

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 - 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	Wellness Clinic Hours Monday & Friday 9:00 a.m. - 11:00 a.m. Tuesday, Wednesday & Thursday 1:00 p.m. - 3:00 p.m.	Hair Stylist Amber** – Massage Therapist** 1 8:00 - 9:30 AM Continental Breakfast - B 9:30 AM CVS (I)** 11:00 AM Parkinson's Caregivers Support Group - GR 11:00 AM Food Lion (I)** 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Billiards with Chase - S 1:30 PM The Art Factory** - AR 1:30 PM Food Lion (I)** 1:30 PM Mending Hearts Grief Support - R 3:00 PM Writers Group - CR 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L 6:30 PM Pokeno w/ Mo & Vern - MR	2 9:15 AM Woodcarvers - AR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:00 PM Book Club - IR 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 6:30 PM Oktoberfest - MR	3 No Aquatics Classes – Enjoy Free Swim 9:45 AM Banks (I)** 11:00 AM Let's Learn Spanish! Class** - R 11:00 AM Costco (I)** 1:00 PM Kanawha Canal Cruise (III)** 2:00 PM CVS (I)** 4:00 PM Happy Hour - L	4 10:00 AM The Geezers - R 10:00 AM Painting Class - AR 11:00 AM Yappy Hour - DP 11:00 AM IT Help w/ Resident Karen Wells - CC 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Greyhound - T 4:00 PM Happy Hour - L
9:30 AM The Brandermill Church (I)** 1:30 PM Movie: Greyhound - T 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR Call to Sign Up! Blue** Ext. 209 Red** Ext. 250 Green** Com. Cen. Sign Up	5 Hair Stylist Stefanie** Active Living Week Begins 8:30 AM Meditation - S 1:00 PM Dietician Collen LaMere - FS 1:00 PM Duplicate Bridge - IR 1:00 PM Hand & Foot - CR 1:00 PM Scrabble - CR 1:00 PM Resident Council - R 1:30 PM ALW: Wellness Game - MR 4:00 PM Happy Hour - L 4:00 PM ALW: Casino Murder Mystery Cocktail Hour - MR 6:30 PM ALW Movie: Oceans 11 (1960) - T	6 9:15 AM Woodcarvers - AR 10:00 - 12:00 PM ALW: Senior Fitness Testing - IR 11:00 AM Catholic Service - T 11:00 AM ALW: Lunch Bunch: Game Plan Kitchen & Bar (I)** 1:30 PM ALW: "The Int'l History of Televised Game Shows" w/ David Leong & Patti DeBeck - MR 2:00 PM Rummikub - IR 2:45 PM Wii Bowling w/ Chase - S 4:00 PM Happy Hour - L 4:30 PM ALW: Human Slot Machines - R 6:30 PM Euchre - CR 7:00 PM Poker - GR	7 Hair Stylist Amber** – Massage Therapist** Nail Specialist Marcie** 8 9:30 AM CVS (I)** 10:00 - 12:00 PM Salon Showcase Social w/ Mimosas - S 11:00 AM Movers & Shakers - IR 11:00 AM Food Lion (I)** 1:00 - 3:00 PM ALW: BW Carnival ft. Jonathan the Juggler - WE 1:30 PM Spades - GR 1:30 PM Billiards with Chase - S 1:30 PM Food Lion (I)** 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L 6:30 PM ALW: Movie: Grease - T	9 9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:00 PM ALW: Noodle Hockey w/ Chase & Elizabeth - MR 2:00 PM Alzheimer's Caregivers Support Group - FS 2:30 PM ALW: Pool Games - P 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 4:30 PM ALW: Dinner and a Movie - Clue** - MR	10 Fitness Classes Cancelled 9:30 AM Active Living Week Walk - WE 9:45 AM Banks (I)** 10:00 AM Active Living Week Finale - MR 11:00 AM Let's Learn Spanish! Class** - R 11:00 AM Target & Dollar Tree (I)** 1:00 PM Duplicate Bridge - IR 2:00 PM Readers Theater - R 2:00 PM CVS (I)** 4:00 PM Happy Hour - L	11 9:30 AM Parkinson's Moving Day: A Walk for Change (III)** - 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 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Big Stone Gap - T 4:00 PM Happy Hour - L
Food Service Appreciation Week Name Tag Week Begins 9:30 AM The Brandermill Church (I)** 1:30 PM Movie: Big Stone Gap - T 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR 2:00 PM Redeemer Lutheran Church Service - MR 3:00 PM Hymn Sing-a-long - MR	12 Hair Stylist Stefanie** Fitness Classes on Video 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 iPhone Help w/ Betty Mooney - CC 3:00 PM Out of Time Band - MR 4:00 PM Happy Hour - L 6:45 PM Non Denominational Christian Book Study - FS	13 Fitness Classes on Video 8:30 AM James Monroe's Highland Tour (III)** 9:15 AM Woodcarvers - AR 11:00 - 4:00 PM How to Operate your Cell Phone Information Session - R 1:30 PM IT Assistance with Chase - CC 2:00 PM Rummikub - IR 4:00 PM Happy Hour - L 4:00 PM Oktoberfest Happy Hour Accordion Performance w/ Mr. Ols - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	14 Fitness Classes on Video Hair Stylist Amber** – Massage Therapist** 15 9:30 AM CVS (I)** 11:00 AM Food Lion (I)** 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Billiards with Chase - S 1:30 PM Food Lion (I)** 1:30 PM Mending Hearts Grief Support - R 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L 6:45 PM Denise Bennett, Harpist - MR	16 Fitness Classes on Video 9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:00 PM Chat w/ Charmaine - MR 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 3:00 PM Custom Framing Made Simple Talk - T 4:00 PM Happy Hour - L 6:30 PM Bingo w/ Chase - MR	17 9:45 AM Banks (I)** 11:00 AM Let's Learn Spanish! Class** - R 11:00 AM Publix (I)** 1:00 PM Duplicate Bridge - IR 1:30 PM Fall Foliage Pontoon Boat Ride (III)** 1:30 PM Health Living Stroke Prevention Group - R 4:00 PM Happy Hour - L	18 10:00 AM The Geezers - R 10:00 AM Painting Class - AR 11:00 AM Yappy Hour - DP 11:00 AM IT Help w/ Resident Karen Wells - CC 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Carousel - T 4:00 PM Happy Hour - L 6:30 PM Pokeno w/ Mo & Vern - MR
19 9:30 AM The Brandermill Church (I)** 1:30 PM Movie: Carousel - T 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR	20 Fitness Classes in Ivy Room (no Powersize) 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 1:00 - 4:00 PM Fitness Center Orientations** - FC 4:00 PM Happy Hour - L 4:30 PM Social Trivia - MR 6:45 PM Non Denominational Christian Book Study - FS	21 Podiatrist 9:15 AM Woodcarvers - AR 11:00 AM Catholic Service - T 11:00 AM Food Lion (I)** 1:30 PM Food Lion (I)** 1:30 PM Charles Wissinger as Edgar Allan Poe - T 1:30 PM Health Care Community Tours w/ Myki Barnes 2:00 PM Rummikub - IR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	22 Hair Stylist Amber** – Massage Therapist** Nail Specialist Marcie** 23 11:00 AM Movers & Shakers - IR 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Billiards with Chase - S 1:30 PM Fall Foliage Pontoon Boat Ride (III)** 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L 4:30 PM Dinner Diners: Bonefish Grill (I)**	23 9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 10:30 AM Don Vaught, Financial Advisor - T 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:30 PM Mini Series: Live to 100: Secrets of the Blue Zones - T 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 6:45 PM Debra & Patrick Band - MR	24 11:00 AM Let's Learn Spanish! Class** - R 11:00 AM Fresh Market & Michael's (I)** 1:00 PM Duplicate Bridge - IR 1:30 PM Tea Drinkers - GR 1:30 PM Mini Series: Live to 100: Secrets of the Blue Zones - T 2:00 PM CVS (I)** - 4:00 PM Happy Hour - L 4:00 PM R & R Band - L 6:30 PM Movie: The Natural - T	25 10:00 AM The Geezers - R 10:00 AM Painting Class - AR 11:00 AM Yappy Hour - DP 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Hocus Pocus - T 4:00 PM Happy Hour - L
26 9:30 AM The Brandermill Church (I)** 1:30 PM Movie: Hocus Pocus - T 1:30 PM Symphony Sunday Series at the Carpenter Center (II)** 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR 2:00 PM Redeemer Lutheran Church Service - MR	27 Audiologist 8:30 AM Meditation - S 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	28 Dermatologist 9:15 AM Woodcarvers - AR 9:30 AM Historic Fredericksburg Trolley Tour & Lunch at Foode (III)** 1:00 PM Virtusense Balance Screening - R 1:30 PM IT Assistance with Chase - CC 1:30 PM Estate Planning with Jim Cooke Jr. - T 2:00 PM Rummikub - IR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	29 Hair Stylist Amber** – Massage Therapist** No Aquatics Classes – Enjoy Free Swim 11:00 AM Food Lion (I)** 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Billiards with Chase - S 1:30 PM Food Lion (I)** 3:00 PM Chair Yoga - MR 4:00 PM Happy Hour - L	30 No Aquatics Classes – Enjoy Free Swim 9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 1:00 PM Hand & Foot - CR 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 Resident Halloween Costume Party - MR	31 No Aquatics Classes – Enjoy Free Swim 9:45 AM Banks (I)** 11:00 AM Let's Learn Spanish! Class** - R 11:00 AM Trader Joe's (I)** 1:00 PM Duplicate Bridge - IR 1:00 Dog Costume Parade & Show - MR 2:00 PM CVS (I)** 4:00 PM Happy Hour - L 4:00 PM Team Member Costume Parade - L 6:00 - 8:00 PM Community Trick or Treating - MR	OCTOBER IS Nat'l Bullying Prevention Month Filipino-American Heritage Month German-American Heritage Month Nat'l Disability Employment Awareness Month Nat'l Polish-American Heritage Month LGBTQ History Month

OCTOBER 2025

INDEPENDENT LIVING

