


SUN	MON	TUE	WED	THUR	FRI	SAT
	Pet of the Month "Happy" Owned by Lynn & Rich Reifsnnyder		9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:30 Sons of the American Revolution Presentation and Reading of Declaration of Independence (ABR) 11:00 Life's Care Partner: A Supportive Hand (Act Rm) 11:00 Living with Cognitive Loss Group (PDR) 12:00 Pet Pals Meeting (4th Floor Winc) 1:30 Artist's Roundtable Meeting (Studio) 1:30 Chess (C) 2:00 Death Cafe (CH) 7:30 250th Anniversary of the US/ Hamilton production (ABR)	1 10:00 Linocut Printing (Studio) 10:00 Trip: Apple Blossom Mall (L) 10:30 Episcopal Communion (CH) 2:00 Clinic Town Hall (TA) 3:00 MOVIE: "Dirty Dancing" (Activities Room) 6:45 Trip: Shenandoah Summer Theater "Guys & Dolls" (L)	2 9:30 Putting (Putting Green) 4:00 Happy Hour (C)	3 Independence Day 1:00 Trip: Aldi's (L) 2:00 Mexican Train (Bistro)
8:50 Church Bus to Sacred Heart (L) 5 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)	10:00 Painter's Open Studio (Studio) 6 12:30 Fiber Folks (C) 2:00 Contemplative Spirituality Part 1 (CH) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	10:00 Needle Felting (Studio) 7 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 8 10:15 Discussing Dementia (Abbey/Channel 970) 11:00 Grief Support Group (PDR) 1:00 Trip: Costco (L) 1:30 Chess (C) 2:30 Beltone Hearing (Clinic) 2:30 Poetry & Prose (VCMR)	10:00 Linocut Printing (Studio) 9 10:00 Optical Services (C) 1:00 Trip: "Revolutionary General Daniel Morgan & His Dutch Mess in Winchester" with Bev Simpson (L)	9:30 Putting (Putting Green) 10 10:00 Mary Kay Pop Up Shop (C) 1:00 "Wine-Down" Winery Tour & Tasting: Boxwood Estate Winery, Middleburg, VA (L) 2:00 General Open Studio (Studio)	1:00 Trip: Trader Joe's & Wegman's (L) 11 2:00 Rummikub (Bistro)
8:50 Church Bus to Sacred Heart (L) 12 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)	10:00 Painter's Open Studio (Studio) 13 10:00 Residents' Association Meeting (Abbey & TV 970) 12:30 Fiber Folks (C) 2:00 Contemplative Spirituality Part 2 (CH) 2:00 Lifelong Learning (TA) 6:15 Canasta (C) 7:30 Rick Kinsey's Radio Program: Les Miserables 2, Duffy's Tavern (ABR & TV 970)	9:00 Trip: Overnight to Mountain Lake Lodge (L) 14 10:00 Needle Felting (Studio) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 15 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 Linocut Printing (Studio) 16 10:30 Episcopal Communion (CH) 11:00 Lunch Trip: Sycamore Restaurant in Martinsburg, WV (L) 3:00 Sacred Group: A Conversation on Race & Faith (ELC) 6:45 Trip: Shenandoah Summer Theater "She Loves Me" (L)	9:30 Putting (Putting Green) 17 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 2:00 General Open Studio (Studio) 7:30 Bistro Concert: Justin Lees Trio (Bistro)	1:00 Trip: Target (L) 18 2:00 Mexican Train (Bistro) 2:00 - 3:30 Lawrence Hall Artists Reception (L)

July 2026

Independent Living

Laura Hager & Marie Ottaviano, Resident Concierge 540-535-1531

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8:50 Church Bus to Sacred Heart (L) 19 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)	10:00 Painter's Open Studio (Studio) 20 12:30 Fiber Folks (C) 2:00 Centering Prayer & Divine Reading (CH) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	10:00 Needle Felting (Studio) 21 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 1:00 Low Vision Support Meeting (Activities Room) 2:00 Bridge (C) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 22 10:15 Timely Transitions Lecture Series (Abbey/Channel 970) 11:00 Grief Support Group (PDR) 1:30 Chess (C)	10:00 Linocut Printing (Studio) 23 11:30 Trip: Totem Pole Playhouse (L)	9:30 Putting (Putting Green) 24 11:30 Pizza Bingo (Activities Room) 2:00 General Open Studio (Studio)	2:00 Rummikub (Bistro) 25
8:50 Church Bus to Sacred Heart (L) 26 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 Art Studio Movie: & Discussion "Frida Kahlo" (ActRm) 4:00 Worship Service (Chapel, TV 970)	10:00 Painter's Open Studio (Studio) 27 12:30 Fiber Folks (C) 2:00 Centering Prayer & Divine Reading (CH) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	9:30 Noonday Collection Pop-Up Shop (C) 28 10:00 Needle Felting (Studio) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 29 1:30 Chess (C)	9:00 Trip: Air & Space Museum, Udvar-Hazy Center, Chantilly, VA (L) 30 10:00 Linocut Printing (Studio) 3:00 Sacred Group: A Conversation on Race & Faith (ELC) 6:45 Trip: Shenandoah Summer Theater "Carol King Beautiful" (L)	9:30 Putting (Putting Green) 31 2:00 General Open Studio (Studio)	LOCATION KEY TA - Abbey ActRm - Activity Room ABR - Apple Blossom Rm Bistro - Bistro CH - Chapel C - Commons L - Lobby PDR - Private Dining Rm VCMR - Vitality Center Meeting Room

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