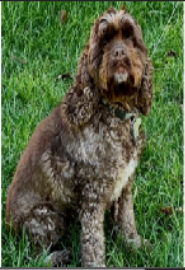


SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY TA - Abbey ActRm - Activity Room ABR - Apple Blossom Rm Bistro - Bistro CantCafe - Canterbury Cafe CH - Chapel C - Commons L - Lobby PDR - Private Dining Rm VCMR - Vitality Center Meeting Room		Pet of the Month "Bea" Owned by Kathy Daylor		10:00 Trip: Apple Blossom Mall (L) 1 11:30 FALL FUN DAY! sponsored by First Bank (Courtyard) 7:00 Thursday Night Resident's Program: (ABR)	9:30 Putting (Putting Green) 2 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 4:00 Happy Hour (C)	1:00 Trip: Aldi's (L) 3 2:00 Mexican Train (Bistro)
8:50 Church Bus to Sacred Heart (L) 4 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service & Communion (Chapel, TV 1970)	12:30 Fiber Folks (C) 5 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	9:00 Early Voting - County Residents (L) 6 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 2:00 Early Voting - City Residents (L) 2:00 Tech Tuesday (ActRm) 3:00 Godly Play (CH) 4:00 Oktoberfest! (Abbey & Commons) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 1970) 7 11:00 Life's Care Partner: A Supportive Hand (Act Rm) 11:00 Living with Cognitive Loss Group (PDR) 12:00 Blessing of Animals (Pet Memorial Garden) 12:00 Pet Pals Meeting (4th Floor Winc) 1:30 Chess (C) 2:00 Death Cafe (CH) 2:00 Greenbrier Trip Meeting (C) 2:00 Rummikub (5th Floor Winc Hall) 3:00 Refreshing Grace with Chaplain Bill (CH)	9:00 Trip: African American Museum (L) 8 10:00 Optical Services (C) 10:30 Episcopal Communion (CH) 7:00 Thursday Night Resident's Program: Music Therapy Intern Isabel Fisher (ABR)	9:30 Putting (Putting Green) 9 1:00 "Wine-Down" Winery Tour & Tasting: Breau Vineyards, Purcellville (L)	2:00 Rummikub (Bistro) 10
8:50 Church Bus to Sacred Heart (L) 11 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 1970)	Indigenous Peoples' Day 12 10:00 Residents' Association Meeting (Abbey & TV 1970) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	9:00 Early Voting - County Residents (L) 13 10:30 Trip: Overnight to Greenbrier Resort (L) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 2:00 Early Voting - City Residents (L) 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- 1970) 14 10:15 Neuro Chats (Abbey/Channel 1970) 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)	9:00 IL Flu Vaccine Clinic (Activities Room) 15 11:00 Lunch: Magnolia's at the Mill, Purcellville, VA (L) 7:00 Thursday Night Resident's Program: Courthouse Civil War Museum with Mikeael Gionfriddo (ABR)	9:30 Plant-Based Diet Social Circle (VCMR) 16 9:30 Putting (Putting Green) 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 1:00 "Brew-Thru" Brewery Tour: Lost Barrel Brewing, Middleburg (L) 1:00 Brew Thru Brewery Tour: Lost Barrel Brewing, Middleburg (L) 1:00 J Jill Pop Up Shop (C) 7:30 Bistro Concert: Robbie Limon (Bistro)	1:00 Pinochle (3rd FL LR Wappa) 17 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

SUN	MON	TUE	WED	THUR	FRI	SAT
8:50 Church Bus to Sacred Heart (L) 18 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service (Chapel, TV 1970)	12:30 Fiber Folks (C) 19 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	9:00 Early Voting - County Residents (L) 20 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) 2:00 Early Voting - City Residents (L) 3:00 Godly Play (CH) 7:00 Bob's Sing Along (ActRm)	9:30 COFFEE WITH ADMIN (Abbey & TV- 1970) 21 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 Mystique Group (CantCafe) 3:15 Refreshing Grace with Chaplain Bill (CH)	10:30 Episcopal Communion (CH) 22 11:30 Trip: Potomac Eagle Train Ride (L) 7:00 Thursday Night Resident's Program: Apple Valley Flute Choir presented by Charlene Romano (ABR)	3:30 Donut Bingo (Bistro) 23	10:30 Author John Wasowicz Presentation (Activities Room) 24 2:00 Rummikub (Bistro)
8:50 Church Bus to Sacred Heart (L) 25 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 1:45 World of Piano Concerts (L) 4:00 Worship Service (Chapel, TV 1970)	12:30 Fiber Folks (C) 26 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	9:00 Early Voting - County Residents (L) 27 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 2:00 Early Voting - City Residents (L) 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- 1970) 28 10:15 Timely Transitions Lecture Series (Abbey/Channel 970) 11:00 Grief Support Group (PDR) 1:00 Nashville Trip Meeting (C) 1:30 Chess (C) 2:00 Rummikub (5th Floor Winc Hall) 3:00 Fun with Friends with Marie (CantCafe) 3:00 Refreshing Grace with Chaplain Bill (CH)	9:00 Trip: Marine Corps Museum, Triangle, VA (L) 29 2:00 Through the Ages Fashion Show (TA) 7:00 Thursday Night Resident's Program: Blandy Farm/State Arboretum: Fall with AnnMarie (ABR)	9:30 Putting (Putting Green) 30 3:00 All Saint's Day Service (CH)	Halloween 31

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