 Evening Strolls	6:30 Reminisce	6:30 Coloring Fun	6:30 Room Visits	4:30 Supper		
610:00 Barb and Skyler the dog	710:00 Morning Walks	810:00 Morning Walks	1010:00 Scripture Reading	118:45 Golden Griddle	1210:00 Current Events	
10:45 Communion-Catholic	11:00 Paddle Ball	11:00 Stretch & Flex	11:00 Balloon Ball	11:00 Movin and Groovin	11:00 Balloon Toss	
11:00 Chair Yoga	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
11:30 Lunch	12:30 Everybody Loves Raymond	12:30 Barrel of Laughs	12:30 TV Classics	12:30 Musical	12:30 Barrel of Laughs	
12:30 Westerns	2:45 King's Corner	2:45 Ladderball	2:45 Bowling	2:45 Find whats Different	2:45 Card Games	
2:45 Acorn Toss	3:30 Labor Day Trivia	3:15 Would You Rather	3:30 Jigsaw Puzzles	3:15 Lyia Violin Music	3:30 Word Search	
3:30 Word Games	3:30 Sing-a long	4:30 Supper	4:30 Supper	4:30 Supper	4:00 Old Time Classics	
5:15 Coloring Fun	5:15 Sing-a long	5:15 Trivia	5:15 Call Out the Answer	5:15 Senior Yoga	4:30 Supper	
6:15 Evening Strolls	6:30 Evening Chats	6:30 Reminisce	6:30 Evening Strolls	6:30 Room Visits		
1510:00 Hand Massage	1410:00 Morning Walks	1610:00 Morning Walks	1710:00 Scripture Reading	1810:00 Morning Walks	1910:00 Current Events	
10:45 Communion-Catholic	11:00 Paddle Ball	11:00 Stretch & Flex	11:00 Balloon Ball	11:00 Movin and Groovin	11:00 Chair Yoga	
11:00 Chair Yoga	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
11:30 Lunch	12:30 Everybody Loves Raymond	12:30 Barrel of Laughs	12:30 TV Classics	12:30 Musical	12:30 Barrel of Laughs	
12:30 Westerns	2:45 King's Corner	2:45 Ladderball	2:45 Bowling	3:15 Social Hour	2:45 Kitchen Creations	
2:45 Acorn Toss	3:30 Bingo	3:45 Would You Rather	3:30 Jigsaw Puzzles	3:30 Find whats Different	3:30 Word Search	
3:30 Word Games	4:30 Supper	4:30 Supper	4:30 Supper	4:30 Supper	4:00 Sing-a-long	
5:15 Finishing Lyrics	5:15 Sing-a long	5:15 Trivia	5:15 Call Out the Answer	5:15 Senior Yoga	4:30 Supper	
6:15 Evening Strolls	6:30 Evening Chats	6:30 Reminisce	6:30 Coloring Fun	6:30 Room Visits		
2210:00 Hand Massage	2110:00 Morning Walks	2310:00 Morning Walks	2410:00 Scripture Reading	2510:00 Morning Walks	2610:00 Current Events	
10:45 Communion-Catholic	11:00 Paddle Ball	11:00 Stretch & Flex	11:00 Balloon Ball	11:00 Movin and Groovin	11:00 Balloon Toss	
11:00 Chair Yoga	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
11:30 Lunch	12:30 Everybody Loves Raymond	12:30 Barrel of Laughs	12:30 TV Classics	12:30 Musical	12:30 Barrel of Laughs	
12:30 Westerns	2:45 King's Corner	2:45 Ladderball	2:45 Bowling	2:45 Social Hour	2:45 Card Games	
2:45 Acorn Toss	3:30 Labor Day Bingo	3:45 Would You Rather	3:30 Jigsaw Puzzles	3:30 Find whats Different	3:30 Word Search	
3:30 Word games	4:30 Supper	4:30 Supper	4:30 Supper	4:30 Supper	4:00 Old Time Classics	
5:15 Coloring Fun	5:15 Sing-a long	5:15 Trivia	5:15 Call Out the Answer	5:15 Senior Yoga	4:30 Supper	
6:30 Evening Strolls	6:30 Evening Chats	6:30 Reminisce	6:30 Evening Strolls	6:30 Room Visits		
2910:00 Hand Massage	2810:00 Morning Walks	3010:00 Decorate B.B.	 			
10:00 Communion-Catholic	11:00 Paddle Ball	11:00 Stretch & Flex				
10:45 Chair Yoga	11:30 Lunch	11:30 Lunch				
11:00 Lunch	12:30 Everybody Loves Raymond	12:30 Barrel of Laughs				
4:30 Westerns	2:45 King's Corner	2:45 Rhythm Band				
2:45 Acorn Toss	3:30 Bingo	3:45 Would You Rather				
3:30 Head Band	4:30 Supper	4:30 Supper				
5:15 Chicken Soup Story's	5:15 Sing-a long	5:15 Trivia				
6:30 Evening Strolls	6:30 Evening Chats	6:30 Reminisce				