

| SUN | MON | TUE | WED | THUR | FRI | SAT | | | | | | | |
|---|---|---|---|--|---|--|--|--|---|---|---|---|----|
| | 9:30 Morning Circle (ALII) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 1:30 Bible Study with Hans (AR) 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:30 Chime Choir (ALI-C Wing) | 1 | 9:00 Zumba Gold with Kelly (PDR) 9:30 Morning Circle (ALII) 10:15 Morning Refreshments (ALII/HCU) 11:00 Reading Group with Terry-Cancelled! (Culpeper Room) 2:00 Afternoon Refreshments (ALII/HCU) 2:00 Errands Around Town (WR) 3:00 Bingo (S) 6:00 Evening Worship with Brother Bill (S) | 2 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Town Hall (AR) 10:30 Morning Walks (ALII/S) 2:00 Close Knits "Sit and Knit" (WR) 3:15 Afternoon Refreshments (ALII/HCU) 3:30 Christmas Pageant Practice (AR) 4:00 Newscurrents (ALII) | 3 | 8:30 -11:30 Exercise Room Office Hours (EX) 9:30 Morning Circle (ALII) 10:00 Pinochle (ALI/C Wing) 10:30 Chaircise with Maggie (ALII) 2:00 Bingo (GR) 3:30 Afternoon Refreshments (ALII/HCU) | 4 | 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Wii Play! (ALI/C Wing) 3:00 Fall Pie Social (ALI-C Wing) | 5 | 9:15 Light Lift Exercise (AR) 1:30 Kick Ball (ALII) 2:00 Bingo (ALI-C Wing) 6:30 Evening Movie "The Good Witch" (AR) 6:30 Weekend Movie Time "Hocus Pocus" (ALII) | 6 | |
| 9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Communion with Culpeper Baptist Church (AR) | 7 | 9:30 Morning Circle (ALII) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 1:30 Bible Study with Hans (AR) 2:00 Afternoon Walks (S/AL II) 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:30 Chime Choir (ALI-C Wing) | 8 | 9:00 Zumba Gold with Kelly (AR) 9:30 Morning Circle (ALII) 10:15 Morning Refreshments (ALII/HCU) 1:15 Ladies Bible Study (GR) 2:00 Afternoon Refreshments (ALII/HCU) 2:00 Errands Around Town (WR) 3:00 Bingo (S) | 9 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Group Music Lessons (GR) 10:15 Pet Visits (AL/HCU) 1:30 Monthly Communion Service (AR) 2:00 Bible Study with Hans (S) 2:00 Close Knits "Sit and Knit" (WR) 3:15 Afternoon Refreshments (ALII/HCU) 3:30 Christmas Pageant Practice (AR) 4:00 Newscurrents (ALII) | 10 | 8:30 -11:30 Exercise Room Office Hours (EX) 9:30 Morning Circle (ALII) 10:00 Pinochle (ALI/C Wing) 10:30 Chaircise with Maggie (ALII) 2:00 Bingo (GR) 3:30 Afternoon Refreshments (ALII/HCU) | 11 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Music with Charlie Lopez (S) 10:30 Wii Play! (ALI/C Wing) 3:30 Afternoon Refreshments (ALII/HCU) | 12 | 9:15 Light Lift Exercise (AR) 1:30 Bowling (ALII) 1:30 Bowling (ALII) 2:00 Bingo (ALI-C Wing) 6:30 Evening Movie "October Sky" (AR) 6:30 Weekend Movie Time "The Good Witch" (ALII) | 13 |
| 9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Vespers with Culpeper Baptist Church (AR) | 14 | 9:30 Morning Circle (ALII) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 1:30 Bible Study with Hans (AR) 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:00 Music with John Gwynn (S) 6:30 Chime Choir (ALI-C Wing) | 15 | 9:00 Zumba Gold with Kelly (PDR) 9:30 Morning Circle (ALII) 10:15 Morning Refreshments (ALII/HCU) 11:00 Reading Group with Terry (Culpeper Room) 2:00 Afternoon Refreshments (ALII/HCU) 2:00 Errands Around Town (WR) 3:00 Bingo (S) 6:00 Music with Charlie Lopez (S) | 16 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Group Music Lessons (AR) 10:30 Morning Walks (ALII/S) 12:30 Ladies Luncheon (MDR) 2:00 Kevin Sings the Classics (S) 2:00 Close Knits "Sit and Knit" (WR) 3:15 Afternoon Refreshments (ALII/HCU) 3:30 Christmas Pageant Practice (AR) 4:00 Newscurrents (ALII) | 17 | 8:30 -11:30 Exercise Room Office Hours (EX) 9:30 Morning Circle (ALII) 10:00 Pinochle (ALI/C Wing) 10:30 Chaircise with Maggie (ALII) 12:30 Birthday Luncheon (MDR) 2:00 Bingo (GR) 3:00 Guest Speaker Marilee Kenlon with the Department of the Blind and Vision Impaired (AR) 3:30 Afternoon Refreshments (ALII/HCU) | 18 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Wii Play! (ALI/C Wing) 10:30 CMR Fair Craft (S) 3:00 Sing-A-Long with Brandii (ALII) | 19 | 9:15 Light Lift Exercise (AR) 10:30 Bingo (ALI-C Wing) 1:30 Bean Bag Twister (ALII) 2:00 Music with Matthew O'Donnell (S) 6:30 Evening Movie "Remember the Titans" (AR) 6:30 Weekend Movie Time "October Sky" (ALII) | 20 |
| 9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 1:00 "Hello Dolly" at Lake of the Woods Players (WR) 3:30 Vespers with Culpeper Baptist Church (AR) 6:00 Culpeper Mission Team Presentation (AR) | 21 | 9:30 Morning Circle (ALII) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 1:30 Bible Study with Hans (AR) 2:00 Afternoon Walks (S/AL II) 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:30 Chime Choir (ALI-C Wing) | 22 | 9:00 Zumba Gold with Kelly (AR) 9:30 Morning Circle (ALII) 10:15 Morning Refreshments (ALII/HCU) 10:30 Music with Me & Martha (AR) 11:00 Reading Group with Terry (Culpeper Room) 1:15 Ladies Bible Study (GR) 2:00 Afternoon Refreshments (ALII/HCU) 2:00 Errands Around Town (WR) 3:00 Bingo (S) 4:00 Dinner with Bernie (MDR) 6:00 Cedar Run Homesteaders (S) | 23 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Group Music Lessons (AR) 10:15 Riverside Dinner Theater presents: "Beauty and the Beast" (WR) 10:15 Pet Visits (AL/HCU) 2:00 Bible Study with Hans (S) 2:00 Close Knits "Sit and Knit" (WR) 3:15 Afternoon Refreshments (ALII/HCU) 3:30 Christmas Pageant Practice (AR) 4:00 Newscurrents (ALII) | 24 | 8:30 -11:30 Exercise Room Office Hours (EX) 9:30 Morning Circle (ALII) 10:00 Pinochle (ALI/C Wing) 10:30 Meet the Author: Barbara Dickinson (AR) 10:30 Chaircise with Maggie (ALII) 2:00 Bingo (ALI-C Wing) 3:30 Afternoon Refreshments (ALII/HCU) | 25 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Wii Play! (ALI/C Wing) 3:00 October Birthday Celebration with Brandii (ALII) 3:30 Afternoon Refreshments (ALII/HCU) 6:00 Staff and Resident Trick-or-Treating (All locations) | 26 | 9:15 Light Lift Exercise (AR) 10:00 Music with Jay Daniels (AR) 1:30 Balloon Volley Ball (ALII) 2:00 Bingo (ALI-C Wing) 6:30 Evening Movie "Hocus Pocus" (AR) 6:30 Weekend Movie Time "Remember the Titans" (ALII) | 27 |
| 9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Vespers with Culpeper United Methodist Church (AR) | 28 | 9:30 Morning Circle (ALII) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 1:30 Bible Study with Hans (AR) 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:15 Nostalgia John (S) 6:30 Chime Choir (ALI-C Wing) | 29 | 9:00 Zumba Gold with Kelly (AR) 9:30 Morning Circle (ALII) 10:00 "Beautifully Broken Virginia" Photography Program with John Plashal (AR) 10:15 Morning Refreshments (ALII/HCU) 2:00 Afternoon Refreshments (ALII/HCU) 2:00 Errands Around Town (WR) 3:00 Bingo (S) 5:00 Trivia Night (AR) | 30 | 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Group Music Lessons (AR) 10:30 Morning Walks (ALII/S) 2:00 Close Knits "Sit and Knit" (WR) 3:15 Afternoon Refreshments (ALII/HCU) 3:30 Christmas Pageant Practice (AR) 4:00 Newscurrents (ALII) | 31 | ROOM KEY AR - Assembly Room EX - Exercise Room GR - Game Room MDR - Main Dining Room/Annex ML - Main Lobby PDR - Private Dining Room S - Solarium S/AL II - Solarium/AL II WR - Wine Room | | | | *Outdoor Time is always available, weather permitting, upon request* | |

October 2018

Assisted Living Programming Calendar