

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY TA - Abbey ActRm - Activity Room Bistro - Bistro CH - Chapel C - Commons L - Lobby PDR - Private Dining Rm VCMR - Vitality Center Meeting Room						1:00 Trip: Aldi's (L) 2:00 Mexican Train (Bistro)
8:50 Church Bus to Sacred Heart (L) 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) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	10:00 Art: Needle Felting (Studio) 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 2:00 Tech Tuesday (ActRm) 3:00 Godly Play (CH) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 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) 2:00 Rummikub (5th Floor Winc Hall) 3:00 Refreshing Grace with Chaplain Bill (CH)	10:00 Linocut Printing (Studio) 10:00 Trip: Apple Blossom Mall (L) 10:30 Episcopal Communion (CH)	9:30 Putting (Putting Green) 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 2:00 General Open Studio (Studio) 4:00 Happy Hour (C)	11:15 Dance Movement Therapy!! (2nd FL LR Wappa) 2:00 Rummikub (Bistro)
8:50 Church Bus to Sacred Heart (L) 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 Painter's Open Studio (Studio) 10:00 Residents' Association Meeting (Abbey & TV 970) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C) 7:30 Rick Kinsey's Radio Program: Les Miserables 2, Duffy's Tavern (ABR & TV 970)	10:00 Art History: Japanese Origami (Studio) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 4:00 Lectio Divina w/ Chaplain Heidi (Apple Blossom Room) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:15 Discussing Dementia (Abbey/Channel 970) 11:00 Grief Support Group (PDR) 1:00 Trip: Costco (L) 1:30 Chess (C) 2:00 Rummikub (5th Floor Winc Hall) 2:30 Beltone Hearing (Clinic) 2:30 Poetry & Prose (VCMR) 3:00 Refreshing Grace with Chaplain Bill (CH)	10:00 Digital Art 101 (Studio) 10:00 Optical Services (C) 10:00 Trip: Harper's Ferry & Antietam (L)	9:30 Putting (Putting Green) 1:00 "Wine-Down" Winery Tour & Tasting: "Creek's Edge Winery, Lovettsville, VA (L) 2:00 General Open Studio (Studio)	1:00 Pinochle (3rd FL LR Wappa) 1:00 Trip: Target (L) 2:00 Mexican Train (Bistro)

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Independent Living

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

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8:50 Church Bus to Sacred Heart (L) 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) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	10:00 Art History: Japanese Origami (Studio) 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 1:30 Low Vision Support Meeting (Activities Room) 2:00 Bridge (C) 2:00 Gentlemen's Group with Jeannie (TA) 3:00 Godly Play (CH) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:15 My Life/My Community Lecture Series (Abbey/Channel 970) 11:00 Living with Cognitive Loss Group (PDR) 1:30 Chess (C) 2:00 Ladies Group with Jeannie (TA) 2:00 Rummikub (5th Floor Winc Hall) 3:00 Refreshing Grace with Chaplain Bill (CH)	10:00 Digital Art 101 (Studio) 10:30 Episcopal Communion (CH) 2:00 Lunch Trip: Liberty Road Seafood, Frederick, MD (L)	9:30 Plant-Based Diet Social Circle (VCMR) 9:30 Putting (Putting Green) 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 2:00 Bloom Bar! (Activities Room) 2:00 General Open Studio (Studio) 7:30 Bistro Concert: Kate MacLeod & Mind the Gap Quartet (Bistro)	11:15 Dance Movement Therapy!! (2nd FL LR Wappa) 2:00 Rummikub (Bistro)
8:50 Church Bus to Sacred Heart (L) 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) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	10:00 Art History: Japanese Origami (Studio) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 3:00 Mystique Group (VCMR) 4:00 Lectio Divina w/ Chaplain Heidi (Apple Blossom Room) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:15 Timely Transitions Lecture Series (Abbey/Channel 970) 11:00 Grief Support Group (PDR) 1:30 Chess (C) 2:00 Rummikub (5th Floor Winc Hall) 3:00 Fun with Friends with Marie (VCMR) 3:00 Refreshing Grace with Chaplain Bill (CH)	9:00 Trip: Art Trip to DC (L)	9:30 Putting (Putting Green) 10:30 Donut Bingo (ActRm)	
8:50 Church Bus to Sacred Heart (L) 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) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)				Pet of the Month "Lucy" Owned by Tom & Sandy Sperry	

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