

The Arbors at Port Warwick



ARBORS ANNOUNCEMENTS

Monday, January 19

Martin Luther King, Jr. Day

10:00 - 10:30 (1CC) Chair Exercise I

10:30 - 11:00 (1CC) Exercise for Balance
(Tai Chi form)

2:00 - 4:00 (1CC) **"BINGO"**

Tuesday, January 20

10:00 - 10:45 (1CC) Exercise II

10:45 - 11:15 (1CC)
Beginner's Chair Exercise

1:00 - 3:00 **Shopping**
(Wal-mart and Kiln Creek) 

3:00 - 4:30 **"Happy Hour"**

Wednesday, January 21

10:00 - 10:30 (1CC) Chair Exercise I

10:30 - 11:00 (1CC) Exercise for Balance

1:00 - 2:30 Peninsula Fine Arts Center

2:30 - 3:30 Trip to Library 

7:00 (1CC) Wednesday Night Movie

Thursday, January 22

10:00 - 10:45 (1CC) Exercise II

10:45 - 11:15 (1CC)
Beginner's Chair Exercise

11:30 - 12:00 (GR) Mindstretchers

1:00 - 3:00 (1CC) **"BINGO" !**

3:00 - 4:30 (1CC) **"Happy Hour"**

Friday, January 23

10:00 - 10:30 (1CC) Chair Exercise I

10:30 - 11:00 (Rehab) Walking Club

12:30 - 2:00 **Shopping**
(Food Lion in Poquoson) 

1:00 - 2:00 (1CC) Wheel of Fortune

4:00 (4ACAR) **Bring Your Own Drink**

7:00 - 9:00 PM (1CC) **Movie Night**

Saturday, January 24

7:00 PM (1CC) **"Bingo"**

Sunday, January 25

10:00 (1CC) **Sunday Morning Service**

Presented by: *Reverend Rudy Kidd*

Pianist: *Polly Summers*

11:00 - 2:00 Sunday Brunch

3:30 - 5:30 **Music in the Woods - "Trilogy"**

(Hiddenwood Presbyterian Church)

7:00 (1CC) **Sunday Night Movie**

The Arbors at Port Warwick



Monday, January 26

10:00 - 10:30 (1CC) Chair Exercise I

10:30 - 11:00 (1CC) Exercise for Balance
(Tai Chi form)

2:00 - 4:00 (1CC) **"Bingo"**

Tuesday, January 27

10:00 - 10:45 (1CC) Exercise II

10:45 - 11:15 (1CC) Beginner's Chair Exercise

1:00 - 3:00 **Shopping**
(Wal-mart and Kiln Creek)

3:00 - 4:30 (1CC) **"Happy Hour"**

7:00 - 11:00 **Virginia Symphony**
(Ferguson Center)

Wednesday, January 28

10:00 - 10:30 (1CC) Chair Exercise I

10:30 - 11:00 (1CC) Exercise for Balance

7:00 (1CC) Wednesday Night Movie

Thursday, January 29

10:00 - 10:45 (1CC) Exercise II

10:45 - 11:15 (1CC) Beginner's Chair Exercise

11:30 - 12:00 (GR) Mindstretchers

1:00 - 3:00 (1CC) **"BINGO" !**

3:00 - 4:30 (1CC) **"Happy Hour"**

6:15 - 8:30 **TRADOC Brass Choir Concert**
(First Baptist Church-NN)

Friday, January 30

10:00 - 10:30 (1CC) Chair Exercise I

10:30 - 11:00 (Rehab) Walking Club

12:30 - 2:00 (1SL) **Shopping**
(Food Lion in Poquoson)

1:00 - 2:00 (1CC) Wheel Of Fortune

4:00 (4Arbor) **Bring Your Own Drink**

7:00 - 9:00 (1CC) **Movie Night**

Saturday, January 31

7:00 - (1CC) **"BINGO"**

Sunday, February 1

10:00 (1CC) **Sunday Morning Service**
Presented by: *Pastor Rudy Kidd*
Pianist: Polly Summers

11:00 - 2:00 *Sunday Brunch*

7:00 (1CC) **Sunday Night Movie**

UP COMING EVENTS

Feb. 7th from 7:00 to 11:00

(Ferguson Center)

Dublin Philharmonic Orchestra

Feb. 8th from 1:15 to 6:30

(Harrison Opera House - Norfolk)

Puccini's "Tosca" - Virginia Opera

Feb. 27th from 7:00 to 11:00

Virginia Symphony (Ferguson Center)

March 1st from 6:00 to 10:00

(Ferguson Center)

Male Choir of St. Petersburg

March 3rd from 6:30 to 10:30

(Ferguson Center)

The Cleveland Orchestra

March 7th from 1:00 to 5:00

(Ferguson Center)

Russian National Ballet - Cinderella