


SUN	MON	TUE	WED	THUR	FRI	SAT
	<b>Labor Day</b> 9:00 Pool Class (PL) <b>1</b> 10:00 Open Studio-No Instructor (Art Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	10:00 Art Class: Intro to Acrylic Paintinig (Studio) <b>2</b> 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) <b>3</b> 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)	10:00 Art Class: Collage & Decoupage (Studio) <b>4</b> 10:00 Trip: Apple Blossom Mall (L) 10:30 Episcopal Communion (CH) 11:00 SPCA Kitten Corner (Laurel) 7:30 Thursday Night Resident's Program: Blue & Grey Chorus (TA)	11:00 Resale Shop is Open! (1st FL Shenandoah Hall) <b>5</b> 2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 4:00 Happy Hour (C)	7:30 Kid's Day: Bird Walk (Lawrence Hall Lobby) 10:00 Kid's Day: Catch & Release (Goff Pond) 10:00 Kid's Day: Ceramic Turtle Hunt & Geocache 10am-5pm (Around Campus) 10:00 Kid's Day: Jigsaw Puzzles & Board Games 10am-5pm (ActRm) 11:00 Kid's Day: Frisbee Golf (Crtyd) 12:00 Kid's Day: Lunch (Bistro) 1:00 Kid's Day: Ping Pong (Vitality Center) 1:00 Kid's Day: Putting (Putting Green) 2:00 Kid's Day: Leaf & Tree ID Walk (Entrance of Shen Hall) 2:00 Kid's Day: Pool Games (Pool) 3:00 Kid's Day: Croquet (Croquet Court) 3:00 Kid's Day: Open Swim (Pool) 4:00 Kid's Day: Bird Watching (Bridge - 3rd Floor between Shen & Winc Halls)
8:50 Church Bus to Sacred Heart (L) <b>7</b> 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)	9:00 Pool Class (PL) <b>8</b> 10:00 Residents' Association Meeting (Abbey & TV 970) 10:00 Open Studio-No Instructor (Art Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C) 7:30 Rick Kinsey's Radio Program: 2 SF from X-1 plus John Wayne (ABR & TV 970)	10:00 Art Class: Intro to Acrylic Paintinig (Studio) <b>9</b> 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) <b>10</b> 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: Collage & Decoupage (Studio) <b>11</b> 10:00 Optical Services (C) 10:00 Trip: Blue Goose Fruit Market & Bakery, Hancock, MD (L) 7:30 Thursday Night Resident's Program: "Pentagon Experiences" with Steve Reardon (ABR)	12:00 Trip: Alamo Drafthouse: "Downton Abbey-The Grand Finale" (L) <b>12</b> 1:00 "Wine-Down" Winery Tour & Tasting: North Mountain Vineyard & Winery, Maurertown, VA (L) 2:00 Art Class: Open Studio with Instructor \$ (Art Studio)	10:00 Trip: Historical Society Encampment/ Re-enactment (L) <b>13</b> 7:00 Second Saturday Dance Party (Aerobics Room)

## September 2025

Independent Living

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

SUN	MON	TUE	WED	THUR	FRI	SAT
8:50 Church Bus to Sacred Heart (L) <b>14</b> 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)	9:00 Pool Class (PL) <b>15</b> 10:00 Open Studio-No Instructor (Art Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:00 Board & Resident Social (C) 6:15 Canasta (C)	10:00 Art Class: Intro to Acrylic Paintinig (Studio) <b>16</b> 11:00 Living Well with Parkinson's (Activities Room) 1:00 Low Vision Support Meeting (Activities Room) 2:00 Bridge (C) 3:00 Fall into Beauty with Mary Kay Event (CantCafe) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) <b>17</b> 10:15 My Life/My Community Lecture Series (Abbey/ Channel 970) 11:00 Living with Cognitive Loss Group (PDR) 1:30 Chess (C)	10:00 Art Class: Collage & Decoupage (Studio) <b>18</b> 10:30 Episcopal Communion (CH) 1:00 Trip: History Tour of Front Royal with Bev Simpson (L) 7:30 Thursday Night Resident's Program: "Capital Wing Warbirds" with Peter Ballard (ABR)	11:00 Resale Shop is Open! (1st FL Shenandoah Hall) <b>19</b> 11:30 Pizza Bingo (TA) 7:30 Bistro Concert: KATE MACLEOD (Bistro)	11:00 Renaissance Faire (SVWC Courtyard) <b>20</b>
8:50 Church Bus to Sacred Heart (L) <b>21</b> 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)	9:00 Pool Class (PL) <b>22</b> 9:00 Trip: Five Days to Hilton Head Island, SC (L) 10:00 Open Studio-No Instructor (Art Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	10:00 Art Class: Intro to Acrylic Paintinig (Studio) <b>23</b> 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) <b>24</b> 10:15 Timely Transitions Lecture Series (Abbey/ Channel 970) 11:00 Grief Support Group (PDR) 1:30 Chess (C) 1:30 Regency Ramblers Performance (TA)	10:00 Art Class: Collage & Decoupage (Studio) <b>25</b> 2:00 Resident Town Hall (TA) 7:30 Thursday Night Resident's Program: Piedmont Environmental Council: Project Overview (ABR)	2:00 Art Class: Open Studio with Instructor \$ (Art Studio) <b>26</b>	<b>27</b>
8:50 Church Bus to Sacred Heart (L) <b>28</b> 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)	9:00 Pool Class (PL) <b>29</b> 10:00 Open Studio-No Instructor (Art Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	10:00 Art Class: Intro to Acrylic Paintinig (Studio) <b>30</b> 11:30 FALL FUN DAY! sponsored by First Bank (Courtyard) 2:00 Bridge (C) 3:00 Music by Lyle & Rev. Bill (ABR) 7:00 Bob's Sing Along (Tav)	LOCATION KEY TA - Abbey ActRm - Activity Room ABR - Apple Blossom Rm Bistro - Bistro CantCafe - Canterbury Cafe CH - Chapel C - Commons L - Lobby Crtyd - Main Courtyard PDR - Private Dining Rm Tav - Tavern VCMR - Vitality Center Meeting Room	Pet of the Month "Onyx" Owned by Brian & Gail Selinsky		

## September 2025

Independent Living

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