

How Arbor Village residents are coping with lockdown (submitted by Denise Stanton – manager)

Lockdown, I believe, has been particularly hard for Arbor's mid-care residents as they are still able to physically move around but have been limited due to lockdown.

One of our mid-care residents, Marietta Bekker (an ex-teacher) has come up with fun ways to keep the mind and body occupied during this time through exercises and memory games.

We are so fortunate to have residents who care for each other in this way.



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