



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day - Office Closed 10:00 Tai Chi (YS) 11:00 *Rummikub (HC) 2:00 Movie Matinee (MT)	10:00 Gentle Strength Training w/ Coach Malik (YS) 2:00 *Mahjong (L) 3:00 *Texas Hold 'EM (RL) 6:00 "American Sound Series": Josh Urban	Food Truck: Smokie Joe's 1:00 *Yarn Group (L) 1:00 Water Aerobics (Pool) 2:00 *Bridge (L) 2:15 Hand & Foot (RL) 3:00 Bingo (RL) 4:00 Social Hour (RL)	10:00 Gentle Strength Training w/ Coach Malik (YS) 11:00 Educational Breakfast w/ Comfort Keepers: Life Alert Program Seminar (HC)†† 3:00 *Poker (RL)	10:30 Hot Breakfast Social (RL)†† 1:00 Water Aerobics (Pool) 2:15 Hand & Foot (RL) 4:00 Social Hour (RL)	1:00 *Pennies From Heaven (L)
7	10:00 Tai Chi (YS) 11:00 *Rummikub (HC) 2:00 Movie Matinee (MT) 4:00 Social Hour (RL) 6:30 Summer Concert: w/ Kevin Salyer (P)	10:00 Gentle Strength Training w/ Coach Malik (YS) 1:30 Bingo (RL) 2:00 *Mahjong (L) 3:00 *Texas Hold 'EM (RL)	10:00 Line Dancing Class w/ Elenaor (YS) 11:00 Lake Forest Fire Drill 1:00 *Yarn Group (L) 1:00 Water Aerobics (Pool) 2:00 *Bridge (L) 2:15 Hand & Foot (RL) 3:00 Meet & Greet w/ Personal Touch LLC †† 4:00 Social Hour (RL)	10:00 Gentle Strength Training w/ Coach Malik (YS) 2:00 Arts w/ Richelle (AR) 3:00 *Poker (RL)	11:00 Emergency Preparedness w/ Chesterfield County EMS (RL) 1:00 Water Aerobics (Pool) 2:15 Hand & Foot (RL) 4:00 Social Hour (RL)	1:00 *Pennies From Heaven (L)
14	10:00 Tai Chi (YS) 11:00 *Rummikub (HC) 2:00 Movie Matinee (MT) 2:00 Nightingales of Richmond: Civil War Museum (RL) 4:00 Social Hour (RL)	10:00 Gentle Strength Training w/ Coach Malik (YS) 11:00 Senior Connections w/ VA Navigator (HC) 1:30 Fall Tote Bags w/ Joyce (AR) 2:00 *Mahjong (L) 3:00 *Texas Hold 'EM (RL) 3:00 New Resident Orientation (MT) 6:00 Movie Night (TR)	Food Truck: Latin Quarter Kitchen 1:00 *Yarn Group (L) 1:00 Water Aerobics (Pool) 2:00 *Bridge (L) 2:00 Senior Resources of Chesterfield: Aging/ Disability (RL) 2:15 Hand & Foot (RL) 4:00 Social Hour (RL)	10:00 Gentle Strength Training w/ Coach Malik (YS) 1:30 September Succulents w/ Kelly (P) 3:00 *Poker (RL)	10:30 Hot Breakfast Social (RL)†† 1:00 Water Aerobics (Pool) 2:15 Hand & Foot (RL) 4:00 Social Hour (RL)	12:00 Lake Forest Marketing Event 1:00 *Pennies From Heaven (L)
21	9:00 Educational Breakfast w/ Benchmark Solutions (Navigating Healthcare Continuum) 10:00 Tai Chi (YS) 11:00 *Rummikub (HC) 2:00 Movie Matinee (MT) 4:00 Social Hour (RL)	10:00 Gentle Strength Training w/ Coach Malik (YS) 2:00 *Mahjong (L) 2:00 Arts w/ Richelle (AR) 3:00 *Texas Hold 'EM (RL)	Food Truck: Real Ginger Thai Cuisine 10:00 Line Dancing Class w/ Elenaor (YS) 1:00 *Yarn Group (L) 1:00 Water Aerobics (Pool) 2:00 *Bridge (L) 2:15 Hand & Foot (RL) 3:00 Bingo (RL) 4:00 Social Hour (RL)	10:00 Gentle Strength Training w/ Coach Malik (YS) 3:00 *Poker (RL) 3:00 Cocktail Demonstration w/ Salt & Acid (RL)	1:00 Water Aerobics (Pool) 2:15 Hand & Foot (RL) 4:00 Social Hour/September Birthday Celebration (RL)	12:00 River City Cruisers Car Show/ Cookout (P) 1:00 *Pennies From Heaven (L)
28	National Coffee Day 10:00 Coffee Bar (YS) 10:00 Tai Chi (YS) 11:00 *Rummikub (HC) 2:00 Movie Matinee (MT) 4:00 Social Hour (RL)	10:00 Gentle Strength Training w/ Coach Malik (YS) 2:00 *Mahjong (L) 2:00 Uncorked: South Africa 3:00 *Texas Hold 'EM (RL)	Please note that all activities can be subject to change; any updates will be communicated in advance.		Legend/Key RL: Resident Lounge, 1st Floor P: Pavilion, 1st Floor Floor AR: Art Room, 3rd Floor HC: Harbour Cafe, 2nd Floor YS: Yoga Studio, 3rd Floor MT: Movie Theater, 3rd Floor ML: Main Lobby, 2nd Floor L: Library, 2nd Floor *:Resident-Led Activities	HAPPY GRAND PARENTS DAY

