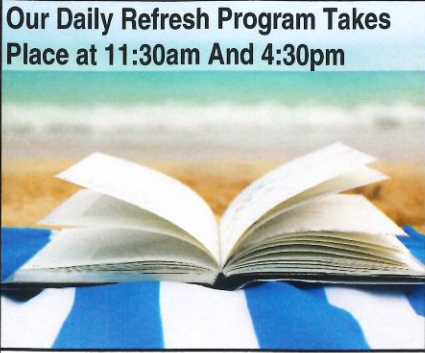
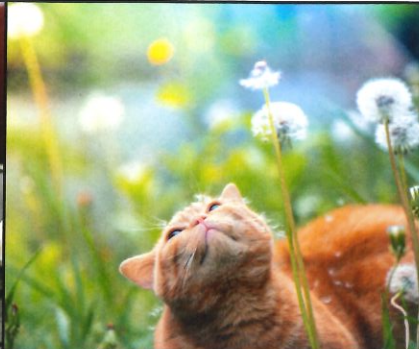


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HELLO AUGUST	 Our Daily Refresh Program Takes Place at 11:30am And 4:30pm		 Daily Activities Are Subject to Change Based on the Needs and Desires of the Residents.		The Cottage observes a period of Rest and Relaxation from 1:30pm to 2:30pm every day. All visitors are welcome and encouraged to visit, but please be mindful of noise levels during that time.	1 9:30 Coffee & Tea Social 10:00 Bean Bag Toss 10:30 Flower Arranging 11:30 Refresh Program 1:00 Puzzle Party 1:30 Restful Relaxation 2:30 Table Time 3:00 Cinema Saturday 4:30 Refresh Program 6:00 Settle in with a Sitcom
2 9:30 Church with Connie and Joe 11:30 Refresh Program 1:30 Restful Relaxation 2:30 Table Time 3:00 Puzzle Party 3:30 Sing Along Sunday 4:30 Refresh Program 6:00 Settle in with a Sitcom	3 9:00 Bayada - Wise & Well 10:00 Manicure Monday! 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Play Date with Dash 2:30 Table Time 4:30 Refresh Program 6:00 Settle in with a Sitcom	4 9:00 Music and Movement 9:30 Mindful Moments: Word Games 10:30 Church Service with David & Nancy 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Who Was? Story Time 3:00 We C.A.R.E. Chocolate Chip Cookie Day 4:30 Refresh Program 6:00 Settle in with a Sitcom	5 9:00 Bayada - Wise & Well 10:30 Band Practice 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Table Time 2:30 Visit with Paco and Daisy! 3:00 Brain Games 4:30 Refresh Program 6:00 Settle in with a Sitcom	6 9:00 Summertime Simon Says 10:00 Art From the Heart 11:30 Refresh Program 1:00 Garden Club 1:00 Visit with Shine 1:30 Restful Relaxation 2:30 Table Time 3:30 Who Was? Story Time 4:30 Refresh Program 6:00 Settle in with a Sitcom	7 9:00 Balloon Tennis 10:00 Friday Film Fest! 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Piano with Susan 2:30 Table Time 3:00 Hearts & Harmony Music Therapy 4:30 Refresh Program 6:00 Settle in with a Sitcom	8 9:30 Coffee & Tea Social 10:00 Bean Bag Toss 10:30 Flower Arranging 11:30 Refresh Program 1:00 Puzzle Party 1:30 Restful Relaxation 2:30 Table Time 3:00 Cinema Saturday 4:30 Refresh Program 6:00 Settle in with a Sitcom
9 9:30 Sunday Sermons 11:30 Refresh Program 1:30 Restful Relaxation 2:30 Table Time 3:00 Puzzle Party 3:30 Sing Along Sunday 4:30 Refresh Program 6:00 Settle in with a Sitcom	10 9:00 Bayada - Wise & Well 10:00 Manicure Monday! 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Play Date with Dash 2:30 Table Time 4:30 Refresh Program 6:00 Settle in with a Sitcom	11 9:00 Music and Movement 9:30 Mindful Moments: Word Games 10:30 Church Service with David & Nancy 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Who Was? Story Time 2:30 Table Time 3:00 We C.A.R.E. Play in the Sand Day 4:30 Refresh Program 6:00 Settle in with a Sitcom	12 9:00 Bayada - Wise & Well 10:30 Band Practice 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Table Time 2:30 Visit with Paco and Daisy! 3:00 Brain Games 4:30 Refresh Program 6:00 Settle in with a Sitcom	13 9:00 Summertime Simon Says 10:00 Art From the Heart 11:30 Refresh Program 1:00 Garden Club 1:00 Visit with Shine 1:30 Restful Relaxation 2:30 Table Time 3:30 Who Was? Story Time 4:30 Refresh Program 6:00 Settle in with a Sitcom	14 9:00 Balloon Tennis 10:00 Friday Film Fest! 11:30 Refresh Program 1:00 Garden Club 1:30 Local Scenic Drive 1:30 Restful Relaxation 2:00 Piano with Susan 2:30 Table Time 3:00 Hearts & Harmony Music Therapy 4:30 Refresh Program 6:00 Settle in with a Sitcom	15 9:30 Coffee & Tea Social 10:00 Bean Bag Toss 10:30 Flower Arranging 11:30 Refresh Program 1:00 Puzzle Party 1:30 Restful Relaxation 2:30 Table Time 3:00 Cinema Saturday 4:30 Refresh Program 6:00 Settle in with a Sitcom
16 9:30 Sunday Sermons 11:30 Refresh Program 1:30 Restful Relaxation 2:30 Table Time 3:00 Puzzle Party 3:30 Sing Along Sunday 4:30 Refresh Program 6:00 Settle in with a Sitcom	17 9:00 Bayada - Wise & Well 10:00 Manicure Monday! 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Play Date with Dash 2:30 Table Time 4:30 Refresh Program 6:00 Settle in with a Sitcom	18 Happy Birthday Daisy! 9:00 Music and Movement 9:30 Mindful Moments: Word Games 10:30 Church Service with David & Nancy 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Who Was? Story Time 2:30 Table Time 3:00 We C.A.R.E. Ice Cream Pie Day 4:30 Refresh Program 6:00 Settle in with a Sitcom	19 9:00 Bayada - Wise & Well 10:30 Band Practice 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Table Time 2:30 Visit with Paco and Daisy! 3:00 Brain Games 4:30 Refresh Program 6:00 Settle in with a Sitcom	20 9:00 Summertime Simon Says 10:00 Art From the Heart 11:30 Refresh Program 1:00 Garden Club 1:00 Visit with Shine 1:30 Restful Relaxation 2:30 Table Time 3:30 Who Was? Story Time 4:30 Refresh Program 6:00 Settle in with a Sitcom	21 9:00 Balloon Tennis 10:00 Friday Film Fest! 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Piano with Susan 2:30 Table Time 3:00 Hearts & Harmony Music Therapy 4:30 Refresh Program 6:00 Settle in with a Sitcom	22 9:30 Coffee & Tea Social 10:00 Bean Bag Toss 10:30 Flower Arranging 11:30 Refresh Program 1:00 Puzzle Party 1:30 Restful Relaxation 2:30 Table Time 3:00 Cinema Saturday 4:30 Refresh Program 6:00 Settle in with a Sitcom
23 1:30 Restful Relaxation 3:00 Puzzle Party 3:30 Sing Along Sunday	24 Happy Birthday Charlie! 9:00 Bayada - Wise & Well 10:00 Manicure Monday! 1:00 Garden Club 2:00 Play Date with Dash	25 9:00 Music and Movement 9:30 Mindful Moments: Word Games 10:30 Church Service with David & Nancy 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Who Was? Story Time 2:30 Table Time 3:00 We C.A.R.E. 4:30 Refresh Program 6:00 Settle in with a Sitcom	26 9:00 Bayada - Wise & Well 10:30 Band Practice 11:30 Refresh Program 1:00 Garden Club 1:30 Restful Relaxation 2:00 Table Time 2:30 Visit with Paco and Daisy! 3:00 Brain Games 4:30 Refresh Program 6:00 Settle in with a Sitcom	27 9:00 Summertime Simon Says 10:00 Art From the Heart 11:30 Refresh Program 1:00 Garden Club 1:00 Visit with Shine 1:30 Restful Relaxation 2:30 Table Time 3:30 Who Was? Story Time 4:30 Refresh Program 6:00 Settle in with a Sitcom	28 9:00 Balloon Tennis 10:00 Friday Film Fest! 11:30 Refresh Program 1:00 Garden Club 1:30 Local Scenic Drive 1:30 Restful Relaxation 2:00 Piano with Susan 2:30 Table Time 3:00 Hearts & Harmony Music Therapy 4:30 Refresh Program 6:00 Settle in with a Sitcom	29 9:30 Coffee & Tea Social 10:00 Bean Bag Toss 10:30 Flower Arranging 11:30 Refresh Program 1:00 Puzzle Party 1:30 Restful Relaxation 2:30 Table Time 3:00 Cinema Saturday 4:30 Refresh Program 6:00 Settle in with a Sitcom
30 9:30 Church with Connie and Joe 1:30 Restful Relaxation 3:00 Puzzle Party 3:30 Sing Along Sunday	31 9:00 Bayada - Wise & Well 10:00 Manicure Monday! 2:00 Play Date with Dash 6:00 Settle in with a Sitcom					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:30 SR Documentary 11:00 AR Worship Service with Connie and Joe 1:30 AR Church Service with Rev. David, Nancy, and Bill 2:00 SR Sunday Afternoon TV Time 3:00 AR Brain Games 3:30 AR Sunshine and Lemonade on the Patio 6:00 SR Evening Movie	 9:15 LB Catholic Divine Mercy Prayer 9:30 LB Catholic Communion 10:00 WC Bayada Exercise Class 11:00 AR New York Times Games 1:00 AR Music with Peter Theodore 2:00 AR Armchair Travels 3:00 CF Garage Talk: Men's Group 3:30 Country Store (200 Hall) 6:00 SR Evening Movie	 10:00 WC Volleyball Practice 10:45 AR BINGO 1:00 AR Sing Along with Maggie 2:00 AR School Days Painting 3:00 AR Celebrate Chocolate Chip Cookie Day in the Cottage! 6:00 SR Evening Movie	 10:00 WC Bayada Exercise Class 11:00 SR Short Stories with Mike 1:00 AR Linkee Game 1:00 LB Rosary with Barbara S. 2:00 AR Sunny Stokes: Lighthouse Paintings 3:30 CF Wine Down Wednesdays 6:00 SR Evening Movie	 9:15 AR Bible Study with Maggie 10:00 WC Seated Yoga with Tiffaney 11:00 AR Brain Games 1:00 AR Journaling 1:00 LR Visit with Leslie, Robin & Shine 2:00 AR Country Cooking: Carol's Famous Pasta 3:00 AR New-Resident Social 6:00 SR Evening Movie	Activity, location, and time are subject to change. Please refer to the Daily Schedule at the Front Desk for the most current information. All activities last a minimum of 30 minutes, unless otherwise noted.	Happy Birthday Mary M! 10:00 CF Coffee and Treats 11:00 AR Morning Documentary 1:00 AR BINGO 2:00 AR Ice Cream Social 3:00 AR Brain Games 6:00 SR Evening Movie
9:30 SR Documentary 11:00 AR Worship Service with Connie and Joe 1:30 AR Church Service with Rev. David, Nancy, and Bill 2:00 SR Sunday Afternoon TV Time 3:00 AR Brain Games 3:30 AR Sunshine and Lemonade on the Patio 6:00 SR Evening Movie	9:15 LB Catholic Divine Mercy Prayer 9:30 LB Catholic Communion 10:00 WC Bayada Exercise Class 11:00 AR New York Times Games 1:00 AR Herd Mentality 1:00 BU Trip to Giant \$✓ 2:00 AR Armchair Travels 3:00 AR Resident Birthday Party Hosted by Right at Home 6:00 SR Evening Movie	10:00 FP Walking Club 10:45 AR BINGO 1:00 AR Sing Along with Maggie 2:00 AR Piano with Susan 3:00 AR We C.A.R.E. Trip to Cottage-Play in the sand day! 6:00 SR Evening Movie	10:00 WC Bayada Exercise Class 11:00 SR Short Stories with Mike 1:00 AR Linkee Game 1:00 LB Rosary with Barbara S. 2:00 AR Sunny Stokes: Sea Creature Silhouettes 3:30 CF Wine Down Wednesdays 6:00 SR Evening Movie	Happy Birthday Bill! 9:15 AR Bible Study with Maggie 10:00 WC Seated Yoga with Tiffaney 11:00 AR Brain Games 1:00 AR Journaling 1:00 LR Visit with Leslie, Robin & Shine 2:00 AR Country Cooking: Homemade French Fries 3:00 AR Summer Science: Tie Dye Flowers 6:00 SR Evening Movie	10:00 WC Bayada Exercise Class 11:00 AR Manicures 1:00 AR Just One Game 1:30 BU Local Scenic Drive✓ 2:00 AR Hearts & Harmony Music Therapy 3:30 AR Happy Hour 6:00 SR Friday Night Movie	10:00 CF Coffee and Treats 11:00 AR Morning Documentary 1:00 AR BINGO 2:00 AR Ice Cream Social 3:00 AR Brain Games 6:00 SR Evening Movie
9:30 SR Documentary 11:00 AR Worship Service with Connie and Joe 1:30 AR Church Service with Rev. David, Nancy, and Bill 2:00 SR Sunday Afternoon TV Time 3:00 AR Brain Games 3:30 AR Sunshine and Lemonade on the Patio 6:00 SR Evening Movie	9:15 LB Catholic Divine Mercy Prayer 9:30 LB Catholic Communion 10:00 WC Bayada Exercise Class 11:00 AR New York Times Games 1:00 AR Herd Mentality 1:00 BU Trip to Target \$✓ 2:00 AR Tree of Life Ministry 3:00 CF Garage Talk: Men's Group 3:30 Country Store (200 Hall) 6:00 SR Evening Movie	Happy Birthday Judy G! 10:00 WC Volleyball Practice 10:45 AR BINGO 1:00 AR Sing Along with Maggie 2:00 AR Piano with Susan 3:00 AR We C.A.R.E.-Ice Cream Pie Day in the Cottage 6:00 SR Evening Movie	10:00 WC Bayada Exercise Class 11:00 SR Short Stories with Mike 1:00 AR Linkee Game 1:00 LB Rosary with Barbara S. 2:00 AR Sunny Stokes: Seashell Turtles 3:30 CF Wine Down Wednesdays 6:00 SR Evening Movie	9:15 AR Bible Study with Maggie 10:00 WC Seated Yoga with Tiffaney 11:00 AR Brain Games 1:00 AR Journaling 1:00 LR Visit with Leslie, Robin & Shine 2:00 AR Country Cooking: BLT Sandwiches 6:00 SR Evening Movie	Happy Birthday Kay D! 10:00 WC Bayada Exercise Class 11:00 AR Manicures 1:00 AR Just One Game 2:00 AR Hearts & Harmony Music Therapy 3:30 AR Happy Hour 6:00 SR Friday Night Movie	10:00 CF Coffee and Treats 11:00 AR Morning Documentary 1:00 AR BINGO 2:00 AR Ice Cream Social 3:00 AR Brain Games 6:00 SR Evening Movie
9:30 SR Documentary 11:00 AR Worship Service with Connie and Joe 1:30 AR Church Service with Rev. David, Nancy, and Bill 3:00 AR Brain Games 3:30 AR Sunshine and Lemonade on the Patio	9:15 LB Catholic Divine Mercy Prayer and communion 10:00 WC Bayada Exercise Class 11:00 AR New York Times Games 2:00 AR Armchair Travels 3:00 CF Garage Talk: Men's Group	10:00 FP Walking Club 10:45 AR BINGO 1:00 AR Sing Along with Maggie 2:00 AR Piano with Susan 3:00 AR We C.A.R.E. Trip to Cottage-meet in AR 6:00 SR Evening Movie	10:00 WC Bayada Exercise Class 11:00 SR Short Stories with Mike 1:00 AR Food Service and Resident Council Meeting 2:00 AR Linkee Game 3:30 CF Wine Down Wednesdays 6:00 SR Evening Movie	9:15 AR Bible Study with Maggie 10:00 WC Seated Yoga with Tiffaney 11:00 AR Brain Games 11:00 SR Health Talk with Bayada 1:00 LB Book Club 1:00 LR Visit with Leslie, Robin & Shine 2:00 AR Country Cooking: Lin's Special Zucchini 6:00 SR Evening Movie	10:00 WC Bayada Exercise Class 11:00 AR Manicures 11:15 AR Loudoun County Library Visit 1:00 AR Just One Game 1:30 BU Local Scenic Drive ✓ 2:00 AR Hearts & Harmony Music Therapy 3:30 AR Happy Hour 6:00 SR Friday Night Movie	10:00 CF Coffee and Treats 11:00 AR Morning Documentary 1:00 AR BINGO 2:00 AR Ice Cream Social 3:00 AR Brain Games 6:00 SR Evening Movie
9:30 SR Documentary 11:00 AR Worship Service with Connie and Joe 1:30 AR Church Service with Rev. David, Nancy, and Bill 3:00 AR Brain Games 3:30 AR Sunshine and Lemonade on the Patio	10:00 WC Bayada Exercise Class 11:00 AR New York Times Games 1:00 CF Tea with Annamarie 2:00 AR Armchair Travels 3:00 CF Garage Talk: Men's Group					