

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 10:00 Painting Class with Jan Delsack 10:30 Chair Exercise with Ron (HHR) 11:00 Game Day: Scrabble 2:00 Flower Arranging 3:00 Wii Bowling 4:00 Giant Crossword Puzzle 6:30 Movie	2 10:15 "Wise & Well" Fitness (HHR) 10:45 Coffee and The Daily Chronicle Extra! 11:30 Art From the Heart 2:00 "Hump Day" \$ Bingo 4:00 Miniature Golf 6:30 Movie	3 10:00 BAYADA "Wellness Activity" 11:00 "Musical Moments" Music Therapy with Miranda 2:00 "Art From the Heart" Crafting with Ginny Carroll, At Home Care 3:30 "The Silver Bullets" Men's Group with Steve 6:30 Movie	4 10:00 "Wise & Well" Fitness (HHR) 10:30 Coffee and The Daily Chronicle Extra! 10:30 Scenic Drive 2:00 Game Day: "Left, Center, Right" Dice Game 4:00 "Apple Days" Social with Singer, Jaime Lloyd 6:30 Movie	5 10:00 Ageless Grace (HHR) 10:30 "Donuts and Coffee" with Food Service Director, James Jones 11:00 Giant Crossword Puzzle 2:00 \$ Bingo 4:00 Comedy Hour 6:30 Popcorn and a Movie
6 10:00 Chair Exercise (HHR) 10:30 Prayer Service with Church of the Epiphany (Catholic) 11:00 "TV" Church Service 2:00 Communion Service with Manakin Episcopal Church 2:00 Game Room: Residents' Choice 3:00 Sundaes on Sunday (HHR) 4:00 Miniature Golf 6:30 Movie	7 Labor Day 10:30 Coffee and The Daily Chronicle Extra! 11:00 Game Day: "Occupational Wheel of Fortune" 12:00 Therapy Dog Visit with Danessa and "Dolly Parton" 2:00 \$ Bingo 3:15 Hydration on Location 3:30 Music Appreciation 6:30 Movie	8 10:00 Painting Class with Jan Delsack 10:30 Chair Exercise (HHR) 11:00 Game Day: Scrabble 2:00 Flower Arranging 4:00 "My Life Story" Social and Reminisce 6:30 Movie	9 10:15 "Wise & Well" Fitness (HHR) 10:45 Coffee and The Daily Chronicle Extra! 12:30 Ladies' In-House Luncheon: Popeyes 2:00 "Hump Day" \$ Bingo 3:00 Food Service Meeting 4:00 Memorable Melodies 6:30 Movie	10 10:30 Chair Exercise with Ron (HHR) 11:00 Balloon Volleyball 1:00 Resident and Staff Birthday Celebration 2:00 Movie Matinee 3:30 Resident Council 6:30 Movie	11 Rosh Hashanah Begins 10:00 "Wise & Well" Fitness (HHR) 10:30 Coffee and The Daily Chronicle Extra! 10:30 Shopping Trip: Dollar Tree 2:00 Game Day: Left, Center, Right 4:00 "Kickoff" Social with Pianist, Joe Loschiavo 6:30 Movie	12 10:00 Ageless Grace (HHR) 10:30 "Donuts and Coffee" with Maintenance Assistant, Brandon McQueen 11:30 Jeopardy 2:00 \$ Bingo 3:30 Nature Matinee 6:30 Popcorn and a Movie
13 Grandparents Day 10:30 Prayer Service with Church of the Epiphany (Catholic) 11:00 "TV" Church Service 2:00 Resident Hymn Sing 3:00 Grandparents Day Celebration with Ice Cream Cake 4:00 Service Project: Packing Lunches for a Homeless Shelter Part I 6:30 Movie	14 National Assisted Living Week 10:00 "Wise & Well" Fitness (HHR) 10:30 Coffee and The Daily Chronicle Extra! 11:00 Lunch Outing to Napa Kitchen and Wine 2:00 \$ Bingo 3:15 Hydration on Location 3:30 Juggling and Magic Show with Jonathan the Juggler 6:30 Movie	15 10:00 Painting Class with Jan Delsack 10:00 Service Project: Packing Lunches for a Homeless Shelter Part II 11:30 Children's Visit with Kindergartners from Primrose Academy 2:00 Flower Arranging 3:00 Wii Bowling 4:00 Giant Crossword Puzzle 6:30 Movie	16 10:15 "Wise & Well" Fitness (HHR) 10:45 Coffee and The Daily Chronicle Extra! 11:30 Art From the Heart 2:00 "Hump Day" \$ Bingo 4:00 Miniature Golf 6:30 Movie	17 10:30 Ageless Grace (HHR) 11:00 "Musical Moments" Music Therapy with Miranda 2:00 Worship Service with Episcopal Church of the Redeemer 4:00 Spring Arbor Wine Tasting 6:30 Movie	18 10:00 "Wise & Well" Fitness (HHR) 10:30 Coffee and The Daily Chronicle Extra! 10:30 Scenic Drive 2:00 Game Day: Left, Center, Right 4:00 "Sine Lives Here" Community Celebration with Singer, Brad Spivey 6:30 Movie	19 10:00 Ageless Grace (HHR) 10:30 "Donuts and Coffee" with Maintenance Director, Johnny Pope 11:00 Giant Crossword Puzzle 2:00 \$ Bingo 3:30 Car Show with Zee Central Virginia Roadsters and Coupes 6:30 Popcorn and a Movie
20 Yom Kippur 10:00 Chair Exercise (HHR) 10:30 Prayer Service with Church of the Epiphany (Catholic) 11:00 "TV" Church Service 2:00 Game Room: Residents' Choice 2:00 Worship Service with Mt. Pisgah United Methodist Church 3:00 Sundaes on Sunday (HHR) 4:00 Miniature Golf 6:30 Movie	21 10:00 "Wise & Well" Fitness (HHR) 10:30 Coffee and The Daily Chronicle Extra! 11:00 Picnic Outing at the Greater Richmond Sailing Association on the Swift Creek Reservoir 2:00 \$ Bingo 3:15 Hydration on Location 5:45 The Caring Canines Therapy Dogs Visit 6:30 Movie	22 10:00 Painting Class with Jan Delsack 10:30 Ageless Grace (HHR) 11:00 Game Day: Scrabble 2:00 Flower Arranging 4:00 Ladies' Social 6:30 Movie	23 First Day of Autumn 10:15 "Wise & Well" Fitness (HHR) 10:45 Coffee and The Daily Chronicle Extra! 11:30 Art From the Heart 12:30 Men's In-House Luncheon 2:00 "Hump Day" \$ Bingo 4:00 Memorable Melodies 6:30 Movie	24 Spring Arbor Family Cookout 10:30 Chair Exercise with Ron (HHR) 11:30 "Fun Drum" Cardio Drumming Class 2:00 Movie Matinee 4:00 Bereavement Group with Father John, Crater Community Hospice 5:00 Spring Arbor Family Cookout with the Band "Wild Honey" 6:30 Movie	25 10:00 "Wise & Well" Fitness (HHR) 10:30 Coffee and The Daily Chronicle Extra! 10:30 Shopping Trip: Southern States 2:00 Game Day: "Left, Center, Right" Dice Game 4:00 Social with Singer, Claudia Carawan 6:30 Movie	26 10:00 Ageless Grace (HHR) 10:30 "Donuts and Coffee" with Resident Care Coordinator, Albernita Lewis 11:30 Jeopardy 2:00 \$ Bingo 3:30 Nature Matinee 6:30 Popcorn and a Movie
27 10:30 Prayer Service with Church of the Epiphany (Catholic) 11:00 "TV" Church Service 2:00 Resident Hymn Sing 3:00 Hot Fudge Sundaes (HHR) 4:00 Giant Crossword Puzzle 6:30 Movie	28 10:00 "Wise & Well" Fitness (HHR) 10:30 Coffee and The Daily Chronicle Extra! 10:30 Garden and Lunch Outing to Lewis Ginter Botanical Garden 3:15 Hydration on Location 3:30 \$ Bingo 6:30 Movie	29 10:00 Painting Class with Jan Delsack 10:30 Chair Exercise with Ron (HHR) 11:00 Game Day: Scrabble 2:00 Flower Arranging 3:00 Wii Bowling 4:00 Music with "Commonfolk" 6:30 Movie	30 10:15 "Wise & Well" Fitness (HHR) 10:45 Coffee and The Daily Chronicle Extra! 11:30 Art From the Heart 2:00 "Hump Day" \$ Bingo 4:00 Miniature Golf 6:30 Movie	Activities are subject to change. Please check the daily activity sheet for updates! 30All activities are an hour long unless otherwise noted; in those cases, activities are half an hour (HHR) in length.		