December 2022
Arbor Terrace of Middletown-Garden's

created with Sagely

THE ARBOR COMPANY ENGAGED LIFESTYLE

- Arts & Education
- Deep Connections
- Health & Wellness
- Purposeful Living
- Recreation & Leisure
- Spiritual Journey

Location Keys

Fireside Lounge	FL
Garden's Living Room	GLR
Namaste Room	NR
Resident's Room	RR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 10:45 Lets Travel [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Penny Pitch! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour! [GLR] 7:45 Calming Sensory Spa! [NR]	**2** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Word Games & Trivia [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Holiday Crafts! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour [GLR] 7:45 Calming Sensory Spa! [NR]	**3** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Card Games! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Bingo! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	
4 9:00 Newspaper & Puzzles Delivery! [RR] 9:30 **Sunday Service in the Garden's [GLR]** 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 10:45 Smarty Marty fun! [GLR] 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Sunday Sports [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**5** **Fresh Bread Day!** **Pet Therapy Visits!** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Trivia & Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 Smarty Marty Fun! [GLR] 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**6** **St. Nicholas Day** 9:00 Newspaper & Puzzles Delivery! [RR] 10:00 Daily Chronicle & Conversation [GLR] 10:20 **ZUMBA with Aleta! [GLR]** 10:30 Morning Refreshments [GLR] 11:00 Board Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **Happy Hour & Live Entertainment with Wild Rose! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**7** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Let's Reminisce! [GLR] 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Let's Laugh! Comedy [GLR]** 1:30 **Scenic Drives!** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**8** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 10:45 Lets Travel [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Penny Pitch! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] — **WINTER GALA (5-7:30 PM) [GLR]** 7:45 Calming Sensory Spa! [NR]	**9** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Word Games & Trivia [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Holiday Crafts! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour [GLR] 7:45 Calming Sensory Spa! [NR]	**10** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Card Games! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Bingo! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	ARBOR TERRACE®
11 9:00 Newspaper & Puzzles Delivery! [RR] 9:30 **Sunday Service in the Garden's [GLR]** 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:00 **Sundays with Dahalia! [GLR]** 10:30 Morning Refreshments [GLR] 10:45 Smarty Marty fun! [GLR] 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Sunday Sports [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**12** **Fresh Bread Day!** **Pet Therapy Visits!** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Trivia & Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 Smarty Marty Fun! [GLR] 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**13** **SantaCon Day! (Wear your best Santa Outfit!)** 9:00 Newspaper & Puzzles Delivery! [RR] 10:00 Daily Chronicle & Conversation [GLR] 10:20 **ZUMBA with Aleta! [GLR]** 10:30 Morning Refreshments [GLR] 11:00 Board Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **Happy Hour & Live Entertainment with Tomardo! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**14** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Let's Reminisce! [GLR] 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Let's Laugh! Comedy [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 4:30 **Trip to the PNC Drive-thru light show!** 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**15** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 10:45 Lets Travel [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **Happy Hour & Entertainment with Rich! [FL]** 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour! [GLR] 7:45 Calming Sensory Spa! [NR]	**16** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Word Games & Trivia [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **Yoga with Amy! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour [GLR] 7:45 Calming Sensory Spa! [NR]	**17** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Card Games! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Bingo! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	Happy Birthday: 12/09 Anthony "Tony" A Daily Snack Available: 10:30AM, 2:30 PM & 7:30 PM *Programs are subject to change, changes are carefully considered*
18 **Hanukkah Begins at Sundown** 9:00 Newspaper & Puzzles Delivery! [RR] 9:30 **Sunday Service in the Garden's [GLR]** 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 10:45 Smarty Marty fun! [GLR] 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Sunday Sports [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**19** **Fresh Bread Day!** **Pet Therapy Visits!** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Trivia & Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 Smarty Marty Fun! [GLR] 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**20** **Ugly Christmas Sweater Day** 9:00 Newspaper & Puzzles Delivery! [RR] 10:00 Daily Chronicle & Conversation [GLR] 10:20 **ZUMBA with Aleta! [GLR]** 10:30 Morning Refreshments [GLR] 11:00 Board Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **Happy Hour & Live Entertainment with Lou! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**21** **Winter Solstice** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 **Resident Council Meeting [GLR]** 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Let's Laugh! Comedy [GLR]** 1:30 **Scenic Drives!** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**22** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 10:45 Lets Travel [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Penny Pitch! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour! [GLR] 7:45 Calming Sensory Spa! [NR]	**23** **Pajama Day!** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Word Games & Trivia [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Holiday Crafts! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour [GLR] 7:45 Calming Sensory Spa! [NR]	**24** **Christmas Eve** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Card Games! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **Holiday Carolers Performance & Happy Hour Social! [FL]** 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	
25 **Christmas Day** 9:00 Newspaper & Puzzles Delivery! [RR] 9:30 **Sunday Service in the Garden's [GLR]** 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:00 **Sundays with Dahalia! [GLR]** 10:30 Morning Refreshments [GLR] 10:45 Smarty Marty fun! [GLR] 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Matinee Movie & Hot Chocolate Social! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**26** **Fresh Bread Day!** **Pet Therapy Visits!** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Trivia & Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 Smarty Marty Fun! [GLR] 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**27** 9:00 Newspaper & Puzzles Delivery! [RR] 10:00 Daily Chronicle & Conversation [GLR] 10:20 **ZUMBA with Aleta! [GLR]** 10:30 Morning Refreshments [GLR] 11:00 Board Games [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **Happy Hour & Live Entertainment with Keith! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	**28** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Let's Reminisce! [GLR] 11:30 Sing-A-Long! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Let's Laugh! Comedy [GLR]** 1:30 **Scenic Drives!** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Evening Snack & Movie Night [GLR] 7:45 Calming Sensory Spa! [NR]	**29** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 10:45 Lets Travel [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:30 **Penny Pitch! [GLR]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour! [GLR] 7:45 Calming Sensory Spa! [NR]	**30** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Word Games & Trivia [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 1:00 **Holiday Crafts! [FL]** 2:30 Afternoon Snack & Social [GLR] 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Social Hour [GLR] 7:45 Calming Sensory Spa! [NR]	**31** **New Year's Eve** 9:00 Newspaper & Puzzles Delivery! [RR] 9:45 Exercise & Meditation [GLR] 10:00 Daily Chronicle & Conversation [GLR] 10:30 Morning Refreshments [GLR] 11:00 Card Games! [GLR] 11:30 Tover Time [NR] 1:00 Fresh Faces! [NR] 2:00 **New Years Eve Social and Performance with Cathy D! [FL]** 3:00 Tover Time [NR] 3:30 Relaxing Wind Down! [GLR] 6:00 Classic TV Shows! [GLR] 7:45 Calming Sensory Spa! [NR]	