

Independent Living September 2024



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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Devotions are available at the Front Desk 1</p> <p>10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Victoria and Abdul," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 2 10:15am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-A Craft with Christine, OL 7pm-Watch "Inside the Mind of a Dog," Living Room (Netflix)</p>	<p>10am-Exercise in the Overlook 11am-Walk and Roll, meet in the Lobby 3 1:30pm-An Activities Meeting: ALL are invited, LR 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room</p>	<p>10am-Exercise (OL) 10am-Women's Bible Study in the Library 4 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-Watch "Diana the Musical," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 5 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Trip to Walmart 7pm-Music with Marc Baskind, Overlook</p>	<p>9am-11am: Local Errand Trips 9am-Exercise, Overlook 6 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</p>	<p>Grab a Crossword at the Front Desk 7</p> <p>1pm to 4pm-Mah Jongg, Library 2pm-Lemonade, Living Room 3:30pm-Watch "Inside the Mind of a Cat," Living Room (Netflix)</p>
<p>Devotions are available at the Front Desk 8</p> <p>10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Red Notice," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 9 10:15am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-A Meeting of the Book Club, OL 7pm-Watch "The Neon Highway," Living Room (Netflix)</p>	<p>10am-Exercise Class in the Overlook 10 11am-Walk and Roll, meet in the Lobby 1:30pm-Adventures in Peru with Bob, Overlook 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room</p>	<p>10am-Exercise (OL) 10am-Women's Bible Study in the Library 11 11am-Walk and Roll, Lobby 2:45pm-Wine and Beverage Service, OL 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-Watch "Call Me Kate," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10:30am-Board of Directors Meeting in the Library 12 10:30am-Knitting Nook with Lynn in the Overlook 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Ride to Goshen Pass 7pm-Music with Kimball in the Overlook</p>	<p>9am-11am: Local Errand Trips 9am-Exercise, Overlook 13 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</p>	<p>Grab a Crossword at the Front Desk 14</p> <p>1pm to 4pm-Mah Jongg, Library 2pm-Lemonade in the Living Room 3:30pm-Watch "The Neon Highway," Living Room (Netflix)</p>
<p>Devotions are available at the Front Desk 15</p> <p>10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 1:30pm-A Mary Kay Party, Overlook <i>BIRTHDAY DINNER</i> 7pm-Watch "Find Me Falling," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 16 10:15am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-Dead Men Tell No Tales: Pirates with Hannah, OL 7pm-Watch "On The Basis of Sex," Living Room (Netflix)</p>	<p>10am-Exercise Class, OL 11am-Walk and Roll, meet in the Lobby 17 1:30pm-Popcorn while watching "Queen Bees," LR 3pm-Bingo in the Overlook 4pm-Social Hour with Milo, Living Room</p>	<p>10am-Exercise (OL) 10am-Women's Bible Study in the Library 18 11am-Walk and Roll, Lobby 1:30pm-Word Games in the Overlook 2:30pm-A Wine Social, OL 7pm-Watch "The Dig," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 19 1:30pm-Trivia in the Overlook 2:45pm-A Scenic Ride 2:45pm-Manicures and Mimosas, OL 7pm-Music with Barbara Martin, Overlook</p>	<p>9am-11am: Local Errand Trips 9am-Exercise, Overlook 20 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</p>	<p>Grab a Crossword at the Front Desk 21</p> <p>1pm to 4pm-Mah Jongg, Library 2pm-Lemonade in the Living Room 3:30pm-Watch "The Young Victoria," Living Room (Netflix)</p>
<p>Devotions are available at the Front Desk 22</p> <p>10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "The Miracle Club," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 23 10:15am-Walk and Roll, Lobby 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-Learn About Harper's Ferry with Lisa in the Overlook 7pm-Watch "Love at First Sight," Living Room (Netflix)</p>	<p>10am-Exercise Class, Overlook 11am-Walk and Roll, meet in the lobby 24 1:30pm-Name That Tune in the Living Room 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room</p>	<p>10am-Exercise (OL) 10am-Women's Bible Study, Lib 25 11am-Walk and Roll, Lobby 1:30pm-The Resident Dining Forum, OL 2:15pm-A Prayer Meeting with Bonita and Cynthia, Overlook 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-Watch "Darkest Hour," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 26 1:30pm-Trivia in the Overlook 2pm-Violin with Justina, NEXT DOOR 2:45pm-A Trip to Belk and T.J. Maxx 2:45pm-Manicures & Mimosas, OL 7pm-Music with Cynthia and George, Overlook</p>	<p>9am-11am: Local Errand Trips 9am-Exercise, Overlook 27 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</p>	<p>Grab a Crossword at the Front Desk 28</p> <p>1pm to 4pm-Mah Jongg, Library 2pm-Lemonade in the Living Room 3:30pm-Watch "Rebecca," Living Room (Netflix)</p>
<p>Devotions are available at the Front Desk 29</p> <p>10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Family Switch," Living Room (Netflix)</p>	<p>9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Library 30 10:15am-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 "Dancing with the Birds," Living Room (Netflix)</p>					<p>Location Key</p> <p>OL - Overlook Lib - Library DR - Dining Room LR - Living Room FR - Fitness Room CR - Card Room</p>