

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

September 2022															
			10:00 Chair Yoga 11:00 Finish The Phase 12:00 Lunch 1:30 Noodle Ball 2:00 Horoscopes 3:30 Movie (Shaggy Dog) 5:00 Dinner			1	10:00 Chair Dance Fit 11:00 Nature Documentary 12:00 Lunch 1:30 Ring Toss Game 2:00 Crafts Wreath Making 3:30 Movie (Herbie Goes Bananas) 5:00 Dinner			2	10:00 Funniest Videos (Youtube) 11:00 Neck Stretching 12:00 Lunch 1:30 Social Time Classical Music 3:30 Movie of Choice 5:00 Dinner			3	
9:30 Gospel Music 10:30 Bible Trivia 11:00 First Baptist Church 12:00 Lunch 1:30 Hangman 3:00 Lets Dance 3:30 Movie of Choice 5:00 Dinner			4	10:00 Chair Yoga 11:00 What Is Labor Day 12:00 Lunch 1:30 Labor Day Facts & Trivia with Music 3:30 Movie (His Girl Friday 1940) 5:00 Dinner			5	10:00 Chair Tai Chi 11:00 Martha Thatcher Quotes 12:00 Lunch 1:30 Spin & Solve Game 3:30 Movie (That Darn Cat 1965) 5:00 Dinner			6	10:00 Chair Zumba 11:00 Hangman Game 12:00 Lunch 1:30 Exploring Madagascar 3:30 Movie (That Darn Cat 1997) 5:00 Dinner			7
			10:00 Pastor Harper 11:00 Reflection Group Discussion 12:00 Lunch 1:30 Bible Adult Coloring 3:30 Movie (George Of The Jungle) 5:00 Dinner			8	10:00 Chair Exercise 11:00 Senior Link 12:00 Lunch 1:30 Horoscopes 2:00 Social Time New Orleans Jazz Music 3:30 Movie of Choice 5:00 Dinner			9	10:00 Chair Boxing 11:00 This Day In History 12:00 Lunch 1:30 Nail Polish Day 3:30 Movie (Matilda) 5:00 Dinner			10	
9:30 Gospel Music 10:15 Bible Reading 11:00 First Baptist Church 12:00 Lunch 1:30 Sing-A-Long 3:30 Movie 5:00 Dinner			11	10:00 Chair Zumba 11:00 Group Reading Local Newspaper 12:00 Lunch 1:30 Autumn Bingo 2:30 Ancient History Trivia 3:30 Movie (Swiss Family Robison) 5:00 Dinner			12	10:00 Lets Make A Deal (Game Show CH. 6) 11:00 Chair Exercise 12:00 Lunch 2:00 Concentration Game (Senior Link) 3:30 Movie of Choice 5:00 Dinner			13	10:00 Chair Boxing 10:30 Exploring Monaco 12:00 Lunch 1:30 Beachball Volleyball 3:00 Current Events 3:30 Movie (Herbie Goes To Monte Carlo) 5:00 Dinner			14
			10:00 Chair Dance Fit 11:00 Social Time Caribbean Music 12:00 Lunch 1:30 Wheel of Fortune (Senior Link) 3:30 Movie of Choice 5:00 Dinner			15	10:00 Chair Tai Chi 11:00 Dear Abby 12:00 Lunch 1:30 Disc Slam Game 2:00 Current Event 3:30 Movie (Mr. Hobbs takes a Vacation) 5:00 Dinner			16	10:00 Bewitched TV Show 11:00 Neck Stretching 12:00 Lunch 1:30 Patio Gathering 2:30 Zodiac Reading 3:30 Movie of Choice 5:00 Dinner			17	
9:30 Gospel Music 10:30 Bible Trivia 11:00 First Baptist Church 12:00 Lunch 2:00 Wheel of Fortune (Senior Link) 3:30 Movie 5:00 Dinner			18	10:00 Chair Tai Chi 10:30 Martha Thatcher Quotes 12:00 Lunch 1:30 Shirley Temple Facts, Trivia, & Quiz 3:30 Movie (The Little Princess 1939) 5:00 Dinner			19	10:00 Chair Yoga 11:00 Candy Bar Trivia 12:00 Lunch 1:30 Shirley Temple Bio, Trivia, & Quiz 3:30 Movie (Heidi 1937) 5:00 Dinner			20	10:00 Chair Zumba 11:00 Group Reading Local Newspaper 12:00 Lunch 1:30 Shirley Temple Facts, Trivia, & Quiz 3:30 Movie (The Little Colonel 1935) 5:00 Dinner			21
			10:00 Pastor Harper 11:00 Bible Adult Coloring 12:00 Lunch 1:30 The History of Autumn, Facts & Trivia 2:30 Finish The Phrase (Autumn Theme) 3:30 Movie (Sweet Autumn) 5:00 Dinner			22	10:00 Chair Exercise 11:00 Daily Chronical 12:00 Lunch 1:30 Hangman Game 2:00 Current Events 3:30 Movie of Choice 5:00 Dinner			23	September Birthday Party			24	
9:30 Gospel Music 10:30 Bible Facts 11:00 First Baptist Church 12:00 Lunch 1:30 Classic Actors & Movies Quiz 2:00 Virtual Travel w/Reggae Instrumental Music 3:30 Movie (Miss Annie Rooney 1942) 5:00 Dinner			25	10:00 Chair Yoga 11:00 This Day in History 12:00 Lunch 1:30 Sing-A-Long 2:00 Lets Dance 3:30 Movie (The Ugly Dachshund) 5:00 Dinner			26	10:00 Social Time Latin Music 11:00 Chair Exercise 12:00 Lunch 2:00 Balloon Swop Game 3:30 Movie of Choice 5:00 Dinner			27	10:00 Chair Zumba 10:30 Dear Abby 11:30 Who Am I ? Game 12:00 Lunch 1:30 Crafts String Art 3:30 Movie (The Little Rascals Save The Day 2014) 5:00 Dinner			28
			10:00 Chair Exercise 11:00 Daily Chronical 12:00 Lunch 1:30 Bingo 2:30 Current Events 3:30 Movie of Choice 5:00 Dinner			29	10:00 Classic Tv Show 11:00 Neck Stretching 12:00 Lunch 1:30 Funniest Video Pets 2:30 Horoscopes 3:30 Movie of Choice 5:00 Dinner			30	HONEY				

The Crossing at Bon Air, 9100 Bon Air Crossings Drive, Richmond, VA 23235 (804) 560-1440

All Activities Are Subject To Change & Residents Will Be Notified. Activities Meet Residents Physical, Mental/Cognitive, Emotional, Psychosocial, & Spiritual Needs.