






































































































































































Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div> Live the life you envision.</div>		<div><div> Cognitive</div><div> Creative</div><div> Emotional</div><div> Entertainment</div><div> Environmental</div><div> Physical</div><div> Sensory</div><div> Social</div><div> Spiritual</div><div> Vocational</div></div>		<div>9:30  1:1 Visits During Day <b>1</b></div> <div>10:00  <b>Poetry with Stacey [R3]</b></div> <div>11:00  Sit &amp; Get Fit [R3]</div> <div>11:30  Mind Joggers [R3]</div> <div>2:30  <b>Red, White &amp; Blue Cupcake Baking and Trivia [R2]</b></div> <div>3:30  Taize' Prayer [SC]</div>		<div>9:30  1:1 Visits During Day <b>2</b></div> <div>10:00  Gentle Aerobics [R1]</div> <div>10:00  Music Appreciation [AUD]</div> <div>10:30  Brain Games [R1]</div> <div>1:30  Nail Spa [R2]</div> <div>2:00  <b>Summer Music Series: Joshua Wortham in Concert [SC]</b></div>		<div>9:30  1:1 Visits During Day <b>3</b></div> <div>9:30  <b>Shopping Trip to Walmart [MSD]</b></div> <div>10:00  Exercise &amp; Smoothies [R2]</div> <div>2:00  <b>Linda Jones on Piano: Celebrate America [R3]</b></div> <div>3:00  <b>Happy Hour [R3]</b></div>		<div><b>Independence Day 4</b></div> <div>9:30  1:1 Visits During Day</div> <div>10:00  Chair Exercise [P]</div> <div>10:45  <b>Bingo! [R3]</b></div> <div>2:00 <b>Henrico Concert Band &amp; Ice Cream Social [AUD]</b></div>		<div>10:00  Movement with Music &amp; Noodles [R1] <b>5</b></div> <div>10:30  <b>Deep Dive Discussion of Scripture [CH]</b></div> <div>11:00  Giant Crossword Puzzle [R1]</div> <div>2:00 Cards &amp; Scrabble &amp; Games Galore. Resident led Table Games [R2]</div>	
<div>10:00  St. Mary's Catholic Mass [SC] <b>6</b></div> <div>2:30  Catholic Communion [C]</div> <div>4:00  Vespers Prayer Service [SC]</div>		<div>9:00  Centering Prayer [C] <b>7</b></div> <div>9:30  1:1 Visits During Day</div> <div>10:00  Chair Yoga with Mary Beth [R2]</div> <div>11:15  <b>Hymns &amp; Harmony [R1]</b></div> <div>1:30  Bingo! [R1]</div> <div>2:00  <b>From Rachmaninoff with Love [SC]</b></div> <div>7:30  The Last Call Band [AUD]</div>		<div>9:30  1:1 Visits During Day <b>8</b></div> <div>10:00  Sit &amp; Get Fit [R3]</div> <div>10:30  Mind Joggers [R3]</div> <div>2:00  <b>Diane Hart Sing-along [R2]</b></div> <div>3:00  <b>Ice Cream Sundaes [R2]</b></div>		<div>8:30  Men's Breakfast [James] <b>9</b></div> <div>9:30  1:1 Visits During Day</div> <div>10:00  Gentle Aerobics [R1]</div> <div>10:30  Brain Games [R1]</div> <div>1:30  Nail Spa [R2]</div> <div>2:00  Understanding Alzheimer's [SC]</div> <div>3:00  <b>Bible Study with Julie [R1]</b></div>		<div><b>FULL BUCK MOON 10</b></div> <div>9:30  1:1 Visits During Day</div> <div>9:30  <b>Scenic Bus Ride: Wilton Neighborhood [MSD]</b></div> <div>10:00  Exercise &amp; Smoothies [R2]</div> <div>2:00  <b>Moon Month Fun [R2]</b></div> <div>3:00  <b>Happy Hour [R2]</b></div>		<div>9:30  1:1 Visits During Day <b>11</b></div> <div>10:00  Chair Exercise [P]</div> <div>10:45  Bingo! [R3]</div> <div>1:30  Historically Speaking [AUD]</div> <div>2:00  <b>Music with Richmond Cadet Alumni Band [SC]</b></div> <div>3:30  <b>Current Events Social [R2]</b></div>		<div>10:30  <b>Deep Dive Discussion of Scripture [CH]</b> <b>12</b></div> <div>2:00 Cards &amp; Scrabble &amp; Games Galore. Resident led Table Games [R2]</div> <div>2:00  Matinee Movie: Violent Saturday, 1955 [AUD]</div>	
<div>10:00  St. Mary's Catholic Mass [SC] <b>13</b></div> <div>2:30  Catholic Communion [C]</div> <div>4:00  Vespers Prayer Service [SC]</div>		<div>9:00  Centering Prayer [C] <b>14</b></div> <div>9:30  1:1 Visits During Day</div> <div>10:00  Chair Exercise [R2]</div> <div>11:15  <b>Hymns &amp; Harmony [R2]</b></div> <div>12:00  <b>Trip to Regal Cinema: "Superman" [MSD]</b></div> <div>1:30  <b>Gardening with Patti [P]</b></div> <div>3:00 Bingo! [R1]</div> <div>7:00  The Ukesters [AUD]</div>		<div>9:30  1:1 Visits During Day <b>15</b></div> <div>10:00  <b>Poetry with Stacey [R3]</b></div> <div>11:00  Sit &amp; Get Fit [R3]</div> <div>11:30  Mind Joggers [R3]</div> <div>2:00  <b>In the Kitchen: Peach Salad [R3]</b></div> <div>3:00 <b>Crafting with Jenny: Resin Bowls [ART]</b></div> <div>3:30  Taize' Prayer [SC]</div>		<div>9:30  1:1 Visits During Day <b>16</b></div> <div>10:00  Music Appreciation [AUD]</div> <div>10:00  <b>Music Therapy with Mary Stella [R2]</b></div> <div>11:00  Gentle Aerobics [R1]</div> <div>1:30  Nail Spa [R2]</div> <div>3:00  <b>Bible Study with Julie [R3]</b></div>		<div>9:30  1:1 Visits During Day <b>17</b></div> <div>10:30  <b>Trip to Deep Run Park [MSD]</b></div> <div>2:00  <b>Therapy Dogs Assoc. [R2]</b></div> <div>3:00  <b>Happy Hour [R1]</b></div> <div>3:00  <b>Women on Mission [R2]</b></div>		<div>9:30  1:1 Visits During Day <b>18</b></div> <div>10:00  Chair Exercise [P]</div> <div>10:45  Bingo! [R3]</div> <div>12:00  <b>Summer Cookout on the Patio &amp; Music with Lauren Swisher [P]</b></div> <div>2:00  <b>Music with Ban Caribe [SC]</b></div> <div>2:30  Dean Becker Biology Talk [AUD]</div> <div>3:30  <b>Current Events Social [R2]</b></div>		<div>10:00  Balloon Volleyball with Noodles [R2] <b>19</b></div> <div>10:30  <b>Deep Dive Discussion of Scripture [CH]</b></div> <div>11:00  Easel Games: Word Mining [R2]</div> <div>2:00 Cards &amp; Scrabble &amp; Games Galore. Resident led Table Games [R2]</div> <div>3:00  Bingo [AUD]</div>	
<div>10:00  St. Mary's Catholic Mass [SC] <b>20</b></div> <div>2:30  Catholic Communion [C]</div> <div>4:00  Vespers Prayer Service [SC]</div>		<div>9:00  Centering Prayer [C] <b>21</b></div> <div>9:30  1:1 Visits During Day</div> <div>10:00  Chair Yoga with Mary Beth [R2]</div> <div>11:15  <b>Hymns &amp; Harmony [R3]</b></div> <div>1:30  Bingo! [R1]</div> <div>3:00  <b>Club Talk: Knitting &amp; Crochet by Peggy Harvey [R2]</b></div> <div>7:00  "Congregating Faith" by Valentine Museum [AUD]</div>		<div>8:30  Ladies' Breakfast [James] <b>22</b></div> <div>9:30  1:1 Visits During Day</div> <div>10:00  Sit &amp; Get Fit [R3]</div> <div>10:30  Mind Joggers [R3]</div> <div>1:30  <b>Activities Club Meeting [R2]</b></div> <div>3:00  <b>Resident Council Meeting [R3]</b></div>		<div>9:30  1:1 Visits During Day <b>23</b></div> <div>10:00  Gentle Aerobics [R1]</div> <div>10:00  Music Appreciation [AUD]</div> <div>10:30  Brain Games [R1]</div> <div>1:30  Nail Spa [R2]</div> <div>2:00  <b>Lakewood Creates [SC]</b></div>		<div>9:30  1:1 Visits During Day <b>24</b></div> <div>10:00  Exercise &amp; Smoothies [R2]</div> <div>1:45  <b>Trip to DeLuca Gelato [MSD]</b></div> <div>3:00  <b>Happy Hour [R3]</b></div> <div>7:00  Evening Movie: Hondo, 1953 [AUD]</div>		<div>9:30  1:1 Visits During Day <b>25</b></div> <div>10:00  Chair Exercise [P]</div> <div>10:45  <b>Ice Cream Month Bingo! [R3]</b></div> <div>11:00  <b>Lunch Outing with Jennifer to Hondos [MSD]</b></div> <div>1:30  Historically Speaking [AUD]</div> <div>2:00  <b>Music with Walt Street [SC]</b></div> <div>3:30  <b>Current Events Social [R2]</b></div>		<div>10:30  <b>Deep Dive Discussion of Scripture [CH]</b> <b>26</b></div> <div>2:00 Cards &amp; Scrabble &amp; Games Galore. Resident led Table Games [R2]</div> <div>2:00  Matinee Movie [AUD]</div>	
<div>10:00  St. Mary's Catholic Mass Broadcast [SC] <b>27</b></div> <div>2:30  Catholic Communion [C]</div> <div>4:00  Vespers Prayer Service [SC]</div>		<div>9:00  Centering Prayer [C] <b>28</b></div> <div>9:30  1:1 Visits During Day</div> <div>10:00  Chair Exercise [R2]</div> <div>11:15  <b>Hymns &amp; Harmony [R1]</b></div> <div>1:30  Bingo! [R1]</div> <div>2:30  Town Hall [AUD]</div> <div>3:00  <b>Postal Worker Appreciation Gift Bags [R1]</b></div> <div>7:00  Virginia Bluebird Society [AUD]</div>		<div>9:30  1:1 Visits During Day <b>29</b></div> <div>10:00  Sit &amp; Get Fit [R3]</div> <div>10:30  Mind Joggers [R3]</div> <div>11:00  <b>Linda Jones Show [SC]</b></div> <div>2:00  <b>Bake it 'til You Make it: Peach Cobbler [TUC]</b></div>		<div>9:30  1:1 Visits During Day <b>30</b></div> <div>10:00  Gentle Aerobics [R1]</div> <div>10:00  Music Appreciation [AUD]</div> <div>10:30  Brain Games [R1]</div> <div>1:30  Nail Spa [R2]</div> <div>3:00  <b>Travel Video: New Zealand [R2]</b></div>		<div>9:30  1:1 Visits During Day <b>31</b></div> <div>10:00  Exercise &amp; Smoothies [R2]</div> <div>2:00  <b>Make Guacamole [R1]</b></div> <div>3:00  <b>Happy Hour [R2]</b></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>Art Room ART Auditorium only AUD Chapel C Clubhouse CH James Room James Main St. Door MSD Patio P Rose Building 1st Floor R1 Rose Building 2nd Floor R2 Rose Building 3rd Floor R3 Simms Center SC Tuckahoe Art Room TUC</div>	