

Independent Living August 2024



21 Woodlee Road
Staunton, Virginia 24401
(540) 885-1122

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Location Key OL - Overlook Lib - Library DR - Dining Room LR - Living Room FR - Fitness Room CR - Card Room						
Devotions are available at the Front Desk 4 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "The Blind Side," Living Room (Netflix)	9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 5 10:30am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-Crafting with Christine, OL 7pm- Watch "Nyad," Living Room (Netflix)	10am-Exercise in the Overlook 11am-Walk and Roll, meet in the Lobby 6 1:30pm-An Activities Meeting: ALL are invited, LR 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise (OL) 10am-Women's Bible Study in the Library 7 11am-Walk and Roll, Lobby 2pm-Communion, Overlook 2:45pm-Wine and Beverage Service, OL 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-"Holiday in the Wild," Living Room (Netflix)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 1 11:45am-A Little Bit of Lunch Music at the Staunton Library 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 7pm-Music with Marc Baskind, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 2 10:30am-Walk and Roll, meet in the Lobby 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword at the Front Desk 3 1pm to 4pm-Mah Jongg, Library 2pm-Lemonade, Living Room 3:30pm-Watch "Dumplin" in the Living Room (Netflix)
Devotions are available at the Front Desk 11 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 2:30pm-Cabaret at ShenanArts (Those who signed up for tickets.) 7pm-Watch "The Long Game," Living Room (Netflix)	9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 12 10:30am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-Crafting with Christine, OL 7pm- Watch "True Spirit," Living Room (Netflix)	10am-Exercise Class in the Overlook 13 11am-Walk and Roll, meet in the Lobby 1:30pm-A Book Club Organizational Meeting, LR 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise (OL) 10am-Women's Bible Study in the Library 14 11am-Walk and Roll, Lobby 2:45pm-Wine and Beverage Service, OL 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-Watch "The Wedding Planner," Living Room (Netflix)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Trip to Waynesboro Town Center for Shopping Birthday Dinner 2:45pm-Manicures and Mimosas, OL 7pm-Music with Jim Harrington, TJ Crow and Richard Adams, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 16 10:30am-Walk and Roll, meet in the Lobby 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword at the Front Desk 17 1pm to 4pm-Mah Jongg, Library 2pm-Lemonade in the Living Room 3:30pm-Watch "No Pressure" in the Living Room (Netflix)
Devotions are available at the Front Desk 18 10:15am-Fellowship Hymns in the Overlook 10:30am-Church Services, OL 1:30pm-A Scenic Ride with Brian 3pm-Word Games, Overlook 7pm-Watch "Wonder," Living Room (Netflix)	9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 19 10:30am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3pm-August Birthday Guess Who with Hannah, Overlook 7pm-Watch "Forgotten Love," Living Room (Netflix)	10am-Exercise Class, Overlook 11am-Walk and Roll, meet in the lobby 20 1:30pm-A Presentation about Woodrow Wilson's Two Wives with the Woodrow Wilson Presidential Library, Overlook 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise (OL) 10am-Women's Bible Study in the Library 21 11am-Walk and Roll, Lobby 2pm-A Prayer Meeting with Bonita and Cynthia, Overlook 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-Watch "The River Wild," OL (Netflix)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 22 11am-Lunch at Red Lobster 1:30pm-Trivia in the Overlook 2:45pm-A Trip to Smiley's! 2:45pm-Manicures & Mimosas, OL 7pm-Music with Tapestry, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 10:30am-Walk and Roll, meet in the Lobby 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword at the Front Desk 24 1pm to 4pm-Mah Jongg, Library 2pm-Lemonade in the Living Room 3:30pm-Watch "Wild Babies," in the Living Room (Netflix)
Devotions are available at the Front Desk 25 10:15am-Fellowship Hymns in the Overlook 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Race," Living Room (Netflix)	9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 26 10:30am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-Bird Watching with Janice, OL 7pm- Watch "A Family Affair," Living Room (Netflix)	10am-Exercise Class, Overlook 27 11am-Walk and Roll, meet in the lobby 1:30pm-Name That Tune 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise: Hula Edition, OL 10am-Women's Bible Study, Lib 28 11am-Walk and Roll, Lobby A Luau Lunch Buffet 1:30pm-The Resident Dining Forum, OL 3:20pm-Music with Chris Wray and Richard Adams in the Overlook 7pm-Watch "Finding Ohana" in the Living Room (Netflix)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 29 11am-A Picnic at Sunset Park in Waynesboro 1:30pm-Trivia in the Overlook 2:45pm-Manicures & Mimosas, OL 7pm-The CrowBobs, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 30 10:30am-Walk and Roll, meet in the Lobby 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword at the Front Desk 31 1pm to 4pm-Mah Jongg, Library 2pm-Lemonade in the Living Room 3:30pm-Watch "My All American" in the Living Room (Netflix)