

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Vespers- CANCELLED!! (AR)</p> <p><b>1</b></p>	<p>9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 2:00 Jewelry Club (S) 3:00 Jackpot Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:30 Chime Choir (ALI-C Wing)</p> <p><b>2</b></p>	<p>9:15 Coffee and Coloring (S) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) <b>11:00 Reading Group with Terry (Culpeper Room)</b> 2:00 Afternoon Refreshments (S/AL II) <b>2:00 Errands Around Town (WR)</b> <b>3:00 Bingo (S)</b> <b>6:00 Evening Worship with Brother Bill (S)</b></p> <p><b>3</b></p>	<p>Independence Day 9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:15 Pet Visits (AL/HCU) <b>2:00 Bible Study with Hans (S)</b> 2:00 Close Knits "Sit and Knit" (WR) 3:15 Afternoon Refreshments (ALII/HCU)</p> <p><b>4</b></p>	<p>8:30 -11:30 Exercise Room Office Hours (EX) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Pinochle (ALI/C Wing) 10:30 Chaircise with Maggie (ALII) 2:00 Bingo (GR) 3:30 Afternoon Refreshments (ALII/HCU)</p> <p><b>5</b></p>	<p>9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Gardening Time (Solarium Patio) 10:00 Music with Charlie Lopez (S) 3:30 Afternoon Refreshments (ALII/HCU)</p> <p><b>6</b></p>	<p>9:15 Light Lift Exercise (AR) 1:30 Kick Ball (ALII) 2:00 Bingo (ALI-C Wing) 6:30 Weekend Movie Time "Mr. Smith Goes to Washington" (ALII)</p> <p><b>7</b></p>
<p>9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Communion with Culpeper Baptist Church (AR)</p> <p><b>8</b></p>	<p>9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) <b>2:00 Games on the Porch (S)</b> 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:30 Chime Choir (ALI-C Wing)</p> <p><b>9</b></p>	<p>9:00 Zumba Gold with Kelly (AR) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 2:00 Afternoon Refreshments (S/AL II) <b>2:00 Drone Group (Behind Old Corporate Building)</b> <b>2:00 Errands Around Town (WR)</b> <b>3:00 Bingo (S)</b></p> <p><b>10</b></p>	<p>9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) <b>10:30 Town Hall (AR)</b> <b>10:30 Morning Walks (ALII/S)</b> <b>1:30 St. Stephen's Episcopal Communion (WR)</b> 2:00 Close Knits "Sit and Knit" (B Parlor) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Newscurrents (ALII)</p> <p><b>11</b></p>	<p>8:30 -11:30 Exercise Room Office Hours (EX) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Pinochle (ALI/C Wing) 10:30 Chaircise with Maggie (ALII) 2:00 Bingo (ALI/C Wing) 3:30 Afternoon Refreshments (ALII/HCU)</p> <p><b>12</b></p>	<p>9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Gardening Time (Solarium Patio) 10:30 Wii Play! (ALI/C Wing)</p> <p><b>13</b></p>	<p>9:15 Light Lift Exercise (AR) 1:30 Bean Bag Twister (ALII) 2:00 Bingo (ALI-C Wing) 6:30 Weekend Movie Time "Citizen Kane" (ALII)</p> <p><b>14</b></p>
<p>9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Vespers with Hans Murdock from The Culpeper (AR)</p> <p><b>15</b></p>	<p>9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 2:00 Jewelry Club (S) 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)</p> <p><b>16</b></p>	<p>9:00 Zumba Gold with Kelly (PDR) 9:15 Coffee and Coloring (S) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) <b>11:00 Reading Group with Terry (Culpeper Room)</b> 2:00 Afternoon Refreshments (S/AL II) <b>2:00 Errands Around Town (WR)</b> <b>3:00 Bingo (S)</b></p> <p><b>17</b></p>	<p>9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) <b>10:00 Grief Share Group (GR)</b> 10:15 Pet Visits (AL/HCU) <b>12:30 Ladies Luncheon (MDR)</b> <b>1:30 Manicures with Bev (S)</b> <b>2:00 Bible Study with Hans (S)</b> 2:00 Close Knits "Sit and Knit" (WR) <b>2:30 Manicures with Bev (B Parlor)</b> 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Newscurrents (ALII)</p> <p><b>18</b></p>	<p>8:30 -11:30 Exercise Room Office Hours (EX) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Pinochle (ALI/C Wing) <b>10:15 Catholic Mass (AR)</b> 10:30 Chaircise with Maggie (ALII) <b>12:30 Birthday Luncheon (MDR)</b> 2:00 Bingo (GR) 3:30 Afternoon Refreshments (ALII/HCU)</p> <p><b>19</b></p>	<p>9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Gardening Time (Solarium Patio) 10:30 Wii Play! (ALI/C Wing) 10:30 CMR Fair Craft (S) <b>1:30 Messick's Farm Market (WR)</b></p> <p><b>20</b></p>	<p>9:15 Light Lift Exercise (AR) <b>10:30 Nostalgia John Radio Show Entertainment (S)</b> 1:30 Kickball (ALII) 2:00 Bingo (ALI-C Wing) 6:30 Weekend Movie Time "The Help" (ALII)</p> <p><b>21</b></p>
<p>9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Vespers with Mary Miller of The Culpeper (AR)</p> <p><b>22</b></p>	<p>9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) <b>2:30 Vacation Bible School (AR)</b> 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 6:30 Chime Choir (ALI-C Wing)</p> <p><b>23</b></p>	<p>9:00 Zumba Gold with Kelly (AR) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) <b>10:30 Crazy Card Bingo (S)</b> <b>11:00 Reading Group with Terry (Culpeper Room)</b> 2:00 Afternoon Refreshments (S/AL II) <b>2:00 Drone Group (Behind Old Corporate Building)</b> <b>2:00 Errands Around Town (WR)</b> <b>2:30 Vacation Bible School (AR)</b> 6:00 Cedar Run Homesteaders (S) <b>6:00 Cedar Run Homesteaders (S)</b></p> <p><b>24</b></p>	<p>9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) <b>10:00 Grief Share Group (GR)</b> <b>10:30 Morning Walks (ALII/S)</b> <b>1:30 Manicures with Bev (S)</b> <b>2:30 Manicures with Bev (B Parlor)</b> <b>2:30 Vacation Bible School (AR)</b> 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Newscurrents (ALII) <b>4:00 Dinner with Bernie (MDR)</b></p> <p><b>25</b></p>	<p>8:30 -11:30 Exercise Room Office Hours (EX) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Pinochle (ALI/C Wing) 10:30 Chaircise with Maggie (ALII) <b>2:30 Vacation Bible School (AR)</b> 3:30 Afternoon Refreshments (ALII/HCU) <b>7:00 Lion's Club Bingo (MDR)</b></p> <p><b>26</b></p>	<p>9:15 Light Lift Exercise (AR) 9:30 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:00 Gardening Time (Solarium Patio) 10:30 Wii Play! (ALI/C Wing) <b>2:30 Vacation Bible School (AR)</b> 3:30 Afternoon Refreshments (ALII/HCU)</p> <p><b>27</b></p>	<p>1:30 Balloon Volley Ball (ALII) 6:30 Weekend Movie Time "Yankee Doodle Dandy" (ALII)</p> <p><b>28</b></p>
<p>9:00 Sunday School (Assisted Living II) 10:30 Car To Church (ML) 3:30 Vespers with Sandy Martin of Slate Mills Baptist Church (AR) <b>6:30 Fifth Sunday Hymn Sing with Culpeper Methodist Church (AR)</b></p> <p><b>29</b></p>	<p>9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) 10:30 Chaircise with Maggie (ALII) 10:30 Rummy (GR) 3:00 Po-Ke-No (GR) 3:15 Afternoon Refreshments (ALII/HCU) 4:00 Reminiscing (ALII) 6:30 Chime Choir (ALI-C Wing)</p> <p><b>30</b></p>	<p>9:00 Zumba Gold with Kelly (PDR) 9:40 Morning Circle (ALII) 9:45 Morning Refreshments (ALII/HCU) <b>10:30 Sing-A-Long with Brandii (ALII)</b> 2:00 Afternoon Refreshments (S/AL II) <b>2:00 Errands Around Town (WR)</b> <b>3:00 Bingo (S)</b> 6:00 Music with Charlie Lopez (S)</p> <p><b>31</b></p>	<p><b>ROOM KEY</b> 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</p>			<p><b>*Outdoor Time is always available, weather permitting, upon request*</b></p>

# July 2018

## Assisted Living Programming Calendar

