

**SUN MON TUE WED THUR FRI SAT**

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| <p><b>ROOM KEY</b><br/>                 AR - Assembly Room<br/>                 BP - B Wing Parlor 1st Floor<br/>                 EX - Exercise Room<br/>                 GR - Game Room<br/>                 MDR - Main Dining Room/Annex<br/>                 ML - Main Lobby<br/>                 PDR - Private Dining Room<br/>                 S - Solarium<br/>                 WR - Wine Room</p> |  | <p>9:00 Zumba Gold with Kelly (AR)<br/>                 9:15 Coffee and Coloring (S)<br/> <b>9:30 Manicures with Bev (S)</b><br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 2:00 Bingo (ALI-C Wing)<br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:15 Light Lift Exercise (AR)<br/>                 9:30 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:30 Town Hall (AR)</b><br/>                 2:00 Close Knits "Sit and Knit" (WR)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Newscurrents (ALII)</p> | <p>8:30 -11:30 Exercise Room Office Hours (EX)<br/> <b>8:45 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 Pinochle (ALI/C Wing)<br/>                 10:30 Chaircise with Maggie (ALII)<br/>                 2:00 Bingo (GR)<br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:00 Zumba Gold with Kelly (AR)<br/>                 9:30 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:00 Gardening Time (Solarium Patio)</b><br/>                 10:00 Music with Charlie Lopez (S)<br/>                 10:30 Wii Play! (ALI/C Wing)<br/> <b>2:00 Light Lift Exercise (AR)</b></p> | <p>Cinco de Mayo<br/>                 9:15 Light Lift Exercise (AR)<br/>                 1:30 Kick Ball (ALII)<br/>                 2:00 Bingo (ALI-C Wing)<br/> <b>4:30 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 6:30 Weekend Movie Time "A Dogs Purpose" (ALII)</p> |
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| <p>9:00 Sunday School (Assisted Living II)<br/>                 10:30 Car To Church (ML)<br/> <b>3:00 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 3:30 Vespers with Jean Whited from Culpeper Baptist Church (AR)</p> | <p>9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:30 Chaircise with Maggie (ALII)<br/>                 10:30 Rummy (GR)<br/> <b>1:30 "That the World May Know" Bible Study with Hans (AR)</b><br/>                 2:00 Jewelry Club (S)<br/>                 3:00 Po-Ke-No (GR)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Reminiscing (ALII)<br/> <b>6:30 Chime Choir (ALI-C Wing)</b></p> | <p>9:00 Zumba Gold with Kelly (AR)<br/> <b>9:30 Manicures with Bev (S)</b><br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:00 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 1:30 Ladies Bible Study (PDR)<br/> <b>2:00 Bingo (S)</b><br/> <b>2:00 Errands Around Town (WR)</b><br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:30 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:00 Grief Share Group (GR)</b><br/>                 10:15 Pet Visits (AL/HCU)<br/> <b>1:30 St. Stephen's Episcopal Communion (WR)</b><br/> <b>2:00 Bible Study with Hans (S)</b><br/>                 2:00 Close Knits "Sit and Knit" (BP)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Newscurrents (ALII)</p> | <p>8:30 -11:30 Exercise Room Office Hours (EX)<br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 Pinochle (ALI/C Wing)<br/>                 2:00 Bingo (GR)<br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:00 Zumba Gold with Kelly (AR)<br/>                 9:30 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:30 Wii Play! (ALI/C Wing)<br/>                 10:30 CMR Fair Craft "Spring Flower Pot Craft" (S)<br/> <b>2:00 Light Lift Exercise (AR)</b><br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:15 Light Lift Exercise (AR)<br/>                 10:30 Bingo (ALI-C Wing)<br/>                 1:30 Bean Bag Twister (ALII)<br/>                 6:30 Weekend Movie Time "Let There Be Light" (ALII)</p> |
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| <p>Mothers' Day<br/>                 9:00 Sunday School (Assisted Living II)<br/>                 10:30 Car To Church (ML)<br/>                 3:30 Vespers with Dan Carlton of Culpeper Baptist Church (AR)</p> | <p>9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:30 Chaircise with Maggie (ALII)<br/>                 10:30 Rummy (GR)<br/> <b>1:30 "That the World May Know" Bible Study with Hans (AR)</b><br/> <b>2:00 Games on the Porch (S)</b><br/>                 3:00 Po-Ke-No (GR)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Reminiscing (ALII)<br/> <b>6:30 Chime Choir (ALI-C Wing)</b></p> | <p>9:00 Zumba Gold with Kelly (AR)<br/> <b>9:30 Manicures with Bev (S)</b><br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>2:00 Bingo (S)</b><br/>                 2:00 Bingo (ALI-C Wing)<br/> <b>2:00 Errands Around Town (WR)</b><br/>                 3:30 Afternoon Refreshments (ALII/HCU)<br/>                 6:00 Music with Charlie Lopez (S)</p> | <p>9:15 Light Lift Exercise (AR)<br/>                 9:30 Morning Circle (ALII)<br/>                 9:30 Manicures with Bev (B Parlor)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 CANCELLED-NewsCurrents (AR)<br/> <b>10:00 Grief Share Group (GR)</b><br/> <b>10:15 Catholic Mass (AR)</b><br/> <b>11:30 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 2:00 Close Knits "Sit and Knit" (WR)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Newscurrents (ALII)</p> | <p>8:30 -11:30 Exercise Room Office Hours (EX)<br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 Pinochle (ALI/C Wing)<br/>                 10:30 Chaircise with Maggie (ALII)<br/> <b>11:00 Mandatory Resident Rights In-Service (AR)</b><br/> <b>12:30 Birthday Luncheon (MDR)</b><br/> <b>1:00 Mandatory Resident Rights In-Service (AR)</b><br/>                 2:00 Bingo (GR)<br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:00 Zumba Gold with Kelly (AR)<br/>                 9:30 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:00 Gardening Time (Solarium Patio)</b><br/>                 10:30 Wii Play! (ALI/C Wing)<br/> <b>10:30 Music with Aaron Karpalla (S)</b><br/> <b>12:00 Pancho Villa Mexican Restaurant (HCC)</b><br/> <b>2:00 Light Lift Exercise (AR)</b><br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:15 Light Lift Exercise (AR)<br/> <b>10:00 Music with Nashville Standard (AR)</b><br/>                 1:30 Balloon Volley Ball (ALII)<br/>                 2:00 Bingo (ALI-C Wing)<br/> <b>6:30 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 6:30 Weekend Movie Time "Singing in the Rain" (ALII)</p> |
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| <p>9:00 Sunday School (Assisted Living II)<br/>                 10:30 Car To Church (ML)<br/>                 3:30 Vespers with Hans Murdock of The Culpeper (AR)</p> | <p>9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:30 Chaircise with Maggie (ALII)<br/>                 10:30 Rummy (GR)<br/> <b>1:30 "That the World May Know" Bible Study with Hans (AR)</b><br/>                 2:00 Jewelry Club (S)<br/>                 3:00 Po-Ke-No (GR)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Reminiscing (ALII)<br/>                 6:00 Music with John Gwynn (S)<br/> <b>6:30 Chime Choir (ALI-C Wing)</b></p> | <p>9:00 Zumba Gold with Kelly (AR)<br/>                 9:15 Coffee and Coloring (S)<br/> <b>9:30 Manicures with Bev (S)</b><br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:30 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/> <b>11:00 Mandatory Resident Rights In-Service (AR)</b><br/> <b>1:00 Mandatory Resident Rights In-Service (AR)</b><br/>                 1:30 **Cancelled**Ladies Bible Study (PDR)<br/> <b>2:00 Bingo (S)</b><br/> <b>2:00 Errands Around Town (WR)</b><br/> <b>4:00 Bakers Nook (ALI Dining Room)</b><br/>                 6:00 Cedar Run Homesteaders (S)</p> | <p>9:30 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 NewsCurrents (BP)<br/> <b>10:00 Grief Share Group (GR)</b><br/>                 10:15 Pet Visits (AL/HCU)<br/> <b>12:30 Ladies Luncheon (MDR)</b><br/> <b>2:00 Bible Study with Hans (S)</b><br/>                 2:00 Close Knits "Sit and Knit" (WR)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Newscurrents (ALII)</p> | <p>8:30 -11:30 Exercise Room Office Hours (EX)<br/> <b>8:45 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 Pinochle (ALI/C Wing)<br/>                 10:30 Chaircise with Maggie (ALII)<br/>                 2:00 Bingo (GR)<br/>                 3:30 Afternoon Refreshments (ALII/HCU)<br/> <b>6:30 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 7:00 Lions Club Bingo (MDR)</p> | <p>9:00 Zumba Gold with Kelly (AR)<br/>                 9:30 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:00 Gardening Time (Solarium Patio)</b><br/>                 10:30 Wii Play! (ALI/C Wing)<br/> <b>2:00 Light Lift Exercise (AR)</b><br/>                 3:00 Afternoon Tea (ALI-C Wing)</p> | <p>9:15 Light Lift Exercise (AR)<br/>                 10:30 Bingo (ALI-C Wing)<br/> <b>1:30 The Culpeper's Senior Games (AR)</b><br/>                 6:30 Weekend Movie Time "Good Bye Christopher Robin" (ALII)</p> |
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| <p>9:00 Sunday School (Assisted Living II)<br/>                 10:30 Car To Church (ML)<br/>                 3:30 Vespers with Mary Miller from The Culpeper (AR)</p> | <p>Memorial Day<br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:30 Memorial Day Program (AR)</b><br/>                 10:30 Chaircise with Maggie (ALII)<br/>                 10:30 Rummy (GR)<br/> <b>11:30 Memorial Day Picnic (MDR/HCDR)</b><br/> <b>1:30 "That the World May Know" Bible Study with Hans (AR)</b><br/> <b>2:00 Games on the Porch (S)</b><br/>                 3:00 Jackpot Po-Ke-No (GR)<br/>                 3:15 Afternoon Refreshments (ALII/HCU)<br/>                 4:00 Reminiscing (ALII)<br/> <b>6:30 Chime Choir (ALI-C Wing)</b></p> | <p>9:00 Zumba Gold with Kelly (AR)<br/> <b>9:30 Manicures with Bev (S)</b><br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/> <b>10:30 The President Series with Olivia (AR)</b><br/> <b>2:00 Bingo (S)</b><br/> <b>2:00 Errands Around Town (WR)</b><br/> <b>3:30 TED Talk: "My Stroke of Insight" (Library/Channel 2)</b><br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> | <p>9:15 Light Lift Exercise (AR)<br/>                 9:30 Morning Circle (ALII)<br/>                 9:30 Manicures with Bev (B Parlor)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 NewsCurrents (AR)<br/> <b>10:00 Grief Share Group (GR)</b><br/> <b>10:30 Morning Walks (ALII/S)</b><br/> <b>10:45 TED Talk Discussion (AR)</b><br/>                 2:00 Close Knits "Sit and Knit" (WR)<br/> <b>3:00 Music with James Curry (AR)</b><br/>                 3:15 Afternoon Refreshments (ALII/HCU)</p> | <p>8:30 -11:30 Exercise Room Office Hours (EX)<br/>                 9:40 Morning Circle (ALII)<br/>                 9:45 Morning Refreshments (ALII/HCU)<br/>                 10:00 Pinochle (ALI/C Wing)<br/>                 10:30 Chaircise with Maggie (ALII)<br/>                 2:00 Bingo (GR)<br/>                 3:30 Afternoon Refreshments (ALII/HCU)</p> |  | <p><b>*Outdoor Time is always available, weather permitting, upon request*</b></p> |
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