

September 2022				1	10:00 Farmer's Market Outing R 10:15 Sit & Fit Exercise-2L 10:45 Daily Chronicles-G 12:00 Lunch 2:00 Songfest-AL 3:00 Bingo-D 4:00 Happy Hour 	2	10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 3:00 From the Heart Knitters-L 4:00 Happy Hour- P 5:00 Dinner 6:00 Music with Dave-ML	3	10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle 11:00 Blurt word game- G 12:00 Lunch 1:30 St Michaels Group -C 3:00 Quiet Music playing-ML 5:00 Dinner				
4	10:00 Sunday Service with Rev Dawn 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 1:00 Devotionals & Hymns-C 12:00 Lunch 5:00 Dinner	5	10:00 Scenic Trip around the James River-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 2:00 Devotions & Hymns-C 3:00 Balance & Exercise- P 4:00 Happy Hour- P 5:00 Dinner Labor Day	6	10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 11:00 Mission's Barbeque-R 1:30 Bridge Group-G 2:00 This Week in History- L 3:00 Bingo-D 4:00 Happy Hour- P 5:00 Dinner 	7	10:00 Dollar Tree Outing-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 1:30 Art Club- A 2:00 CABA Chorus- C 3:00 Balance & Exercise- P 4:00 Happy Hour- P 5:00 Dinner	8	10:00 Scenic Drive Slave Trail-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 3:00 Bingo-D 4:00 Happy Hour- P 5:00 Dinner 	9	10:00 Maymont Park Tour-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 3:00 From the Heart Knitters-L 4:00 Happy Hour- P 5:00 Dinner 6:00 Music with Dave-ML	10	10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:30 Bananagrams Game-G 3:00 Relaxing music Playing-ML 5:00 Dinner
11		12	13		14		15		16		17		
10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:00 Devotionals & Hymns-C 2:00 Paint & Sip-P 5:00 Dinner Grandparents Day		10:00 Wegman's Shopping-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 2:00 Music with Mary Stella-AL Devotions & Hymns-C 3:00 Balance & Exercise- P *Book Club-L 4:00 Happy Hour- P 5:00 Dinner		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:30 Bridge Group-G 2:00 This Week in History- L *Catholic Communion-C 3:00 Bingo-D 4:00 Happy Hour- P 5:00 Dinner 		10:00 Walmart Outing- R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 1:30 Art Club- A 2:00 CABA Chorus- C 3:00 Balance & Exercise- P 4:00 Happy Hour- P 5:00 Dinner		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 11:00 Fire Bird's Luncheon-R 2:00 Crotchet Class-L 3:00 Bingo-D 3:30 Harp Concert w/ "B"- ML 4:00 Happy Hour- P 5:00 Dinner 		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 11:30 Latitude Seafood Co. Restaurant, Vegetarian Friendly-R 2:00 Resident Council Meeting- P3:00 From the Heart Knitters-L 4:00 Happy Hour- P 5:00 Dinner 6:00 Music with Dave-ML		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 11:30 Blurt Word Game-G 12:00 Lunch 2:00 Quiet Music Playing-ML 5:00 Dinner Oktoberfest	
18		19		20		21		22		23		24	
10:00 Sunday Service with Rev Dawn 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:00 Devotionals & Hymns-C 5:00 Dinner		10:00 Kroger's Shopping-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 2:00 Devotions & Hymns-C 3:00 Balance & Exercise- P 4:00 Happy Hour- P 5:00 Dinner		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 11:00 Cracker Barrel Lunch-R 1:30 Bridge Group-G 2:00 This Week In History- L 3:00 Bingo-D 4:00 Happy Hour- P 5:00 Dinner 		10:00 Target- R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 1:30 Art Club- A 2:00 CABA Chorus-C 2:30 Music with Bill Caldwell-D 3:00 Balance & Exercise- P 4:00 Happy Hour- P 5:00 Dinner		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 11:00 P.F. Chang Chinese with Asian Fare-R 12:00 Lunch 2:00 Food Committee- D 3:00 Bingo-D 4:00 Happy Hour- P 5:00 Dinner Autumn Begins		10:00 VA Holocaust Museum-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 2:00 Birthday Social/ Welcome Neighbors-P 3:00 From the Heart Knitters-L 4:00 Happy Hour- P 5:00 Dinner 6:00 Music with Dave-ML		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 2:00 Jazz Music Playing-ML 5:00 Dinner	
25		26		27		28		29		30		Location Key	
10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:00 Devotionals and Hymns-C 5:00 Dinner Rosh Hashanah Begins		10:00 Publix Shopping-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 2:00 Devotions & Hymns-C 3:00 Balance & Exercise- P *Book Club-L 4:00 Happy Hour- P 5:00 Dinner		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:30 Bridge Group-G 2:00 This Week In History- L *Catholic Communion 3:00 Bingo-D 4:00 Happy Hour- P 5:00 Dinner 		10:00 Chesterfield Town Center-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:30 Art Club- A 2:00 CABA Chorus-C 3:00 Balance & Exercise- P 4:00 Happy Hour- P 5:00 Dinner		10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 1:30 Ice Cream at Bruster's-R 3:00 Bingo-D 4:00 Happy Hour- P 5:00 Dinner 		10:00 Virginia Cultural Museum Self Guided Tour-R 10:15 Sit and Fit Exercise-2L 10:45 Daily Chronicle-G 12:00 Lunch 4:00 Happy Hour- P 5:00 Dinner 6:00 Music with Dave-ML		A- Activity Room AL- AL Lobby C-Chapel D- IL Dining Room G- Game Room ML- Main Lobby L - Library P- Pub 2L -- Second Floor West Lounge R -- Sign up Required #-- Resident LED \$ --Activity Fee	

Activities will take place on the designated floors (please see Location Key). Please note all activities are subject to change. Activities meet the residents physical, mental/cognitive, emotional, psychosocial, and spiritual needs.