

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:30 Hairdresser (Salon) 10:30 Drama Club 2:30 Music Therapy with Jessica 3:30 Nail Spa & Golden Girls 6:00 Bingo	9:30 Write Word 10:30 Wise & Well Exercise with Bayada (Gym) 11:00 Lunch Outing to Las Trancas\$ 1:15 Memorial Service with Blue Ridge Hospice Dining Room) 2:00 Wine Down Wednesday with David ♪ 6:00 Bingo	10:00 Communion with Rev. Martin* (LR) ♪ 1:30 Guess the Far-Out Foods of the 1970s (Library) 2:30 Big Bowling (AR) 6:00 Bingo	9:30 Self-Guided Activities While Group Is on Outing (AR) 9:30 Shopping Outing: Walmart\$ 10:30 Wise & Well: Exercise with Bayada (Gym) 2:00 Happy Hour with Medicine Wind ♪ 3:00 Cake or Fake? 6:00 Bingo	10:30 Art From the Heart 1:30 Movie Matinee and Popcorn 3:30 Walking Club (Meet in Foyer) 6:00 Bingo
6	Labor Day 7	8	9	10	11	12
9:00 Spiritual Reflections (Pick Up in AR) 10:30 Themed Bingo 12:30 Catholic Communion* 3:00 Music with Mary (LR) ♪ 6:00 Bingo	9:30 Tai Chi with Donna (Sunroom) 10:30 Wise & Well: Exercise with Bayada (Gym) 1:30 Learning about Labor Day (Front Porch) 2:30 Music Therapy with Jay 3:30 Scrabble 6:00 Bingo	8:30 Hairdresser (Salon) 10:30 Drama Club 1:30 Therapy Dog Visit with Vicky and Sandi (LR) 3:30 Nail Spa & I Love Lucy 6:00 Bingo	9:30 Happy Birthday, Hugh Grant (AR) 10:30 Wise & Well Exercise with Bayada (Gym) 2:00 Wine Down Wednesday with Jeff Fuss ♪ 3:00 Baking Pineapple Upside-Down Sugar Cookies 6:00 Bingo	9:30 Bible Study with Pastor Dave 10:30 Hymn Sing (LR) 1:30 Let's Play Pictionary! (AR) 2:30 Introducing the Armadillo (Front Porch) 3:00 Cottage Mixer (Meet in Foyer) 6:00 Bingo	9:30 Self-Guided Activities While Group Is on Outing (AR) 9:30 Shopping Outing: Dollar Tree\$ 10:30 Wise & Well: Exercise with Bayada (Gym) 1:00 Bible Study with Brittney (Sunroom) 2:00 Happy Hour with Dave ♪ 6:00 Bingo	10:30 Art From the Heart 1:30 Movie Matinee and Popcorn 3:30 Walking Club (Meet in Foyer) 6:00 Bingo
13	14	15	16	17	18	19
9:00 Spiritual Reflections (Pick Up in AR) 10:30 Themed Bingo 12:30 Catholic Communion* 1:30 In Person Opequon Presbyterian Church Service (SR) ♪ 3:00 Mennonite Church Choir (LR)* ♪ 6:00 Bingo	9:30 Tai Chi with Donna (Sunroom) 10:30 Wise & Well: Exercise with Bayada (Gym) 1:30 Blue Ridge Wildlife - Wildlife Wonders of Virginia (AR) 2:30 Music Therapy with Jay 3:30 Through the Years Memory Walk 6:00 Mike Crites and The Half Notes (LR)	8:30 Hairdresser (Salon) 10:30 Drama Club 1:30 "Shining Showdown" — Staff vs. Residents 2:30 Who Am I? (AR) 3:30 Nail Spa & Golden Girls 6:00 Bingo	9:30 Write Word 10:30 Wise & Well Exercise with Bayada (Gym) 2:00 Wine Down Wednesday with Bayada 3:00 Sweet Memories Cake Walk (Foyer) 6:00 Bingo	9:30 Table Talk: Oodles of Poodles (and Doodles) (AR) 10:30 Hymn Sing (LR) 1:30 Spring Arbor Prom Through The Years 3:30 Destination: Meet Me in Montreal (AR) 6:00 Bingo	9:30 Shopping Outing: Thrift Store\$ 10:30 Wise & Well: Exercise with Bayada (Gym) 1:30 Outing to Belle Grove Plantation 1:30 Self-Guided Activities While Group Is on Outing (AR) 2:00 Happy Hour with Bendy Goodfriend 3:30 "Our Residents Shine" Awards Ceremony 6:00 Bingo	10:30 Art From the Heart 1:30 Movie Matinee and Popcorn 3:30 Walking Club (Meet in Foyer) 6:00 Bingo
20	21	First Day of Autumn 22	23	24	25	26
9:00 Spiritual Reflections (Pick Up in AR) 10:30 Themed Bingo 12:30 Catholic Communion* 1:00 Cruise-In Car Show 6:00 Bingo	9:30 Tai Chi with Donna (Sunroom) 10:30 Wise & Well: Exercise with Bayada (Gym) 1:30 Star of the Month – John Travolta (AR) 2:30 Music Therapy with Jay 3:30 Scrabble 6:00 Bingo	8:30 Hairdresser (Salon) 10:30 Drama Club 1:30 Farm on the Lawn 3:30 Nail Spa & I Love Lucy 6:00 Bingo	9:30 Match the Room Game (AR) 10:30 Wise & Well Exercise with Bayada (Gym) 2:00 Wine Down Wednesday with Medicine Wind ♪ 3:00 Leaf Bowl Craft (AR) 6:00 Bingo	9:30 Bible Study with Pastor Dave 10:30 Hymn Sing (LR) 1:30 Therapy Dog Visit with Apollo 3:00 Cottage Mixer (Meet in Foyer) 4:00 Birthday Cake Baking 6:00 Bingo	9:30 Country Store 10:30 Wise & Well: Exercise with Bayada (Gym) 1:00 Bible Study with Brittney (Sunroom) 2:00 Happy Hour 3:00 September Birthdays Celebration 6:00 Bingo	10:30 Art From the Heart 1:30 Movie Matinee and Popcorn 3:30 Walking Club (Meet in Foyer) 6:00 Bingo
27	28	29	30			
9:00 Spiritual Reflections (Pick Up in AR) 10:30 Themed Bingo 12:30 Catholic Communion* 3:00 Music with Mary (LR) ♪ 6:00 Bingo	9:30 Tai Chi with Donna (Sunroom) 10:30 Wise & Well: Exercise with Bayada (Gym) 2:30 Music Therapy with Jay 3:30 Scrabble 6:00 Mike Crites and The Half Notes (LR)	8:30 Hairdresser (Salon) 10:30 Drama Club 2:30 How Deep Is Your Love for The Bee Gees? (AR) 3:30 Nail Spa & Golden Girls 6:00 Bingo	9:30 Write Word 10:30 Wise & Well Exercise with Bayada (Gym) 2:00 Wine Down Wednesday Travel Day 3:00 Food Committee and Resident Council 6:00 Bingo			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 The Wellness Kitchen 11:00 The Royal Treatment: Aromatherapy Massage 2:00 Chair Yoga 3:00 Porch Social with Refreshments* 4:00 Can You Picture This?	2 8:30 The Royal Treatment: Hairdresser 9:00 Reading The Daily Chronicle 9:45 Wise & Well: Exercise with Bayada* 10:30 Tovertafel Games 2:00 Golden Oldies Sing-Along 3:30 Finish the Phrase	3 10:00 Cottage Baking 10:30 The Royal Treatment: Nail Spa* 2:00 Tabletop Balloon Ball 3:00 September Trivia 4:00 Poetry Café	4 9:45 Wise & Well: Exercise with Bayada* 10:30 Baking Banana Bread 2:00 Let's Play Pictionary! 3:00 Toss and Talk 4:00 Story Corner	5 9:30 Reading The Daily Chronicle 10:00 Weekend Brunch Bites 10:30 Tovertafel Exploration* 2:30 Movie Matinee with Refreshments*
6 9:30 Reading The Daily Chronicle 10:00 Morning Tunes 2:30 Spiritual Reflections 3:00 Tovertafel Games	7 Labor Day 10:00 Reading The Daily Chronicle 10:30 Would You Rather? Labor Day Edition 2:00 Mike Crites and the Half Notes* 3:30 Music Therapy with Jay	8 10:00 The Wellness Kitchen 11:00 The Royal Treatment: Aromatherapy Massage 2:00 Chair Yoga 3:00 Giant UNO 4:00 Pondering Prompts	9 8:30 The Royal Treatment: Hairdresser 9:00 Reading The Daily Chronicle 9:45 Wise & Well: Exercise with Bayada* 10:30 Tovertafel Games 2:00 Golden Oldies Sing-Along 3:30 High Low Card Game	10 10:00 Cottage Baking 10:30 The Royal Treatment: Nail Spa* 2:00 Clay Creations 3:00 Assisted Living Mixer Gardening* 4:00 Poetry Café	11 9:45 Wise & Well: Exercise with Bayada* 10:30 Build Your Own Pizza 2:00 Big Bowling 3:15 Music with Dave* 4:00 Toss and Talk	12 9:30 Reading The Daily Chronicle 10:00 Weekend Brunch Bites 10:30 Tovertafel Exploration* 2:30 Movie Matinee with Refreshments*
13 9:30 Reading The Daily Chronicle 10:00 Morning Tunes 2:30 Spiritual Reflections 3:00 Tovertafel Games	14 10:00 Reading The Daily Chronicle 10:30 Sunrise Cinema* 2:30 Comfort & Care Spa* 3:00 Art From the Heart: Petals & Paint* 3:30 Music Therapy with Jay 4:00 Bloom & Color	15 10:00 The Wellness Kitchen 11:00 The Royal Treatment: Aromatherapy Massage 2:00 Chair Yoga 3:00 Porch Social with Refreshments* 4:00 Pondering Prompts	16 8:30 The Royal Treatment: Hairdresser 9:00 Reading The Daily Chronicle 9:45 Wise & Well: Exercise with Bayada* 10:30 Tovertafel Games 2:00 Flower Arranging 3:30 Golden Oldies Sing-Along	17 10:00 Cottage Baking 10:30 The Royal Treatment: Nail Spa* 2:00 Sunshine & Soil* 3:00 Tabletop Balloon Ball 4:00 Poetry Café	18 9:45 Wise & Well: Exercise with Bayada* 10:30 Leaf Bowl Craft 2:00 Destination: Meet Me in Montreal 3:00 Toss and Talk 4:00 Paint by Numbers	19 9:30 Reading The Daily Chronicle 10:00 Weekend Brunch Bites 10:30 Tovertafel Exploration* 2:30 Movie Matinee with Refreshments*
20 9:30 Reading The Daily Chronicle 10:00 Morning Tunes 2:30 Spiritual Reflections 3:00 Tovertafel Games	21 10:00 Reading The Daily Chronicle 10:30 Sunrise Cinema* 2:00 Mike Crites and the Half Notes* 3:30 Music Therapy with Jay 4:00 Bloom & Color	22 10:00 The Wellness Kitchen 11:00 The Royal Treatment: Aromatherapy Massage 2:00 Chair Yoga 3:00 Giant UNO 4:00 Pondering Prompts	23 8:30 The Royal Treatment: Hairdresser 9:00 Reading The Daily Chronicle 9:45 Wise & Well: Exercise with Bayada* 10:30 Tovertafel Games 2:00 Golden Oldies Sing-Along 3:30 Paper Plate Pie Craft	24 10:00 Cottage Baking 10:30 The Royal Treatment: Nail Spa* 2:00 Bracelet Making 3:00 Assisted Living Mixer Gardening* 4:00 Poetry Café	25 9:45 Wise & Well: Exercise with Bayada* 10:30 Bloom & Color* 2:00 Destination: Checking Out the Czech Republic 3:00 Toss and Talk 4:00 Story Corner	26 9:30 Reading The Daily Chronicle 10:00 Weekend Brunch Bites 10:30 Tovertafel Exploration* 2:30 Movie Matinee with Refreshments*
27 9:30 Reading The Daily Chronicle 10:00 Morning Tunes 2:30 Spiritual Reflections 3:00 Tovertafel Games	28 10:00 Reading The Daily Chronicle 10:30 Sunrise Cinema* 2:30 Comfort & Care Spa* 3:00 Build Your Own Strawberry Shortcake 3:30 Music Therapy with Jay 4:00 Bloom & Color	29 10:00 The Wellness Kitchen 11:00 The Royal Treatment: Aromatherapy Massage 2:00 Chair Yoga 3:00 Porch Social with Refreshments* 4:00 Pondering Prompts	30 8:30 The Royal Treatment: Hairdresser 9:00 Reading The Daily Chronicle 9:45 Wise & Well: Exercise with Bayada* 10:30 Tovertafel Games 2:00 Golden Oldies Sing-Along 3:30 High Low Card Game			