
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00  St. Mary's Catholic Mass Broadcast [SC/971]  2:30  Catholic Communion  2:30  Catholic Communion [C]	9:00  Centering Prayer [C] 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 10:00  Chair Yoga with Mary Beth [R2] 11:15  <b>Hymns &amp; Harmony [R2]</b> 1:30  Bingo! [R1] 1:30  <b>World's Greatest Churches: Guadalupe &amp; Mexico City [SC]</b> 3:00  <b>Gardening with Patti: Plant Tomatoes [P]</b> 7:00  Music with Squeezeplay [AUD/973]	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  <b>Poetry with Stacey [R3]</b> 10:45  Sit & Get Fit [R3] 11:15  Mind Joggers [R3] 3:00  <b>Dora's Corner: Armchair Travel to Italy &amp; Rocky Road Ice Cream [R2]</b>	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  Gentle Aerobics [R1] 10:30  Brain Games [R1] 1:30  Nail Spa [R2] 3:00  <b>Dairy Month Delight [R2]</b>	9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 9:30  <b>Shopping Trip to Walmart [MSD]</b> 10:00  Exercise & Smoothies [R2] 2:00  <b>Chesapeake Bank Anniversary Social RSVP [AUD]</b> 3:00  Jill's Blankets Ministry & Everyday Trivia	<b>Donut Day</b> 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 10:00  Chair Exercise [R3] 10:45  Bingo! [R3] 2:00  <b>Music with Squeezeplay: "Summertime" [SC/971]</b> 3:30  Mobile Happy Hour with Donuts	2:00  Matinee Movie: "They Won't Believe Me", 1947 [AUD]
10:00  St. Mary's Catholic Mass Broadcast [SC/971]  2:30  Catholic Communion [C]  4:00  Vespers Prayer Service [SC/971]	9:00  Centering Prayer [C] 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 10:00  Chair Exercise [R1] 11:15  <b>Hymns &amp; Harmony [R3]</b> 1:30  Bingo! [R1] 1:30  <b>World's Greatest Churches: Four Great American Churches [SC]</b> 3:00  <b>Dora's Corner: Little League [R2]</b> 7:00  Music with Whiskey Bizness [AUD/973]	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  11:00  Sit & Get Fit [R3] 11:30  Mind Joggers [R3] 3:00  <b>Linda Jones on Piano [R2]</b>	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  Gentle Aerobics [R1] 10:30  Brain Games [R1] 1:30  Nail Spa [R2] 3:00  <b>Dairy Month Delight [R2]</b>	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  Exercise & Smoothies [R2] 2:00  <b>Diane Hart Sing-along [R1]</b> 3:00  <b>Peanut Butter Cookie Social [R1]</b>	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  Chair Exercise [R3] 10:45  Bingo! [R3] 2:00  <b>Music with Joe Loschiavo [SC/971]</b> 3:30  Mobile Happy Hour	<b>Flag Day</b> 9:00 New Event Name 2:00  Matinee Movie: "The Bride Wore Black", 1968 [AUD] 2:00  <b>Piano Recital [SC]</b>
<b>Father's Day</b> 10:00  St. Mary's Catholic Mass Broadcast [SC/971]  2:30  Catholic Communion [C]  4:00  Vespers Prayer Service [SC/971]	9:00  Centering Prayer [C] 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 10:00  Chair Yoga with Mary Beth [R2] 11:15  <b>Hymns &amp; Harmony [R1]</b> 11:15  <b>Men's Cookout Lunch [SC]</b> 1:30  Garden Gnome Bingo! [R1] 1:30  <b>World's Greatest Churches: La Sagrada Familia [SC]</b> 3:00  <b>Dora's Corner: Garden Gnome Craft [R2]</b> 7:00  Music with Harp Ensemble [AUD/973]	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  <b>Poetry with Stacey [R3]</b> 10:45  Sit & Get Fit [R3] 11:15  Mind Joggers [R3] 3:00  <b>Crafting with Jenny: Suncatchers [R2]</b>	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  <b>Music Therapy with Mary Stella [R3]</b> 11:00  Chair Exercise [R3] 1:30  Nail Spa [R2] 3:00  <b>Dairy Month Delight [R2]</b>	<b>Juneteenth</b> 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 9:30  Community Prayer [SC/971] 10:00  Exercise & Smoothies [R2] 11:00  <b>Lunch Outing to Grapevine [MSD]</b> 2:30  <b>Therapy Dogs Associates [R2]</b>	<b>Summer Begins</b> 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 10:00  Chair Exercise [R3] 10:45  Bingo! [R3] 11:00  <b>Episcopal Holy Eucharist [SC]</b> 2:00  <b>Music with Me &amp; Martha [SC/971]</b> 3:30  Mobile Happy Hour	2:00  Matinee Movie [AUD]
10:00  St. Mary's Catholic Mass Broadcast [SC/971]  2:30  Catholic Communion [C]  4:00  Vespers Prayer Service [SC/971]	9:00  Centering Prayer [C] 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 10:00  Chair Exercise [R1] 11:15  <b>Hymns &amp; Harmony [R2]</b> 1:30  Bingo! [R1] 1:30  <b>World's Greatest Churches: Iceland's Hallgrimskirkja [SC]</b> 3:00  <b>Dora's Corner: Pink Day Trivia &amp; Social [R2]</b> 7:00  Developing Richmond: The City Through Photography by Valentine Museum [AUD/973]	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  Sit & Get Fit [R3] 10:30  Mind Joggers [R3] 3:00  <b>Resident Council Meeting [R3]</b>	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  Gentle Aerobics [R1] 10:30  Brain Games [R1] 12:00  <b>Centenarian Luncheon [PH]</b> 1:30  Nail Spa [R2] 3:00  <b>Dairy Month Delight [R2]</b>	9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 9:30  <b>Scenic Bus Ride: Oregon Hill [MSD]</b> 10:00  Exercise & Smoothies [R2] 2:00  <b>Party for Residents with June Birthdays [PH]</b> 3:00  <b>Summer Music Series: Rejoice! Resident-led Music Program [SC]</b>	9:30  1:1 Visits During Day  9:30  Community Prayer [SC/971]  10:00  Chair Exercise [R3] 10:45  Bingo! [R3] 2:00  <b>Music with Out of Time Trio [SC/971]</b> 3:30  Mobile Happy Hour	2:00  Matinee Movie [AUD]
10:00  St. Mary's Catholic Mass Broadcast [SC/971]  2:30  Catholic Communion [C]  4:00  Vespers Prayer Service [SC/971]	9:00  Centering Prayer [C] 9:30  1:1 Visits During Day 9:30  Community Prayer [SC/971] 10:00  Chair Exercise [R2] 11:15  <b>Hymns &amp; Harmony [R3]</b> 1:30  Bingo! [R1] 1:30  <b>World's Greatest Churches: Two Churches in Seoul, Korea [SC]</b> 3:00  <b>Good Neighbor Band &amp; Strawberries Social [R2]</b> 7:00  Author Kristen Green Lecture on Virginia History [AUD/973]	<div><b>LAKEWOOD</b> Live the life you envision.</div> <div> Cognitive</div> <div> Creative</div> <div> Entertainment</div> <div> Environmental</div> <div> Physical</div> <div> Sensory</div> <div> Social</div> <div> Spiritual</div> <div> Vocational</div> <div>Activities last 30-60 minutes. Movies can last up to 2 hours. Activities are subject to change. Changes will be posted on daily flyers.</div> <div>Program Coordinator Tonya Ramage 804-521-9288</div>			<div><b>Location Keys</b></div> <div>Auditorium Auditorium/973 Chapel HSB Penthouse Main St. Door Patio Rose Building 1st Floor Rose Building 2nd Floor Rose Building 3rd Floor Simms Center Simms Center/Channel 971</div> <div>AUD AUD/973 C PH MSD P R1 R2 R3 SC SC/971</div> <div><b>"Go forward in life with a twinkle in your eye and a smile on your face, but with a great and strong purpose in your heart."</b> <b>— Gordon B. Hinckley</b></div>	