

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activities subject to change or be added as Covid 19 Protocols are modified

July 2020

Resident Activities

1:00 Virtual Bridge (GL) 5 3:00 Phoebus United Methodist Church Service & Communion (SL)	2:00 Choir Practice 6 (SL) <i>Virginia Glover</i>	10:00 Chair Cardio 7 (SL) 2:30 Flute Performance by Jessica Julius (GL)	1:00 Chair Stretch & 8 Strength (SL) 7:00 Movie Night ! (SL) Canada Day	10:00 & 1:00 Shopping 2 Loop 12:00 Balance & Falls Exercise Class w/ Genesis (H) 1:00 Chime Choir (SL) 3:30 Poetry Workshop (OC)	10:00 Chair Cardio 3 (SL) 1:00 Chair Stretch & Strength (SL) 2:30 Music by Dan Smith & Friends (GL)	10:00 Billiards (YR) 4 Independence Day (US)
1:00 Virtual Bridge (GL) 12 3:00 Worship Service (SL)	10:00 Chair Cardio 13 (SL) 1:00 Chair Stretch & Strength (SL) 2:00 Choir Practice (SL)	10:00 Chair Cardio 14 (SL) 11:00 Bible Study: Senior Life Series(SL) 1:00 Chair Stretch & Strength (SL) 3:30 Bingo (OC)	1:00 Chair Stretch & 15 Strength (SL) 2:30 Afternoon Tea (GL) 3:30 Bingo (OC) 7:00 Movie Night ! (SL)	10:00 & 1:00 Shopping 9 Loop 12:00 Balance & Falls Exercise Class w/ Genesis (H) 1:00 Chime Choir (SL) 3:30 Poetry Workshop (OC)	10:00 Chair Cardio 10 (SL) 1:00 Chair Stretch & Strength (SL) 3:30 Bingo (OC)	10:00 Billiards (YR) 11
1:00 Virtual Bridge (GL) 12 3:00 Worship Service (SL)	10:00 Chair Cardio 13 (SL) 1:00 Chair Stretch & Strength (SL) 2:00 Choir Practice (SL)	10:00 Chair Cardio 14 (SL) 11:00 Bible Study: Senior Life Series(SL) 1:00 Chair Stretch & Strength (SL) 3:30 Bingo (OC)	1:00 Chair Stretch & 15 Strength (SL) 2:30 Afternoon Tea (GL) 3:30 Bingo (OC) 7:00 Movie Night ! (SL)	10:00 & 1:00 Shopping 16 Loop 12:00 Balance & Falls Exercise Class w/ Genesis (H) 1:00 Chime Choir (SL) 3:30 Poetry Workshop (OC)	10:00 Chair Cardio 17 (SL) 1:00 Chair Stretch & Strength (SL) 2:30 Backyard Games & Refreshments (H)	10:00 Billiards (YR) 18
1:00 Virtual Bridge (GL) 19 3:00 Centurion Interdenominational Church Service (SL) <i>Gloria Pressley Ceres York</i>	10:00 Chair Cardio 20 (SL) 1:00 Chair Stretch & Strength (SL) 2:00 Choir Practice (SL) 7:30 Outdoor S'mores!	10:00 Chair Cardio 21 (SL) 11:00 Bible Study: Senior Life Series (SL) 1:00 Chair Stretch & Strength (SL) 3:30 Bingo (OC)	1:00 Chair Stretch & 22 Strength (SL) 2:30 Afternoon Tea (GL) 3:30 Bingo (OC) 7:00 Movie Night ! (SL)	10:00 & 1:00 Shopping 23 Loop 12:00 Balance & Falls Exercise Class w/ Genesis (H) 1:00 Chime Choir (SL)	10:00 Chair Cardio 24 (SL) 1:00 Chair Stretch & Strength (SL) 2:30 July Birthday Bash (GL)	10:00 Billiards (YR) 25 1:00 "Diamond Painting" Class (CC)
1:00 Virtual Bridge (GL) 26 3:00 Worship Service w/ Haywood Barnes (SL) 5:00 Choir Performance & Sing A Long (GL)	10:00 Chair Cardio 27 (SL) 1:00 Chair Stretch & Strength (SL) 2:00 Choir Practice (SL) 7:30 Team Trivia! (GL)	10:00 Chair Cardio 28 (SL) 11:00 Bible Study: Senior Life Series (SL) 1:00 Chair Stretch & Strength (SL) 3:30 Bingo (OC)	1:00 Chair Stretch & 29 Strength (SL) 2:30 Afternoon Tea (GL) 3:30 Bingo (OC) 7:00 Movie Night ! (SL)	10:00 & 1:00 Shopping 30 Loop 12:00 Balance & Falls Exercise Class w/ Genesis (H) 1:00 Chime Choir (SL)	10:00 Chair Cardio 31 1:00 Chair Stretch & Strength (SL) 2:30 Farewell/Appreciation Party for Fred (GL)	Location Key: SL: Solarium GL: Grand Lobby OC: Officer's Club B: Bistro H: Hygeia V: Veranda YR: Yorktown Rm

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