

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:15-Sit & Fit Exercise- A 1 11:15-Brazilian Jazz- ML 12:00-Lunch 1:30-St. Michael's Group- C 3:00-Craft Time - A 5:00-Dinner Canada Day
10:00-Sunday Service with 2 Rev Dawn- C 11:15-Gospel Music- ML 12:00-Lunch 1:30-Board Games- G 3:00-Craft Time- A 5:00-Dinner	10:00-Walmart Outing- R 3 10:15-Sit and Fit Exercise- A 11:15-Jeopardy-G 12:00-Lunch 1:00 - Travel Club Meeting - P 2:00-Devotions & Hymns- C 3:00-Fox Fitness- G 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit Exercise- A 4 11:00- Jeopardy-G 12:00-Lunch 2:00-This Week in History- L 3:00-B-I-N-G-O (A) 4:00-Happy Hour- P 5:00-Dinner Independence Day (US)	10:00-Publix Outing- R 5 10:15-Sit and Fit Exercise- A 12:00-Lunch 1:00-Wheel of Fortune- G 2:00-CABA Chorus Group- C 3:00-Fox Fitness- G 4:00-Happy Hour- P 5:00-Dinner	10:00-Three Lakes 6 Picnic- R 10:15-Sit and Fit Exercise- A 11:00- Wheel of Fortune- G 12:00-Lunch 2:00- Food Meeting- D 3:00-B-I-N-G-O (A) 4:00-Happy Hour- P 5:00-Dinner	10:00-Kroger Outing- R 7 10:15-Sit and Fit Exercise- A 11:00-Wheel of Fortune- G 12:00-Lunch 2:00 Wii Bowling- ML 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit & Fit Exercise- A 8 11:15-Samba Music- ML 12:00-Lunch 1:00-Board Games- A 3:00-Craft Time - A 5:00-Dinner
11:15-Classical Music- ML 9 12:00-Lunch 1:30-Board Games- G 3:00-Watercolor Painting- G 5:00-Dinner	10:00- Dollar Tree Outing- R 10 10:15-Sit and Fit Exercise- A 11:15-Wheel of Fortune- G 12:00-Lunch 2:00-Devotions & Hymns- C 3:00-Fox Fitness- G 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit 11 Exercise- A 11:00-Red Lobster- R 12:00-Lunch 2:00-This Week in History- L 3:00-B-I-N-G-O (A) 4:00-Happy Hour- P 5:00-Dinner	10:00-Wegmans Outing- R 12 10:15-Sit and Fit Exercise- A 12:00-Lunch 1:00-Wheel of Fortune- G 2:00-CABA Chorus Group- C 3:00- Fox Fitness- G 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit Exercise- A 13 11:00-Wheel of Fortune- G 11:00-Outback Steakhouse- R 12:00-Lunch 1:00-B-I-N-G-O (A) 3:00-Luau Party- ML 4:00-Happy Hour- P 5:00-Dinner	10:00-Walmart Outing- R 14 10:15-Sit and Fit Exercise- A 11:15-Jeopardy- G 12:00-Lunch 2:00 Wii Bowling- ML 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit & Fit 15 Exercise- A 11:15-Classical Music- ML 12:00-Lunch 1:30-Board Games- G 3:00-Table Games- G 5:00-Dinner
10:00-Sunday Service 16 with Rev Dawn- C 11:15-Classical Music- ML 12:00-Lunch 1:30-Board Games- G 5:00-Dinner	10:15-Sit and Fit 17 Exercise- A 11:15-Jeopardy- G 12:00-Lunch 2:00-Devotions & Hymns- C 3:00-Fox Fitness- G 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit Exercise- A 18 11:00- Kickback Jacks- R 12:00-Lunch 1:00-Welcome New Neighbors/ Monthly Birthday Social - P 2:00-This Week in History- L 3:00-B-I-N-G-O (A) 4:00-Happy Hour- P 5:00-Dinner	10:00-Eggspectation- R 19 10:15-Sit and Fit Exercise- A 12:00-Lunch 1:00-Arts & Crafts with Ginny- G 2:00-CABA Chorus Group- C 3:00-Guitar Billy- ML 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit Exercise- A 20 11:00-Boil Bay- R 11:15-Wheel of Fortune- G 12:00-Lunch 2:00-Buzz & Strings Performance- ML 3:00-B-I-N-G-O (A) 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit Exercise- A 21 11:15-Jeopardy- G 12:00-Lunch 1:00- Wii Bowling-ML 2:00-Joe Loschiavo (Pianist)- ML 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit & Fit 22 Exercise- A 11:15- Music in Lobby- ML 12:00-Lunch 1:30-Board Games - A 5:00-Dinner
11:15-Classical 23 Music- ML 12:00-Lunch 1:30-Board Games- G 3:00-Table Games- G 5:00-Dinner	10:15-Sit and Fit 24 Exercise- A 11:15-Wheel of Fortune- G 2:00-Devotions & Hymns- C 3:00-Fox Fitness- G 4:00-Happy Hour- P	10:15-Sit and Fit 25 Exercise- A 11:00-Latitude Seafood - R 12:00-Lunch 2:00-This Week in History- L 3:00-B-I-N-G-O (A) 4:00-Happy Hour 5:00- Dinner	10:00-Kroger Outing- R 26 10:15-Sit and Fit Exercise- A 12:00-Lunch 1:00-Jeopardy- G 3:00-Fox Fitness- G 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit Exercise- A 27 11:00-Firebirds Restaurant- R 11:15-Wheel of Fortune- G 12:00-Lunch 2:00-Arts & Crafts- G 3:00-B-I-N-G-O (A) 4:00-Happy Hour- P 5:00-Dinner	10:15-Sit and Fit Exercise- A 28 11:15-Jeopardy- G 12:00-Lunch 2:00-Wii Bowling- ML 3:00- Resident Council Meeting- P 4:00-Happy Hour- P 5:00-Dinner	11:15-Classical Jazz- ML 29 12:00-Lunch 3:00-Craft Time - A 5:00-Dinner
10:00-Sunday Service 30 with Rev Dawn- C 11:15-Gospel Music- ML 1:30-Board Games- G 3:00-Craft Time- A	10:15-Sit and Fit 31 Exercise- A 11:15-Jeopardy-G 2:00-Devotions & Hymns- C 3:00-Fox Fitness- G 4:00-Happy Hour- P 5:00-Dinner					

2023

The Crossroads 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.