

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Independent Living Calendar					TRANSPORTATION SCHEDULE Monday-Friday 8:45a.m.-5p.m. Doctor Visits/Grocery Stores/Banks ACTIVITIES ARE SUBJECT TO CHANGE.	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 7:00 Hunter O'Neil Performs
2 11:00 Church Service 2:00 Bingo 2:00 Bridge 2:00 History Documentary 3:00 Billiards 3:30 Family Game Night! 6:30 Evening Movie	3 8:30 CV Walking Club 10:00 Chair Yoga 10:00 Chair Yoga with Stephanie 10:30 Barn Quilt Workshop 11:00 Bible Study 1:30 Canasta 2:00 Bryan Langerud Performs 3:00 Trivia 6:30 Bridge	4 9:00 Lane Custom Hearing Center 10:30 Sunshine Songs 11:00 Fitness Center with Stephanie 11:00 Sew & Sews 1:00 Episcopal Communion 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	5 8:30 CV Walking Club 9:30 Catholic Communion 10:00 Chair Dance 10:00 Library Lobby Stop 10:30 Barn Quilt Workshop 11:30 Riverside Theater "Agatha Christie's Mousetrap" 1:00 Strength with Stephanie 2:00 Cheers to Lemonade 2:00 Movie Matinee 3:00 Scrabble Club 6:00 Sing-along 7:00 Poker Game	6 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 Tom Pitz as Thomas Jefferson Declaration of Independence Presentation 3:30 Crossword Puzzle 6:30 Bridge	7 8:30 CV Walking Club 10:00 Powerback Exercise Class 10:30 Facts About Beer 11:00 Men's Roundtable 1:30 Bridge 1:30 Mexican Train Dominoes 1:30 Praying the Rosary 2:00 Jeopardy 3:30 Beers with the Crew Resident Social 6:30 Sequence Game 7:00 Poker Game	8 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
9 11:00 Church Service & Communion 2:00 Bingo 2:00 Bridge 2:00 History Documentary 3:00 Billiards 6:30 Evening Movie	10 8:30 CV Walking Club 10:00 Chair Yoga 10:00 Chair Yoga with Stephanie 10:30 Barn Quilt Workshop 11:00 Bible Study 1:30 Canasta 2:00 Michael Martin Performs 3:00 Trivia 6:30 Bridge	11 10:00 Executive Resident Council Board Meeting 10:00 Shannon Airport Museum Tour & Lunch 11:00 Fitness Center with Stephanie 11:00 Sew & Sews 1:00 Episcopal Communion 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	12 Beach Day 8:30 CV Walking Club 10:00 Chair Dance 10:30 Armchair Travel: Puerto Rico 10:30 Barn Quilt Workshop 1:00 Strength with Stephanie 2:00 Beach Party & Chair Volleyball Game 2:00 Movie Matinee 3:00 Scrabble Club 6:00 Sing-along 7:00 Poker Game	13 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 Brain Games w/FOX Rehab 3:30 Crossword Puzzle 6:30 Bridge	14 8:30 CV Walking Club 10:00 Powerback Exercise Class 10:30 Writing Workshop 11:00 Book Talk 11:00 Men's Roundtable 1:30 Bridge 1:30 Mexican Train Dominoes 1:30 Praying the Rosary 2:00 The Elvis & Friends Good Time Hour 6:30 Sequence Game 7:00 Poker Game	15 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
16 11:00 Church Service 2:00 Bingo 2:00 Bridge 2:00 History Documentary 3:00 Billiards 6:30 Evening Movie	17 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 3:00 Trivia 6:30 Bridge	18 9:00 Elevate Hearing Center 10:00 Resident Council Meeting 11:00 Fitness Center with Stephanie 11:00 Sew & Sews 1:00 Episcopal Communion 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	19 8:30 CV Walking Club 10:00 Chair Dance 10:00 Library Lobby Stop 10:30 Sunshine & Sunflowers Discussion 1:00 Strength with Stephanie 2:00 Movie Matinee 2:00 Sunflower Painting Project w/Krista 3:00 Scrabble Club 5:45 Fredericksburg Nationals Baseball Game 6:00 Sing-along 7:00 Poker Game	20 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 Memories of Elvis w/Michael Hoover Performance 3:30 Crossword Puzzle 6:30 Bridge	21 8:30 CV Walking Club 10:00 Food Committee Meeting 10:00 Powerback Exercise Class 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 3:30 Resident Social 6:30 Sequence Game 7:00 Poker Game	22 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
23 11:00 Church Service 2:00 Bingo 2:00 Bridge 3:00 Billiards 6:30 Evening Movie	24 8:30 CV Walking Club 10:00 Chair Yoga with Stephanie 11:00 Bible Study 1:30 Canasta 6:30 Bridge	25 10:00 Ambassadors' Meeting 10:30 National Parks Day: Exploring the Everglades 11:00 Fitness Center with Stephanie 11:00 Sew & Sews 1:00 Episcopal Communion Service 1:00 Yoga Class with Stephanie 2:00 Bingo 3:30 Trivia Challenge 6:30 Mahjong 6:30 MAPS Dementia Support Group 6:30 Sequence Game	26 Hawaiian Day 8:30 CV Walking Club 10:00 Chair Dance 10:30 Luau History & Traditions 12:00 Hawaiian Lunch Buffet 12:00 Parkinson's Support Group Meeting 1:00 Strength with Stephanie 2:00 Hawaiian Dance Performance 2:00 Movie Matinee 3:00 Kona Hawaiian Ice Truck 3:00 Scrabble Club 6:00 Sing-along 7:00 Poker Game	27 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 Historic Germanna Lecture: The Governor, the Germans, and Germanna 3:30 Crossword Puzzle 6:30 Bridge	28 8:30 CV Walking Club 10:00 Powerback Exercise Class 10:30 Writing Workshop 11:30 Men's Lunch Out 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	29 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
30 2:00 Bingo 2:00 Bridge 2:00 History Documentary 3:00 Billiards 6:30 Evening Movie	31 10:00 Chair Yoga with Stephanie 11:00 Bible Study 1:30 Canasta 2:00 August Birthday Celebration 6:30 Bridge					