

SUN	MON	TUE	WED	THUR	FRI	SAT
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		9:00 Aquacize -Matthew (PL) 1 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) 2 10:30 Resident Portal Training (TA) 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 Chess (C) 2:00 Death Cafe (CH) 2:00 Rummikub (5th Floor Winc Hall) 3:00 Refreshing Grace with Chaplain Bill (CH)	10:00 Trip: Apple Blossom Mall (L) 3 10:30 Episcopal Communion (CH) 3:30 Centering Prayer Group (CH) 7:00 Thursday Night Resident's Program: Winchester Pipes & Drums (Courtyard)	9:30 Putting (Putting Green) 4 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 4:00 Happy Hour (C)	1:00 Trip: Aldi's (L) 5 2:00 Mexican Train (Bistro)
8:50 Church Bus to Sacred Heart (L) 6 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)	Labor Day 12:30 Fiber Folks (C) 7 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	9:00 Aquacize -Matthew (PL) 8 11:00 Weekly Bible Study (CH) 11:30 Trip: Capons Springs Overnight (L) 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) 9 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)	9:30 Trip: Tea Around Town-Pink Bus DC Tour (L) 10 10:00 Optical Services (C) 1:30 Egypt Travel Presentation w/ George Magurn (ABR) 7:00 Thursday Night Resident's Program: 9/11 Experience at the Pentagon by Bill Wortley (ABR)	9:30 Putting (Putting Green) 11 1:00 "Wine-Down" Winery Tour & Tasting: Hillsborough Winery & Brewery (L)	1:00 Trip: Trader Joe's & Wegman's (L) 12 2:00 Lawrence Gallery Art Reception (Lawrence Hall Lobby) 2:00 Rummikub (Bistro)

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Independent Living

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

SUN	MON	TUE	WED	THUR	FRI	SAT
8:50 Church Bus to Sacred Heart (L) 13 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 Residents' Association Meeting (Abbey & TV 970) 14 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 (ABR & TV 970)	9:00 Aquacize -Matthew (PL) 15 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Godly Play (CH) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 16 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 Rummikub (5th Floor Winc Hall) 3:00 Refreshing Grace with Chaplain Bill (CH)	10:00 Trip: Museum of Fine Art - Hagerstown, MD (L) 17 10:30 Episcopal Communion (CH) 2:00 Resident Town Hall (TA) 7:00 Thursday Night Resident's Program: Blue Ridge Wildlife by Linda Burwell (ABR)	9:30 Plant-Based Diet Social Circle (VCMR) 18 9:30 Putting (Putting Green) 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 7:30 Bistro Concert: Eoin Fleming, Classical Pianist (Bistro)	11:00 Canterbury County Faire (Bistro Courtyard) 19 1:00 Pinochle (3rd FL LR Wappa) 1:00 Trip: Target (L) 2:00 Mexican Train (Bistro)
8:50 Church Bus to Sacred Heart (L) 20 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) 21 2:00 Lifelong Learning (TA) 3:00 Board & Resident Social (C) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	9:00 Aquacize -Matthew (PL) 22 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 2:00 VICAP Medicare Open Enrollment Event (TA) 3:00 England & Wales Travel Presentation w/Ray Leonard (ABR) 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) 23 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 Refreshing Grace with Chaplain Bill (CH)	11:00 Lunch Trip: Airport Inn, Hagerstown, MD (L) 24 7:00 Thursday Night Resident's Program: Shenandoah Valley Conservancy by Peter Hujik (ABR)	9:30 Putting (Putting Green) 25 11:30 Pizza Bingo (TA)	2:00 Rummikub (Bistro) 26 5:00 Jazz Night Outside on the Porch (Bistro Balcony)
8:50 Church Bus to Sacred Heart (L) 27 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) 28 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	9:00 Aquacize -Matthew (PL) 29 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Godly Play (CH) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 30 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)	Pet of the Month "Dexter" Owned by Tom & Linda Smith 		

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