

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Common Grounds - ☕ 1 The Grille 11:00 Snack & Chat - GR 7:00 BINGO w/ Sedley Women's Club - GR	9:30 Rhythm & Motion 🎵 2 w/ Claire - GR 11:00 America250 History Hour: Jamestown & Early Virginia - AR 12:00 Lunch Bunch - BP&G *\$	9:30 Strength & Stretch 🚗 3 w/ Sarah - GR 10:30 Chair Yoga w/ Jane Fries - GR 2:00 Liberty & Legacy: Introducing Historic Triangle Travels - LR 4:30 Happy Hour - BP&G \$	9:30 Village "Sole"mates: 🌿 4 Walk & Seek - LR 11:00 Primetime Singers - GR 2:00 The Village Book Society - RD	9:30 Exercise with Maggie - Wellness Center 5 9:30-11:00 National Donut Day - IL Bar 🍩 2:00 The Village Scoop - LR 🍦 3:00 BookMobile - Parlor 4:30 Happy Hour - BP&G \$	11:00 BINGO - AR 6
11:00 Worship Service Virtual - AL Act. 7	9:00 Wellness Welcome w/ Sarah Phillips - WC 8 9:30 Common Grounds - ☕ The Grille	8:30 Resident Breakfast - BP&G 9 9:45 A Trip to the Bronco Club (Picnic & Fishing) * 11:00 Courtland Hearing - LB	9:00 Wellness Welcome w/ Sarah Phillips - WC 10 9:30 Strength & Stretch 🚗 w/ Sarah - WC 2:00 National Iced Tea Day (Social) - IL Bar 3:00 BINGO - GR 4:30 Happy Hour - BP&G \$ 🍹	9:30 Village "Sole"mates: 🌿 11 Walk & Seek - LR 2:00 The Sojourners - LR	9:30 Feel Good Friday - RD 🎵 12 4:30 Happy Hour - BP&G \$ 7:00 An Evening with the King - GR	11:00 BINGO - AR 13
11:00 Worship Service Virtual - AL Act. 14	9:30 Common Grounds - ☕ 15 The Grille 11:00 Snack & Chat - GR 2:00-4:00 Monday Movie Matinee "A Man Called Otto" - GR	9:00 Historic Triangle Travels: Jamestown *\$ 16 9:30 Rhythm & Motion 🎵 w/ Claire - GR 10:30 Chair Yoga w/ Jane Fries - GR 11:30 Lunch Bunch - BP&G *\$	8:30 Gentlemen's Breakfast - BP&G 17 9:30 Strength & Stretch 🚗 w/ Sarah - GR 4:30 Happy Hour - BP&G \$	9:30 Village "Sole"mates: 🌿 18 Walk & Seek - LR 4:30 Third Thursday in BP&G * (Wine & Cheese Social) <i>(NEW & Improved First Friday *Guests welcome - \$20/ea & can be applied to residents meal plan)</i>	9:30 Exercise with Maggie - Wellness Center 19 11:00 Musical Wellness - AR 12:00 Celebrating Gentlemen of The Village: Seersucker & Sweet Tea * - DR 4:30 Happy Hour - BP&G \$	11:00 BINGO - AR 20
11:00 Worship Service Virtual - AL Act. 21	9:30 Common Grounds - ☕ 22 The Grille 11:00 Squeeze Away ALZ: The Longest Day Lemonade Stand - IL Bar * 🍹 2:00 Cooking w/ Jenn - RD	9:30 Rhythm & Motion 🎵 23 w/ Claire - GR 11:00 America250 History Hour: The Historic Triangle - AR 12:00 Appreciating Our Heroes Luncheon - DR *	9:00 Wellness Welcome w/ Sarah Phillips - WC 24 9:30 Strength & Stretch 🚗 w/ Sarah - WC 11:00 Piano & Song w/ The Poplins - LR 12:00 Birthday/Anniversary Luncheon - BP&G * 4:30 Happy Hour - BP&G \$	9:30 Village "Sole"mates: 🌿 25 Walk & Seek - LR 10:15 Norfolk Tides Game *\$ 10:30 Chair Yoga w/ Jane Fries - GR 2:00 Introducing HEARTS w/ Roze Worrell - GR	9:30 Feel Good Friday - RD 🎵 26 10:45 Lunch at Redd's *\$ 4:30 Happy Hour - BP&G \$	11:00 BINGO - AR 27
11:00 Worship Service Virtual - AL Act. 28	9:15-2:00 A Trip to E. City (Hobby Lobby & Lunch) 29 9:30 Common Grounds - ☕ The Grille 11:00 Snack & Chat - GR	9:30 Rhythm & Motion 🎵 30 w/ Claire - GR 11:00 America250 History Hour: Road to Revolution - AR 12:00 Lunch Bunch - BP&G *\$ 2:00 Cooking w/ Fran - RD	<h1>JUNE 2026</h1> <h2>Apartments & Cottages</h2> <h3>LIFE ENRICHMENT CALENDAR</h3>			

BOLD = SPECIAL DATES/TIMES TO REMEMBER

ABBREVIATION KEY: RD = RESIDENT DEN GR = GREAT ROOM DR = DINING ROOM LR = LIVING ROOM BP&G = BACK PORCH & GRILLE WC = WELLNESS CENTER * = CALL FRONT DESK TO SIGNUP \$ = Additional Fee Applies

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONDAY - FRIDAY 10:15-11:00 Exercise, Devotions, Daily News - AR (*c/r/s/p) BORED BOARD Always Available in AR	11:00-12:00 BINGO - AR (*c) 1 2:00-3:00 Nature Drive - Hydrangeas & Day Lilies (*o/n) 7:00-8:00 BINGO w/ Sedley Women's Club - GR (*c/r)	11:00-12:00 America250 History Hour: Jamestown & Early Virginia - AR (*c/r) 2 2:00-3:00 BINGO - AR (*c)	11:00-12:00 BINGO - AR (*c) 3 1:00-2:00 Ladies Discussion Group w/ Holly - AR (*c/r/s) 2:00-2:45 Liberty & Legacy: Introducing Historic Triangle Travels - LR (*c/r)	11:00-12:00 Primetime Singers 4 - LR (*c/r/s) 2:00-3:00 Letters of Legacy - AR (*c/r/pw)	9:30-11:00 National Donut Day - IL Bar (*s) 5 11:00-11:45 Sweet Tooth Trivia - AR (*c/r) 🍦 2:00-3:00 The Village Scoop - LR (*c/r/s) 3:00-4:00 BookMobile - Parlor (*c/r)	10:00-10:30 Exercise & Devotions (Resident Led) (*c/s/r/p) 6 11:00 BINGO - AR (*c) 3:00 Afternoon Puzzles - AR (*c/r/s/pw)
	11:00-12:00 Worship Service Activity Room (c/r) 7 2:00-4:00 Afternoon Movie (c/s) 4:00-5:00 Parlor Birdwatching (*c/r/s/o/n)	11:00-12:00 BINGO - AR (*c) 8 2:00-3:00 Country Ride - Farm Roads & Blue Skies (*o/n)	9:45 A Trip to the Bronco Club (Picnic & Fishing) (*c/r/o/n) * 9 1:30-3:00 Let's Play Dominos - AR (*c/r)	11:00-12:00 BINGO - AR (*c) 10 2:00-3:00 National Iced Tea Day (Social) - IL Bar (*c/r/s) 3:00-4:00 BINGO - GR (*c)	10:30-11:45 Front Porch Sittin' w/ Diann(Coffee & Convo) - Porch (*c/r/s/o) 11 2:00-3:00 The Sojourners - LR (*c/r/s)	11:00-12:00 BINGO - AR (*c) 12 2:00-3:00 Country Ride - Southampton Summer Views (*o/n) 7:00-7:45 An Evening w/ The King - GR (*c/r/s)
11:00-12:00 Worship Service Activity Room (c/r) 14 2:00-4:00 Afternoon Movie (c/s) 4:00-5:00 Parlor Birdwatching (*c/r/s/o/n)	11:00-12:00 BINGO - AR (*c) 15 2:00-4:00 Monday Movie Matinee "A Man Called Otto" - GR (*c/r)	9:00-3:00 Historic Triangle Travels: Jamestown *\$ (*c/r) 16 11:00-12:00 BINGO - AR (*c) 1:30-3:00 Let's Play Dominos - AR (*c/r)	8:30-9:30 Gentlemen's Breakfast - BP&G 17 10:30-12:00 The Longest Day Art Project: Textured Canvas (*c/r/s/pw) 2:00-3:00 BINGO - AR (*c)	11:00-12:00 June Jeopardy - AR (*c/r/s) 18 2:00-3:30 Art at Rawls Museum (Depart at 1:30) (*c/r/pw)	11:00-12:00 Musical Wellness 19 - AR (*c/r/s/p) 12:00 Celebrating Gentlemen of The Village: Seersucker & Sweet Tea - DR * 2:00-3:30 The Longest Day Art Project: Purple Paint Finish (*c/r/s/pw)	10:00-10:30 Exercise & Devotions (Resident Led) (*c/s/r/p) 20 11:00 BINGO - AR (*c) 3:00 Afternoon Puzzles - AR (*c/r/s/pw)
11:00-12:00 Worship Service Activity Room (c/r) 21 2:00-4:00 Afternoon Movie (c/s) 4:00-5:00 Parlor Birdwatching (*c/r/s/o/n)	11:00-12:00 BINGO - AR (*c) 22 11:00-3:00 Squeeze Away ALZ: The Longest Day Lemonade Stand - IL Bar *\$ (*c/r/s) 2:00-2:45 Cooking w/ Jenn - RD (*c/r/s)	11:00-12:00 America250 History Hour: The Historic Triangle - AR (*c/r) 23 12:00-1:00 Appreciating Our Heroes Luncheon - DR * (*c/r/s) 1:30-3:00 Let's Play Dominos - AR (*c/r)	11:00-12:00 Piano & Song w/ The Poplins (*c/r/s) 24 12:00-1:00 Birthday/Anniversary Celebration - DR 2:00-3:00 BINGO - AR (*c)	11:00-12:00 Songs of Summer 25 - AR (*c/r/s) 2:00-3:30 Introducing HEARTS w/ Roze Worrell - GR (*c/r)	11:00-12:00 BINGO - AR (*c) 26 2:00-3:00 Country Ride - Scoops on the Road (*c/r/s/o)	10:00-10:30 Exercise & Devotions (Resident Led) (*c/s/r/p) 27 11:00 BINGO - AR (*c) 3:00 Afternoon Puzzles - AR (*c/r/s/pw)
11:00-12:00 Worship Service Activity Room (c/r) 28 2:00-4:00 Afternoon Movie (c/s) 4:00-5:00 Parlor Birdwatching (*c/r/s/o/n)	9:15-2:00 A Trip to E. City (Hobby Lobby & Lunch) (*c/r/o) *\$ 29 11:00-12:00 BINGO - AR (*c) 1:30-3:00 Let's Play Dominos - AR (*c/r)	11:00-12:00 America250 History Hour: Road to Revolution - AR (*c/r) 30 2:00-2:45 Cooking w/ Fran - RD (*c/r/s)	<h1>JUNE 2026</h1> <p>The Manor - Assisted Living</p> <h2>LIFE ENRICHMENT CALENDAR</h2>			

Activities are subject to change due to circumstances beyond our control. Category Key: p=Physical; *=Social; c=Cognitive, Creative, Intellectual; pw= ProductiveWork ;s= Sensory; r=Reflective/Contemplative; o=Outdoor World; n=Nature/Natural