



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u>	<u>Dimensions</u> Physical Creative Social Cognitive Spiritual			10:00 AM - Bayada Wellness Activity 11:00 AM - "Musical Moments" Music Therapy with Miranda 🎵 2:00 PM - Movie Matinee 3:30 PM - "The Silver Bullet's" Men's Group 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 10:30 AM - Scenic Drive 2:00 PM - Game Day: "Left, Center, Right" Dice Game 🖐️ 4:00 PM - Social and Happy Hour 6:30 PM - Movie	7:00 AM - Comedy Hour 10:00 AM - Ageless Grace 10:30 AM - "Donuts and Coffee" 11:00 AM - Giant Crossword Puzzle 2:00 PM - \$ Bingo 3:00 PM - Birthday Celebration for Marie 4:00 PM - Comedy Hour 6:30 PM - Popcorn and a Movie
10:00 AM - Chair Exercise 10:30 AM - Prayer Service with Church of the Epiphany (Catholic) 11:00 AM - \$ Bingo 11:00 AM - "TV" Church Service 2:00 PM - Communion Service with Manakin Episcopal Church 3:00 PM - Sundaes on Sunday 4:00 PM - Cornhole 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 10:30 AM - Shopping Trip: Chico's 12:00 PM - Therapy Dog Visit with Volunteer, Danessa and "Dolly Parton" 2:00 PM - \$ Bingo 3:15 PM - Hydration on Location 4:00 PM - Know Your Neighbor Social 6:30 PM - Movie	10:00 AM - Painting Class with Jan Delsack 10:30 AM - Ageless Grace Exercise 11:00 AM - Game Day: Scrabble 🖐️ 2:00 PM - Flower Arranging 3:00 PM - Music Appreciation 4:00 PM - Brain Games: "Who Am I?" 6:30 PM - Movie	10:30 AM - "Wise & Well" Fitness 11:30 AM - Art From the Heart 2:00 PM - "Hump Day" \$ Bingo 3:00 PM - Popsicles on the Porch 4:00 PM - Miniature Golf 6:30 PM - Movie	10:00 AM - Chair Exercise with Ron 10:30 AM - Outing to New Kent Winery and Lunch at Martha's Kitchen \$ 1:00 PM - Resident and Staff Birthdays Celebration 2:00 PM - Movie Matinee 3:30 PM - Resident Council 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 10:30 AM - Outing to VMFA to see "Fine Arts and Flowers" 2:00 PM - Game Day: "Left, Center, Right" Dice Game 🖐️ 4:00 PM - "Go Pink!" Social and Happy Hour 6:30 PM - Movie	10:00 AM - Ageless Grace 10:30 AM - "Donuts and Coffee" 11:30 AM - Jeopardy 2:00 PM - \$ Bingo 3:30 PM - Nature Matinee 6:30 PM - Popcorn and a Movie
10:30 AM - Prayer Service with Church of the Epiphany (Catholic) 11:00 AM - "TV" Church Service 2:00 PM - \$ Bingo 3:00 PM - Sunday Afternoon Treat 4:00 PM - Crafting with Volunteer, Mia 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 10:30 AM - Shopping Trip: Wegman's 2:00 PM - \$ Bingo 3:15 PM - Hydration on Location 4:00 PM - Giant Crossword Puzzle 6:30 PM - Movie	10:00 AM - Painting Class with Jan Delsack 10:30 AM - Chair Exercise 11:00 AM - Game Day: Scrabble 🖐️ 2:00 PM - Flower Arranging 4:00 PM - Music with Singer, Jaime Lloyd 🎵 6:30 PM - Movie	10:30 AM - "Wise & Well" Fitness 12:30 PM - Ladies' In-House Luncheon: Chinese Restaurant 2:00 PM - "Hump Day" \$ Bingo 3:00 PM - Food Service Meeting 4:00 PM - Music with The Virginians Quartet 🎵 6:30 PM - Movie	10:30 AM - Ageless Grace Exercise 11:00 AM - "Musical Moments" Music Therapy with Miranda 🎵 12:00 PM - Words with Friends 2:00 PM - Communion Service with Episcopal Church of the Redeemer 3:30 PM - Busy Bakers: Beer Bread 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 10:30 AM - Shopping Trip: Kirkland's Home 2:00 PM - Game Day: "Left, Center, Right" Dice Game 🖐️ 4:00 PM - Oktoberfest Social with Accordionist, Peter Martens 🎵 6:30 PM - Movie	10:00 AM - Ageless Grace 10:30 AM - "Donuts and Coffee" 11:00 AM - Giant Crossword Puzzle 2:00 PM - \$ Bingo 4:00 PM - Memorable Melodies 6:30 PM - Popcorn and a Movie
10:00 AM - Chair Exercise 10:30 AM - Prayer Service with Church of the Epiphany (Catholic) 11:00 AM - \$ Bingo 11:00 AM - "TV" Church Service 2:00 PM - Hymns Service with Mt. Pisgah United Methodist Church 3:00 PM - Sundaes on Sunday 4:00 PM - Cornhole 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 11:00 AM - Lunch Outing to Portico \$ 2:00 PM - \$ Bingo 2:30 PM - Service Project: Packing Lunches for a Homeless Shelter 3:15 PM - Hydration on Location 5:45 PM - The Caring Canines Therapy Dogs "Howl-oween" Costume Contest 6:30 PM - Movie	10:00 AM - Service Project: Packing Making for a Homeless Shelter 10:00 AM - Painting Class with Jan Delsack 2:00 PM - Flower Arranging 3:00 PM - Music Appreciation 4:00 PM - Trivia Time with Katie 6:30 PM - Movie	10:30 AM - "Wise & Well" Fitness 11:30 AM - Art From the Heart 12:00 PM - Words with Friends 2:00 PM - "Hump Day" \$ Bingo 3:30 PM - "What's Cooking?" Spring Arbor Cooking Demonstration 4:00 PM - Miniature Golf 6:30 PM - Movie	10:00 AM - Chair Exercise with Ron 11:30 AM - "Fun Drum" Cardio Drumming Class 2:00 PM - Movie Matinee 3:00 PM - Wii Bowling 4:00 PM - Game Day: Bunco 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 10:30 AM - Shopping Trip: Target 2:00 PM - Game Day: "Left, Center, Right" Dice Game 🖐️ 4:00 PM - "Kevin Sings the Classics" Social with Singer, Kevin Salyer 🎵 6:30 PM - Movie	10:00 AM - Ageless Grace 10:30 AM - "Donuts and Coffee" 12:30 PM - Oktoberfest Resident Luncheon Featuring the Hirschjaeger Bavarian Dancers 2:00 PM - \$ Bingo 4:00 PM - Jeopardy 6:30 PM - Popcorn and a Movie
10:30 AM - Prayer Service with Church of the Epiphany (Catholic) 11:00 AM - "TV" Church Service 2:00 PM - \$ Bingo 3:00 PM - Root Beer Floats 4:00 PM - Resident Hymn Sing 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 10:30 AM - Scenic Drive Through Hollywood Cemetery 2:00 PM - \$ Bingo 3:00 PM - Music Appreciation 4:00 PM - "My Life Story" Social and Reminisce 6:30 PM - Movie	10:00 AM - Painting Class with Jan Delsack 10:30 AM - Chair Exercise 11:00 AM - Game Day: Scrabble 🖐️ 2:00 PM - Flower Arranging 3:00 PM - Wii Bowling 4:00 PM - Giant Crossword Puzzle 6:30 PM - Movie	10:30 AM - "Wise & Well" Fitness 11:30 AM - Art From the Heart 2:00 PM - "Hump Day" \$ Bingo 3:00 PM - Hot Apple Cider Social 4:00 PM - Miniature Golf 6:30 PM - Movie	10:30 AM - Ageless Grace Exercise 11:00 AM - "Musical Moments" Music Therapy with Miranda 🎵 11:30 AM - Words with Friends 3:00 PM - Halloween "Costume Trunk" 4:00 PM - Healing After Loss Support Group with Father John 6:30 PM - Movie	10:00 AM - "Wise & Well" Fitness 11:30 AM - Trick-or-Treating with Kindergarteners from Primrose School 2:00 PM - Game Day: "Left, Center, Right" Dice Game 🖐️ 4:00 PM - "Spooktacular" Halloween Social 6:30 PM - Movie	10:00 AM - Ageless Grace 10:30 AM - "Donuts and Coffee" 11:00 AM - Giant Crossword Puzzle 2:00 PM - \$ Bingo 4:00 PM - Comedy Hour 6:30 PM - Popcorn and a Movie