


SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY TA - Abbey ActRm - Activity Room ABR - Apple Blossom Rm Bistro - Bistro CantCafe - Canterbury Cafe CH - Chapel C - Commons L - Lobby PDR - Private Dining Rm Tav - Tavern VCMR - Vitality Center Meeting Room 8:50 Church Bus to Sacred Heart (L) 3 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service & Communion (Chapel, TV 970)	12:30 Fiber Folks (C) 4 2:00 Lifelong Learning (TA) 2:00 Open Studio-No Instructor (Art Studio) 6:15 Canasta (C)	10:00 Art Class: Drawing 102 (Studio) 5 11:00 Living Well with Parkinson's (Activities Room) 2:00 Bridge (C) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 6 11:00 Life's Care Partner: A Supportive Hand (Act Rm) 11:00 Living with Cognitive Loss Group (PDR) 11:30 Trip: Aldi's (L) 1:30 Chess (C)	9:30 Noonday Collection Pop-Up Shop (C) 7 10:00 Art Class: Weaving Arts (Studio) 10:00 Clinique Pop-Up Shop! (Outside the Tavern) 10:00 Trip: Apple Blossom Mall (L) 10:30 Episcopal Communion (CH) 11:00 SPCA Kitten Corner (Laurel) 6:45 Shenandoah Summer Play: "Million Dollar Quartet" (L)	11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 1 2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 4:00 Happy Hour (C) 4:00 Trip: Martinsburg Air Guard Concert (L)	7:00 Second Saturday Dance Party (Aerobics Room) 2
8:50 Church Bus to Sacred Heart (L) 10 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 2:00 Mennonite Singers (CH) 4:00 Worship Service (Chapel, TV 970)	10:00 Residents' Association Meeting (Abbey & TV 970) 11 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 2:00 Open Studio-No Instructor (Art Studio) 6:15 Canasta (C) 7:30 Rick Kinsey's Radio Program: Sherlock Holmes plus John Wayne (ABR & TV 970)	10:00 Art Class: Drawing 102 (Studio) 12 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 3:00 Mystique Group (CantCafe) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 13 10:15 Discussing Dementia (Abbey/Channel 970) 11:00 Grief Support Group (PDR) 11:30 Trip: Costco (L) 1:30 Chess (C) 2:30 Beltone Hearing (Clinic) 3:00 Poetry & Prose (VCMR)	10:00 Art Class: Weaving Arts (Studio) 14 10:00 Optical Services (C) 11:00 Lunch Trip: Clyde's (L)	11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 15 2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 7:30 Bistro Concert: Elegant Songs from France & Poland (Bistro)	7:00 Second Saturday Dance Party (Aerobics Room) 9

August 2025

Independent Living

Laura Hager & Valerie Gearhart, Resident Concierge 540-535-1531

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8:50 Church Bus to Sacred Heart (L) 17 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service (Chapel, TV 970)	12:30 Fiber Folks (C) 18 2:00 Lifelong Learning (TA) 2:00 Open Studio-No Instructor (Art Studio) 6:15 Canasta (C)	10:00 Art Class: Drawing 102 (Studio) 19 11:00 Living Well with Parkinson's (Activities Room) 1:00 Low Vision Support Meeting (Activities Room) 2:00 Bridge (C) 2:00 Gentlemen's Group with Jeannie (TA) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 20 10:15 My Life/My Community Lecture Series (Abbey/Channel 970) 10:30 Teacup Floral Arrangement Activity (ActRm) 11:00 Living with Cognitive Loss Group (PDR) 1:30 Chess (C) 2:00 Ladies Group with Jeannie (TA)	9:00 Trip: Shopping at Tyson's Corner (L) 21 10:00 Art Class: Weaving Arts (Studio) 10:30 Episcopal Communion (CH)	10:30 Donut Bingo (TA) 22 2:00 Art Class: Open Studio with Instructor \$ (Art Studio)	23
8:50 Church Bus to Sacred Heart (L) 24 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service (Chapel, TV 970)	12:30 Fiber Folks (C) 25 2:00 Lifelong Learning (TA) 2:00 Open Studio-No Instructor (Art Studio) 6:15 Canasta (C)	10:00 Art Class: Drawing 102 (Studio) 26 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 3:00 Music by Lyle & Rev. Bill (ABR) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 27 10:15 Timely Transitions Lecture Series (Abbey/Channel 970) 11:00 Grief Support Group (PDR) 1:30 Chess (C)	9:00 Trip: DC Monuments Tour & Picnic (L) 28 10:00 Art Class: Weaving Arts (Studio)	2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 29	30
8:50 Church Bus to Sacred Heart (L) 31 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service (Chapel, TV 970)					Pet of the Month "Sweet Pea" Owned by Jim Stamp	

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