

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Independent Living Calendar



TRANSPORTATION SCHEDULE
Monday-Friday
8:45 a.m. - 5 p.m.
Doctor Visits/ Grocery Stores/ Banks
ACTIVITIES ARE SUBJECT TO CHANGE.

Kentucky Derby Celebration

- 8:30 CV Walking Club
- 10:00 Powerback Exercise Class
- 10:30 Kentucky Derby Traditions
- 11:00 Men's Roundtable
- 1:30 Bridge
- 1:30 Mexican Train Dominoes
- 1:30 Praying the Rosary
- 2:00 Kentucky Derby "Horse" Race
- 3:30 Kentucky Derby Resident Social
- 6:30 Sequence Game
- 7:00 Dolce Flute Performance
- 7:00 Poker Game

10:00 Chair Exercise: Stretch
10:00 Chair Kickboxing Exercise
10:30 Donuts & Did You Know with Comfort Keepers
2:00 Golf Card Game
2:00 Hymn Sing-along w/Michael Martin
2:00 Rummikub
6:30 Evening Movie

3
11:00 Church Service
2:00 Bingo
2:00 Bridge
2:00 History Documentary
2:30 Girl Scout Troop 540 Visit
3:00 Billiards
3:30 Family Game Night!
6:30 Evening Movie

4
8:30 CV Walking Club
10:00 Chair Yoga
10:00 Chair Yoga with Stephanie
11:00 Bible Study
1:30 Canasta
2:00 Bryan Langerud Performs
3:00 Trivia
6:30 Bridge

5
Cinco De Mayo
9:00 Lane Custom Hearing Center
10:30 All About Cinco de Mayo
11:00 Fitness Center with Stephanie
11:00 Sew & Sews
1:00 Episcopal Service
1:00 Yoga Class with Stephanie
2:00 Bingo
3:00 Cinco de Mayo Celebration
6:30 Evening Movie
6:30 Mahjong
6:30 Sequence Game

6
8:30 CV Walking Club
9:30 Catholic Communion
10:00 Chair Dance
10:00 Library Lobby Stop
10:30 Armchair Travel: Indonesia
1:00 Strength with Stephanie
1:30 Hand & Foot Card Game
2:00 Movie Matinee
2:00 The Voices Perform "Broadway Tunes"
3:00 Scrabble Club
6:00 Sing-along
7:00 Poker Game

7
10:00 Balance & Core with Stephanie
10:00 Tech Time
10:30 Craft Project
1:30 Bridge
1:30 Canasta
1:30 Canasta
2:00 Mother's Day Jeopardy
3:30 Crossword Puzzle
6:30 Bridge

8
8:30 CV Walking Club
10:00 Powerback Exercise Class
11:00 Book Talk
11:00 Men's Roundtable
1:30 Bridge
1:30 Mexican Train Dominoes
1:30 Praying the Rosary
6:30 Sequence Game
7:00 Poker Game

9
10:00 Chair Exercise: Stretch
10:00 Chair Kickboxing Exercise
10:30 Donuts & Did You Know with Comfort Keepers
2:00 Golf Card Game
2:00 Movie Matinee & Popcorn
2:00 Rummikub

10
Mother's Day
11:00 Church Service
2:00 Bingo
2:00 Bridge
2:00 History Documentary
3:00 Billiards
6:30 Evening Movie

11
8:30 CV Walking Club
10:00 Chair Yoga
10:00 Chair Yoga with Stephanie
11:00 Bible Study
1:30 Canasta
2:00 Michael Martin Performs
3:00 Trivia
6:30 Bridge

12
10:00 Executive Resident Council Board Meeting
10:30 Famous & Notable Nurses in History Discussion
11:00 Fitness Center with Stephanie
11:00 Sew & Sews
1:00 Episcopal Service
1:00 Yoga Class with Stephanie
2:00 Bingo
3:30 Trivia Challenge
6:30 Evening Movie
6:30 Mahjong
6:30 Sequence Game

13
National Tulip Day
8:30 CV Walking Club
10:00 Chair Dance
10:30 All About Tulips
10:30 Armchair Travel: Indonesia
1:00 Strength with Stephanie
1:15 ArtsLevel Concert Trip
1:30 Hand & Foot Card Game
2:00 Movie Matinee
2:00 Tulip Painting Project
3:00 Scrabble Club
6:00 Sing-along
7:00 Poker Game

14
10:00 Balance & Core with Stephanie
10:00 Tech Time
10:30 Craft Project
1:30 Bridge
1:30 Canasta
1:30 Canasta
2:00 Mother's Day Tea Party
3:30 Crossword Puzzle
6:30 Bridge

15
8:30 CV Walking Club
10:00 Food Committee Meeting
10:00 Powerback Exercise Class
10:30 U.S. Space Force Discussion
11:00 Lutheran Service of the Sacrament
11:00 Men's Roundtable
1:30 Bridge
1:30 Mexican Train Dominoes
1:30 Praying the Rosary
2:00 Jaime Lloyd Performs
6:30 Sequence Game
7:00 Poker Game

16
10:00 Chair Exercise: Stretch
10:00 Chair Kickboxing Exercise
10:30 Donuts & Did You Know with Comfort Keepers
2:00 Golf Card Game
2:00 Movie Matinee & Popcorn
2:00 Rummikub

17
11:00 Church Service
2:00 Bingo
2:00 Bridge
2:00 History Documentary
3:00 Billiards
6:30 Stacy Nunamaker Spring Recital

18
8:30 CV Walking Club
10:00 Catholic Mass
10:00 Chair Yoga
10:00 Chair Yoga with Stephanie
11:00 Bible Study
1:30 Canasta
2:00 May Birthday Celebration
3:00 Trivia
6:30 Bridge

19
9:00 Elevate Hearing Center
10:00 Resident Council Meeting
11:00 Fitness Center with Stephanie
11:00 Sew & Sews
1:00 Episcopal Service
1:00 Yoga Class with Stephanie
2:00 Bingo
3:30 Trivia Challenge
6:30 Evening Movie
6:30 Mahjong
6:30 Sequence Game

20
World Bee Day
8:30 CV Walking Club
10:00 Chair Dance
10:00 Library Lobby Stop
10:30 Let's Talk About Bees
1:00 Strength with Stephanie
1:30 Hand & Foot Card Game
2:00 Dolley Madison Lecture by Montpelier
2:00 Movie Matinee
3:00 Honey Tasting Event
3:00 Scrabble Club
6:00 Sing-along
7:00 Poker Game

21
10:00 Balance & Core with Stephanie
10:00 Tech Time
10:30 Craft Project
11:00 Protestant Communion
1:30 Bridge
1:30 Canasta
1:30 Canasta
2:00 Youth String Performance
3:30 Crossword Puzzle
6:30 Bridge

22
8:30 CV Walking Club
10:00 Powerback Exercise Class
10:30 Armchair Travel: Massachusetts
11:30 Men's Lunch Out
1:30 Bridge
1:30 Mexican Train Dominoes
1:30 Praying the Rosary
2:00 Pianist Frederick Moyer Performs
3:30 Resident Social
6:30 Sequence Game
7:00 Poker Game

23
10:00 Chair Exercise: Stretch
10:00 Chair Kickboxing Exercise
10:30 Donuts & Did You Know with Comfort Keepers
2:00 Golf Card Game
2:00 Movie Matinee & Popcorn
2:00 Rummikub

24
11:00 Church Service
2:00 Bingo
2:00 Bridge
3:00 Billiards
6:30 Evening Movie

31
11:00 Church Service
2:00 Bingo
2:00 Bridge
3:00 Billiards
6:30 Evening Movie

25
Memorial Day
8:30 CV Walking Club
10:00 Chair Yoga
10:00 Chair Yoga with Stephanie
10:30 The Origins of Memorial Day
11:00 Bible Study
1:30 Canasta
2:00 Memorial Day Ceremony
3:00 Trivia
6:30 Bridge

26
10:00 Ambassadors' Meeting
10:30 Fredericksburg Area Museum Trip
11:00 Fitness Center with Stephanie
11:00 Sew & Sews
1:00 Episcopal Service
1:00 Yoga Class with Stephanie
2:00 Randy Riggle Comedy Show
3:30 Trivia Challenge
6:30 Evening Movie
6:30 Mahjong
6:30 Sequence Game

27
Senior Health & Fitness Day
8:30 CV Walking Club
10:00 Chair Dance
10:30 Smoothies & Their Health Benefits
1:00 Strength with Stephanie
1:30 Hand & Foot Card Game
2:00 Bingo
2:00 Movie Matinee
3:00 Scavenger Hunt
3:00 Scrabble Club
6:00 Sing-along
7:00 Poker Game

28
10:00 Balance & Core with Stephanie
10:00 Tech Time
10:30 Craft Project
11:00 Ladies' Lunch Out
1:30 Bridge
1:30 Canasta
1:30 Canasta
2:00 Meet & Discuss the Signers of the Declaration of Independence
3:30 Crossword Puzzle
6:30 Bridge

29
8:30 CV Walking Club
10:00 Powerback Exercise Class
10:30 All About Bob Hope
1:30 Bridge
1:30 Mexican Train Dominoes
1:30 Praying the Rosary
2:00 Spintopia Game
6:30 Sequence Game
7:00 Poker Game

30
10:00 Chair Exercise: Stretch
10:00 Chair Kickboxing Exercise
10:30 Donuts & Did You Know with Comfort Keepers
2:00 Golf Card Game
2:00 Gospel Music w/Gordon & Barbara McDonald
2:00 Rummikub
6:30 Evening Movie