

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call to Sign Up! Blue** Ext. 209 Red** Ext. 250	Labor Day/Employee Holiday: Sept. 1 - No Wellness Nurse, Call 911 in case of Emergency. - The Receptionist is on duty from 8:00 a.m. to 6:00 p.m. - There will be NO Shuttle Service - No Land or Aquatics Fitness Classes - No Activities - No Trash pick up or Housekeeping - The Bistro hours are 11:00 a.m. to 1:30 p.m. (carry-out and dine-in, reservations required ext. 405)	9:15 AM Woodcarvers - AR 11:00 AM Catholic Service - T 11:30 AM Lunch Bunch: Two Compadres Taqueria Bar & Grill (I)** 1:00 PM Social Bridge - GR 1:30 PM Wii Bowling - S 1:30 PM Skin Protection & Wound Prevention Talk, Presented by ReSkin Medical - T 2:00 PM Rummikub - IR 3:00 PM Parkinson's Chair Exercise - MR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	Hair Stylist Amber** 9:30 AM CVS (I) ** 11:00 AM Parkinson's Caregivers Support Group - GR 11:00 AM Food Lion (I)** 1:00 PM Resident Council - R 1:30 PM Billiards with Chase - S 1:30 PM Spades - GR 1:30 PM Food Lion (I)** 1:30 PM Mending Hearts Grief Support - R 1:30 PM History Club Movie: Panama Canal - T 1:30 PM Cool Concessions Ice Cream Truck - Campus 3:00 PM Writers Group - CR 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L 6:30 PM Pokeno - MR	9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 1:00 PM Book Club - IR 1:00 PM Hand & Foot - CR 1:00 PM IT Assistance with Corey - CC 1:00 PM Mah Jongg - GR 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 6:30 PM Bingo with Chase - MR	9:45 AM Banks (I)** 11:00 AM Aldi (I)** 1:00 PM Duplicate Bridge - IR 2:00 PM CVS (I)** - 3:00 PM Michael Clem, Singer - MR 4:00 PM Happy Hour - L 6:30 PM Movie - Jane Austen Wrecked My Life - T	10:00 AM The Geezers - R 10:00 AM Painting Class - AR 11:00 AM IT Help w/ Resident Karen Wells - CC 11:00 AM Yappy Hour - DP 1:30 PM Movie - The War with Grandpa - T 4:00 PM Happy Hour - L
9:30 AM The Brandermill Church (I)** 1:30 PM Movie - The War with Grandpa - T 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR	Hair Stylist Stefanie** 8:30 AM Meditation - S 11:00 AM Men's Club** - T 1:00 PM Duplicate Bridge - IR 1:00 PM Hand & Foot - CR 1:00 PM Scrabble - CR 1:30 PM History Club - R 3:00 PM iPhone Help w/ Resident Betty Mooney - CC 4:00 PM Happy Hour - L 4:30 PM Social Trivia - MR 6:45 PM Non Denominational Christian Book Study - FS	9:00 AM Virginia State Capital & Chamber Tour (III)** 9:15 AM Woodcarvers - Ar 1:00 PM Social Bridge - GR 1:30 PM Movie: Viva Zapata! - T 1:30 PM IT Assistance with Chase – CC 1:00 PM Krafts w/Kathy* - AR 2:00 PM Rummikub - IR 3:00 PM Parkinson's Chair Exercise - MR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	Hair Stylist Amber** - Nail Specialist Marcie** 9:30 AM CVS (I) ** 11:00 AM Movers & Shakers - IR 10 – 2:00 PM AT&T 55+ Program Information - L 11:00 AM Food Lion (I)** 1:30 PM Billiards with Chase - GR 1:30 PM Spades - GR 1:30 PM Food Lion (I)** 1:30 PM Mending Hearts Grief Support - R 1:30 PM History Club Movie: Eyes on the Prize - T 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L	No Aquatics Classes 9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:30 PM Movie - 9/11 Minute by Minute - T 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 6:45 PM Joe Loschiavo, Pianist - MR	No Aquatics Classes 11:00 AM Trader Joe's (I)** 11 - 1:00 PM River City Farmer's Market – West Entrance Portico 1:00 PM Duplicate Bridge - IR 2:00 PM CVS (I)** 2:00 PM Readers Theater - R 4:00 PM Happy Hour - L	10:00 AM The Geezers - R 10:00 AM Painting Class - AR 10:00 AM Giant Crosswords with Myra - L 11:00 AM Yappy Hour - DP 1:30 PM Movie - Under the Tuscan Sun - T 4:00 PM Happy Hour - L
Name Tag Week 9:30 AM The Brandermill Church (I)** 1:30 PM Movie - Under the Tuscan Sun - T 2:00 PM 99 Card Game - FS 2:00 PM Redeemer Lutheran Church Service - MR 2:00 PM Yarn Arts - GR 3:00 PM Hymn Sing-a-long - MR	8:30 AM Meditation - S 11:30 AM Women's Club** - MR 1:00 PM Duplicate Bridge - IR 1:00 PM Hand & Foot - CR 1:00 PM Scrabble - CR 2:30 PM Jewish High Holidays Talk w/ Rabbi Patrick Beaulier - T 4:00 PM Happy Hour - L 4:30 PM Social Trivia - MR 6:45 PM Non Denominational Christian Book Study - FS	Podiatrist 9:15 AM Woodcarvers - AR 9:30 AM CVS (I) ** 11:00 AM Catholic Service - T 11:00 AM Food Lion (I)** 1:30 PM Food Lion (I)** 1:30 PM New Resident Meet & Greet - L 1:30 PM Wii Bowling - S 2:00 PM Rummikub - IR 3:00 PM Parkinson's Chair Exercise - MR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	Hair Stylist Amber** 10 – 2:00 PM Jewelry & Handbag Sale w/ Sarita - L 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Mending Hearts Grief Support - R 1:30 PM Billiards with Chase - S 3:00 PM Chair Yoga - MR 3:00 PM Kanawha Canal Cruise (III)* 4:00 PM Happy Hour - L 6:30 PM Pokeno - MR	9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 11:00 AM Activities Plans - FS 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:00 PM IT Assistance with Corey - CC 1:00 PM Chat w/ Charmaine - MR 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 3:30 PM Resident & Team Member Volleyball - P 4:00 PM Happy Hour - L 6:45 PM Billy Mitchell, Singer - MR	9:45 AM Banks (I)** 11:00 AM Target/Dollar Tree (I)** 1:00 PM Duplicate Bridge - IR 1:30 Talk w/ Acupuncturist Taylor Krafcik - T 2:00 PM CVS (I)** 4:00 PM Happy Hour - L	10:00 AM The Geezers - R 10:00 AM Painting Class - AR 11:00 AM Yappy Hour - DP 1:30 PM Movie - The Devil Wears Prada - T 4:00 PM Happy Hour - L
9:30 AM The Brandermill Church (I)** - 1:30 PM Symphony Sunday Series: The Passion of Carmen (II)** - 1:30 PM Movie - The Devil Wears Prada - T 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR	Audiologist - Hair Stylist Stefanie** 8:30 AM Meditation - S 1:00 PM Duplicate Bridge - IR 1:00 PM Hand & Foot - CR 1:00 PM Scrabble - CR 3:00 PM iPhone Help w/ Resident Betty Mooney - CC 4:00 PM Happy Hour - L 4:30 PM Social Trivia - MR 6:45 PM Non Denominational Christian Book Study - FS	Dermatologist 9:15 AM Woodcarvers - AR 1:00 PM Social Bridge - GR 1:00 PM Virtusense Balance Screening - R 1:30 PM IT Assistance with Chase - CC 2:00 PM Hardywood Park Craft Brewery Tour - West Creek (III)** 2:00 PM Rummikub - IR 2:00 PM Select Rehab Talk - R 3:00 PM Parkinson's Chair Exercise - MR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	Hair Stylist Amber** - Nail Specialist Marcie** 9:30 AM CVS (I) ** 11:00 AM Food Lion (I)** 11:00 AM Movers & Shakers - IR 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Food Lion (I)** 1:30 PM Mending Hearts Grief Support - R 1:30 PM Billiards with Chase - S 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L 4:30 PM Dinner Diners: Sedona Tap House (I)** 6:45 Multi-Author Book Talk w/ Josh Pachter - MR	9:15 AM Woodcarvers - AR 10:30 AM Don Vaught, Financial Advisor - Th 10:30 AM Pottery - AR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:30 PM Movie - The Thursday Murder Club - T 2:00 PM Health Care Community Tours** 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 6:30 PM Bingo with Chase - MR	9:45 AM Banks (I)** 11:00 AM Publix (I)** 1:00 PM Duplicate Bridge - IR 1:30 PM Lettuce Talk - MR 1:30 PM Tea Drinkers - GR 2:00 PM CVS (I)** 4:00 PM Happy Hour - L 4:00 PM Kevin Sings the Classics w/ Kevin Salyer - MR 6:30 PM Movie - The Pianist - T	10:00 AM The Geezers - R 10:00 AM Painting Class - AR 11:00 AM Yappy Hour - DP 1:30 PM Movie - I Am Woman - T 4:00 PM Happy Hour - L
9:30 AM The Brandermill Church (I)** - 1:30 PM Movie - I Am Woman - T 2:00 PM 99 Card Game - FS 2:00 PM Redeemer Lutheran Church Service - MR 2:00 PM Yarn Arts - GR	8:30 AM Meditation - S 9 - 12:00 PM Flu Shot Clinic w/ Buford Road Pharmacy ** - L 1:00 PM Duplicate Bridge - IR 1:00 PM Hand & Foot - CR 1:00 PM Scrabble - CR 2:00 PM Birthday & Anniversary Social - MR 4:00 PM Happy Hour - L 4:30 PM Social Trivia - MR 6:45 PM Non Denominational Christian Book Study - FS	9:15 AM Historic Hollywood Cemetery Hop On/Hop Off Bus Tour (III)** 9:15 AM Woodcarvers - AR 1:00 PM Social Bridge - GR 2:00 PM Rummikub - IR 3:00 PM Parkinson's Chair Exercise - MR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	September Is: Nat'l Guide Dog Month Nat'l Suicide Prevention Month 	Wellness Clinic Hours Monday & Friday 9:00 a.m. - 11:00 a.m. Tuesday, Wednesday & Thursday 1:00 p.m. - 3:00 p.m.	Contact Information: Hair Stylist, Amber 804.759.9207 Hair Stylist, Stefanie 804.873.3369 Hair Stylist, Elaine & Salon Ext. 259 Nail Specialist, Marcie - Sign Up in the CC Audiologist 804.818.0000 Podiatrist & Nurses Ext. 203 Dermatologist 877.345.5300 Massage Therapist, Ryan 804.837.4292 Select Rehab 804.794.4597 Acupuncturist, Taylor 804.215.6465	LOCATION KEY AR - Activity Room AR - Art Room CR - Card Room CR & FS - Card Room and Four Seasons CC - Communication Center DP - Dog Park FS - Four Seasons GR - Game Room IND SA - Independent Living Salon IR - Ivy Room LR - Living Room L - Lounge MR - Meeting Room MR & R - Meeting Room and Reflections R - Reflections S - Shindigz B - The Bistro T - Theater

September 2025 Independent Living