


July 2022

PACIFICA SENIOR LIVING STERLING

(703) 896-9590
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities</p>				<p>P 10:30AM Morning Stretches (30) 1 L 11:00AM Past/Present/Future Events S 2:00PM HAPPY HOUR C 3:00PM BINGO C 4:00PM Bingo Cont. L 6:30PM Movie Time</p>	<p>National Cheese Day 2 P 10:30AM Morning Stretches L 11:00AM Current Events S 2:00PM Time with God with Edward L 3:00PM Crossword with Meg 6:30 PM Movie Time</p>
<p>S 10:30AM Christ the Redeemer 3 Catholic Church Service L 11:00AM Current Events C 2:00PM Brain Games C 4:00PM Card Games</p>	<p>P 10:30AM Exercise/ Spiddy 4 L 11:00AM Current Events S 2:00PM 4th of July Social S 3:00PM Price is Right S 4:00PM Board Games C 6:30PM Board Game on your own 4th of July</p>	<p>P 10:30AM Healthy Tips with 5 L 11:00AM Past/Present/Future Events C 2:00PM Word in a Word L 3:00PM Nashville Standard S 4:00PM Afternoon Stroll C 6:30PM Card Game on your own</p>	<p>O 10:00AM Walmart Shopping 6 P 10:30 Exercise With Meg L 11:00 AM Past/Present/Future Events C 2:00PM Unscramble the Word P 3:00PM Acrylic Painting O 4:00PM Afternoon Stroll C 6:30PM Card Game on your own</p>	<p>P 10:30AM Morning Exercise 7 L 11:00AM Loudon County Library 2:00 PM Fruit Social S 3:00PM Movie Time S 4:00PM Movie Time Cont. O 6:30PM Board Game of Choice World Chocolate Day</p>	<p>P 10:30AM Exercise 8 L Past/Present/Future Events S 2:00PM HAPPY HOUR / Take OUT (Chinese) S 3:00PM BINGO C 4:00PM Afternoon Stroll P 6:30PM Movie Time</p>	<p>P 10:30AM Morning Stretches 9 L 11:00 AM Current Events L 2:00 PM Time with God C 3:00 PM Crossword With Meg S 6:30 PM Movie Time</p>
<p>S 10:30AM Christ the Redeemer 10 Catholic Church Service L 11:00AM Current Events C 2:30PM Brain Games</p>	<p>P 10:30 AM Exercise Spiddy 11 L 11:00 AM Past/Present/Future Events S 2:00 PM Chess/Checkers S 3:00 PM Pie Social O 4:00 PM Pool Game C 6:30 PM Board Game of Choice</p>	<p>P 10:30 AM Morning Stretches 12 L 11:00 AM Past/Present/Future Events S 2:00PM Performance by Zenon 3:00PM Crossword Puzzle O 4:00PM Outdoor Croquet C 6:30PM Card Game of Choice Flag Day</p>	<p>O 10:00AM Harris Teeter 13 P 10:30AM Exercise With Meg L 11:00 AM Past/Present/Future Events C 2:00PM Arts and Crafts L 3:00PM IHOP Dinner Trip L 4:00PM Word Search C 6:30PM Movie Time</p>	<p>P 10:30AM Exercise With Spiddy 14 L 11:00AM Past/Present/Future Events L 2:00PM Cookie Social L 3:00PM Movie Time S 4:00 PM Movie Time Cont. O 6:30 PM Board Game of Choice</p>	<p>P 10:30AM Morning Stretches (30) 15 L 11:00AM Past/Present/Future Events S 2:00PM HAPPY HOUR S 3:00PM BINGO O 4:00PM Afternoon Stroll S 6:30PM Movie Time</p>	<p>P 10:30 AM Sit & Be Fit Exercise (30) 16 L 11:00AM Current Events S 2:00 PM Back To Rock (Tentative) M 3:00PM Puzzle Time with Meg S 6:30PM Movie Time</p>
<p>S 10:30AM Christ the Redeemer 17 Catholic Church Service L 11:00AM Current Events L 2:00pm Brain Games</p>	<p>P 10:30AM Exercise With Spiddy 18 L 11:00AM Past/Present/Future Events S 2:00PM Wheel of Fortune S 3:00PM Milkshake Social O 4:00PM Order in Dinner (Olive Garden) C 6:30PM Board Game of Choice Nelson Mandela Day</p>	<p>P 10:30 AM Exercise (30) 19 L 11:00 AM Past/Present/Future Events M 2:00 PM Peter Bechtel 3:00PM Card Games S 4:00PM Afternoon Stroll C 6:30PM Card of Choice</p>	<p>O 10:00AM Dollar Tree/Giant Shopping 20 P 10:30AM Exercise With Meg L 11:00AM Past/Present/Future Events S 2:00PM Father Mark Communion L 3:00PM Arts and Crafts C 4:00 PM Afternoon Stroll</p>	<p>P 10:30AM Exercise With Spiddy 21 L 11:00AM Past/Present/Future Events S 2:00PM Food Council Meeting S 3:00PM Movie Thursday O 4:00PM Afternoon Stroll C 6:30PM Board Game of Choice</p>	<p>P 10:30AM Morning Stretches (30) 22 L 11:00AM Past/Present/Future Events S 2:00PM HAPPY HOUR S 3:00PM BINGO L 4:00PM Activities Counsel/ Idea C 6:30PM Movie Time</p>	<p>P 10:30 AM Sit & Be Fit Exercise (30) 23 L 11:00 AM Current Events S 2:00 PM Time with God with Edward M 3:00PM Crossword With Meg</p>
<p>S 10:30 M Christ the Redeemer 24 Catholic Church Service L 11:00AM Current Events C 2:30PM Brain Games C 4:00PM Card Games</p>	<p>P 10:30 AM Exercise with Spiddy 25 L 11:00 AM Past/Present/Future Events S 2:00 PM Water Color Painting L 3:00 PM Ice Cream Social S 4:00 PM Afternoon Stroll C 6:30 PM Board Game of Choice</p>	<p>P 10:30 AM Morning Stretches (30) 26 L 11:00 AM Past/Present/Future Events S 2:00 PM Word in a Word M 3:00 PM Corn Hole L 4:00 PM Afternoon Stroll 6:30 PM Card Game on your own</p>	<p>O 10:00am Target Shopping 27 P 10:30AM Morning Stretches (30) L 11:00AM Past/Present/Future Events S 2:00PM Resident Council S 3:00PM Pizza Social P 4:00PM Afternoon Stroll C 6:30PM Card Game on your own</p>	<p>P 10:30AM Exercise/ Spiddy 28 L 11:00AM Current Events S 2:00PM Brownie Social S 3:00PM Movie time P 4:00PM Afternoon Stroll C 6:30PM Board Game of Choice National Intern Day</p>	<p>P 10:30AM Morning Stretches 29 L 11:00AM Loudoun county Library S 2:00PM HAPPY HOUR C 3:00 PM Bingo P 4:00 PM Afternoon Stroll L 6:30PM Game of Choice National Lasagna Day</p>	<p>P 10:30AM Morning Stretches 30 L 11:00 AM Current Events L 2:00 PM Time with God C 3:00 PM Crossword With Meg S 6:30 PM Movie Time</p>

ALL ACTIVITIES SUBJECT TO CHANGE