

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Fun & Fitness, GP 10:00 Brain Gym, GP 10:30 U.S/World Trivia, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Boggle, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP
2 9:30 AM Excercise, GP 10:00 Catholic Mass(virtual), GP † 10:30 Sunday Service by Chaplain Trish, FR † 11:00 Hymn Singing, GP 🎵 1:00 Bridge Club, CR 1:30 Bingo, GP 3:00 Random Trivia, GP ☀️ 4:00 Travelogue, GP 5:30 Evening Movie, GP	3 9:30 Penny's News & Current Affairs, GP 10:00 Chair Exercise, GP 10:30 Words in a Word, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:00 Rosary w/Bella, CR 1:30 Bingo w/prizes, GP 2:00 🚗 Scenic Ride, MIL 3:00 Finish the Phrase, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	4 9:30 Morning Stretches, GP 10:00 Poetry by Harriet, GP 10:30 Words in a Word, GP 11:00 Music Videos Request (YT), GP 1:00 Menu Planning Meeting (Dietary department), FR 1:00 Bridge Club, CR 1:30 Bingo w/prizes, GP 2:00 🚗 Scenic Ride, MIL 3:00 Chair Volleyball, GP 4:00 Travelogue (YT), GP 5:30 Evening Movie, GP	5 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 Bible Verses & Hymn Song w/ Chaplain Trish, GP 10:45 🚗 Lunch Bunch Outing: Ozzie's Good Eats (SIA), MIL 11:00 Sing A Long, GP 🎵 1:30 Bingo w/prizes, GP 2:30 Ice Cream Social, Bistro 3:30 Handbell Choir, GP 🎵 4:00 Travelogue, GP 5:30 Movie Night, GP	6 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 11:00 Music Request (YT), GP 1:00 Bridge Club, CR 1:30 Bingo w/prizes, GP 2:00 🚗 Scenic Ride (SIA), MIL 3:00 Chair Soccer, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	7 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 Teen Tech Connect w/Dev & students from Broad Run H.S of Loudon., GP 11:00 Sing A Long, GP 🎵 1:00 Game Shows, GP 1:30 Bingo w/prizes! GP 2:45 Happy Hour, Bistro 3:00 Faces & Places, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	8 9:30 Fun & Fitness, GP 10:00 Brain Gym, GP 10:30 U.S/World Trivia, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:30 Dr. Chung Music Studio Piano Recital, FR 🎵 2:30 Bingo, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP
9 9:30 Warming Up & Stretches, GP 10:00 Brain Gym, GP 10:30 Nondenominational Sunday Service(virtual), FR † 10:30 Catholic Mass(virtual), GP † 11:00 Hymn Singing, GP 🎵 1:00 Bridge Club, CR 1:30 Bingo, GP 3:00 Random Trivia, GP ☀️ 4:00 Travelogue, GP 5:30 Evening Movie, GP	10 9:00 Penny's News & Current Affairs, GP 9:30 Chair Exercise, GP 10:00 Basic Talk about Healthcare by Alfonso, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:00 Rosary w/Bella, CR 1:30 Bingo w/prizes, GP 2:00 🚗 Scenic Ride, MIL 3:00 Finish the Phrase, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	11 9:30 Morning Stretches, GP 10:00 Words in a Word, GP 10:30 Riddles, GP 11:00 Music Videos Request (YT), GP 1:00 Bridge Club, CR 1:30 Bingo w/prizes, GP 2:00 Shopping Day: Walmart (SIA), MIL 🚗 3:00 ART Therapy Class w/Fidel, GP 4:00 Travelogue (YT), GP 5:30 Evening Movie, GP	12 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 Bible Verses & Hymn Song w/ Chaplain Trish, GP 10:45 🚗 Picnic Lunch Outing (SIA), MIL 11:00 Sing A Long, GP 🎵 1:30 Bingo w/prizes, GP 2:30 Ice Cream Social, Bistro 3:00 Chair Exercise, GP 3:30 Handbell Choir, GP 🎵 4:00 Travelogue, GP 5:30 Movie Night, GP	13 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 Piano performance by Samuel Chow, FR 🎵 11:00 Music Request (YT), GP 1:00 Bridge Club, CR 1:30 Bingo w/prizes, GP 2:00 🚗 Scenic Ride (SIA), MIL 3:00 Chair Soccer, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	14 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 3 Word Game, GP 11:00 Sing A Long, GP 🎵 1:00 Game Shows, GP 1:30 Bingo w/prizes! GP 2:45 Friday Social, GP 3:00 Medicine Wind Duo Music Performance, FR 🎵 4:00 Travelogue, GP 5:30 Evening Movie, GP	15 9:30 Fun & Fitness, GP 10:00 Brain Gym, GP 10:30 U.S/World Trivia, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Boggle, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 9:30 Morning Stretches, GP 10:00 Ecumenical Services for Communion by Rev. Trenda Jacocks, FR † 10:15 🚌 St. Leo the Great Catholic Church Mass, MIL 10:30 Catholic Mass(virtual), GP † 11:00 Hymn Singing, GP 🎵 1:00 Bridge Club, CR 1:30 Bingo, GP 3:00 Random Trivia, GP ☀️ 4:00 Travelogue, GP 5:30 Evening Movie, GP	17 9:30 Chair Exercise, GP 10:00 Random Trivia, GP 10:30 Catholic Mass by St. Leo the Great Catholic Church, FR 11:00 Piano conversation w/Ms. Joan Miller, FR 🎵 1:00 Rosary w/Bella, CR 1:30 Bingo w/prizes, GP 2:00 🚌 Scenic Ride, MIL 2:00 Shalom Music Performance, FR 🎵 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	18 9:30 Morning Stretches, GP 10:00 Poetry by Harriet, GP 10:30 Words in a Word, GP 11:00 Music Videos Request (YT), GP 1:00 Bridge Club, CR 1:30 Bingo w/prizes, GP 2:00 Shopping Day: Wegmans (SIA), MIL 🚌 2:45 Ladies Soiree (Tea Party), Bistro 3:00 Chair Volleyball, GP 4:00 Travelogue (YT), GP 5:30 Evening Movie, GP	19 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:00 Lunch Cruise in Washington DC (Odyssey) (SIA), MIL 10:30 Bible Verses & Hymn Song w/ Chaplain Trish, GP 11:00 Sing A Long, GP 🎵 1:30 Bingo w/prizes, GP 2:30 Ice Cream Social, Bistro 3:00 Chair Exercise, GP 3:30 Handbell Choir, GP 🎵 4:00 Travelogue, GP 5:30 Movie Night, GP	20 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 “Hula” Hawaiian Dance Group, FR 1:00 Bridge Club, CR 1:30 Bingo w/prizes, GP 2:00 🚌 Scenic Ride (SIA), MIL 3:00 Technology: AI and DeepFake w/Mitha Katrapati (GMU student), GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	21 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 3 Word Game, GP 11:00 Sing A Long, GP 🎵 1:00 Game Shows, GP 1:30 Bingo w/prizes! GP 2:45 Senior Citizen Social, Bistro 3:00 Faces & Places, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	22 9:30 Fun & Fitness, GP 10:00 Brain Gym, GP 10:30 U.S/World Trivia, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Boggle, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP
23 9:30 Warming Up & Stretches, GP 10:00 “MindMoments” Brain exercises by Hasene, GP 10:00 Nondenominational Sunday Service(virtual), FR † 10:30 Catholic Mass(virtual), FR † 11:00 Hymn Singing, FR 🎵 1:00 Bridge Club, CR 1:30 Bingo, GP 3:00 Random Trivia, GP ☀️ 4:00 Travelogue, GP 5:30 Evening Movie, GP	24 9:30 Penny’s News & Current Affairs, GP 10:00 Chair Exercise, GP 10:30 Words in a Word, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:00 Bingo w/prizes, GP 2:00 🚌 Scenic Ride, MIL 2:30 Charlie Brown & The Tumbleweeds Music Performance, FR 🎵 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	25 9:30 Morning Stretches, GP 10:00 Words in a Word, GP 10:30 Resident Council Meeting, GP 11:00 Music Videos Request (YT), GP 1:00 Bridge Club, CR 2:00 Beach Blanket BINGO w/prizes!, Dining Room (1st) 2:00 🚌 Scenic Ride, MIL 3:00 Chair Volleyball, GP 4:00 Travelogue (YT), GP 5:30 Evening Movie, GP	26 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 Bible Verses & Hymn Song w/ Chaplain Trish, GP 10:30 🚌 Picnic Lunch Outing (SIA), MIL 11:00 Sing A Long, GP 🎵 1:30 Bingo w/prizes, GP 2:30 Ice Cream Social, Bistro 3:00 Chair Exercise, GP 3:30 Handbell Choir, GP 🎵 4:00 Travelogue, GP 5:30 Movie Night, GP	27 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 11:00 Music Request (YT), GP 1:00 Bridge Club, CR 1:30 LIVE! Music by Jubilee Christian Center, FR 2:00 🚌 Scenic Ride (SIA), MIL 3:00 Bingo w/prizes GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	28 9:30 Chair Exercise, GP 10:00 Words in a Word, GP 10:30 3 Word Game, GP 11:00 Sing A Long, GP 🎵 11:45 Men’s Luncheon, Bistro 1:00 Game Shows, GP 1:30 Bingo w/prizes! GP 2:45 Monthly Birthday Social, GP 3:00 Faces & Places, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	29 9:30 Fun & Fitness, GP 10:00 Brain Gym, GP 10:30 U.S/World Trivia, GP 11:00 Piano Conversation w/Joanne Miller, FR 🎵 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Boggle, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP
30 9:30 Warming Up & Stretches, GP 10:00 Brain Gym, GP 10:30 Nondenominational Sunday Service(virtual), FR † 10:30 Catholic Mass(virtual), GP † 11:00 Hymn Singing, GP 🎵 1:00 Bridge Club, CR 1:30 Bingo, GP 3:00 Random Trivia, GP ☀️ 4:00 Travelogue, GP 5:30 Evening Movie, GP	31 9:30 Penny’s News & Current Affairs, GP 10:00 Chair Exercise, GP 10:30 Words in a Word, GP 11:00 Piano Conversation w/Joanne Miller, FR 1:00 Rosary w/Bella, CR 1:30 Bingo w/prizes, GP 2:00 🚌 Scenic Ride, MIL 3:00 Finish the Phrase, GP 3:30 Chair Exercise, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	Calendar Icons 🚌 Outing 🎵 Musical Program † Spiritual Program ☀️ Outdoor Activity *If you wish to attend a bus ride or outing, please see an activity team member. Some events have limited seating. (if the weather permits)	Location Key AF - All Floors CR - Card Room FP - Front Porch FR - Family Room GP - Gathering Place GB - Greenbriar MIL –Meet in Lobby OP - Outside Patio PDR - Private Dining Room GZ- Gazebo Bistro – Bistro SIA- Sign in Advance YT- You Tube	Any additions or changes to the calendar will be posted on the daily schedule. Each activity runs for a minimum of 30 minutes. 🚌 *Catholic Mass on Sundays in St. Leo the Great Catholic Church. Bus leaves at 10:15 am (weather permitting)		