

Independent Living October 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 at the Front Desk 10:15am-Fellowship Hymns, OL 6 10:30am-Church Services, OL 2pm-Word Games, Overlook 2pm-The Waynesboro Symphony Orchestra 7pm-Watch "Field of Dreams," Living Room; Rated PG			10am-Exercise, OL 11am-Walk and Roll, meet in the Lobby 1 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, Library 2 11am-Walk and Roll, Lobby 1pm-3pm: Eagle Creek Mums for sale out front 2pm-Communion with Covenant Presbyterian Church, Overlook 2:45pm-Wine and Beverage Service, OL 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-Watch "All Together Now," Living Room; Rated PG	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn, Cafe 3 11am-A Fall Prevention Clinic with Empower Me, OL 1pm-Trivia in the Overlook 2pm-The Voting Registrar will be with us in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Trip to the Cheese Shop 7pm-Music with Marc Baskind, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 4 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
Devotions are available at the Front Desk 13 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "A Perfect Pairing," Living Room; Rated TV-14		9am-Exercise, Overlook 10:30am-Walk and Roll, Lobby 7 1:30pm-Crosswords in the Overlook 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-A Virtual Road Trip with Lisa: Dolly Sods, West Virginia, Overlook 7pm-Watch "Woman in Gold," Living Room; Rated PG-13	10am-Exercise, OL 11am-Walk and Roll, Lobby 8 1:30pm-Living on the Lawn: The White House Sheep with 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 9 11am-Walk and Roll, Lobby 1:30pm-A Wine Social in the Overlook 3:30pm-Piano with Thom Wagner in the Overlook 7pm-Watch "A Perfect Pairing," Living Room; Rated PG-13	9am-Exercise, Overlook 10:30am-Board of Directors Meeting in the Library 10 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 Jim Harrington and TJ Crow	9am-11am: Local Errand Trips 9am-Exercise, Overlook 11 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
Devotions are available at the Front Desk 20 10:15am-Fellowship Hymns in the Overlook 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Family Switch," Living Room; Rated PG		9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Lib 14 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-A New Resident Social, OL 7pm-Watch "Big George Foreman," Living Room; Rated PG-13	10am-Exercise Class, OL 11am-Walk and Roll, meet in the Lobby 15 1:30pm-A Rehearsal with the Amazing Grays, OL 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room <i>Birthday Dinner</i>	10am-Exercise (OL) 10am-Women's Bible Study, Library 16 11am-Walk and Roll, Lobby 2pm-Communion with Trinity Episcopal Church, OL 3:15pm-A Performance by the Amazing Grays, Overlook 7pm-Watch "Yogi Berra: It Ain't Over," Living Room; PG	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 17 1:30pm-Trivia in the Overlook 2:45-Manicures and Mimosas, OL 2:45pm-A Trip to the Harrisonburg Mall for Shopping and Dinner 7pm-Music with Me and Martha in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 18 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
Devotions are available at the Front Desk 27 10:15am-Fellowship Hymns in the Overlook 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Love, Guaranteed," Living Room; Rated PG		9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Lib 21 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-Paint and Sip, Overlook 7pm-Watch "Tyson's Run," Living Room; Rated PG	10am-Exercise Class, OL 11am-Walk and Roll, meet in the lobby 22 1:30pm-Name That Tune in the Living Room 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise (OL) 10am-Women's Bible Study, Library 23 11am-Walk and Roll, Lobby 1:30pm-Prayer Meeting with Bonita and Cynthia, Overlook 2:45pm-Wine and Beverage Service, OL 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-Watch "Instant Dad," Living Room; Rated PG	9am-Exercise, Overlook 10am-A Scenic Ride to the Blue Ridge Parkway 24 10:30am-Knitting Nook with Lynn in the Overlook 1:30pm-Trivia in the Overlook 3pm-Resident Quarterly Meeting, OL 7pm-Music with Cynthia & George, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 25 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 4:30pm to 6:30pm-Trick or Treat on the front porch. Help us give out candy! 7pm-Bingo in the Overlook
		9am-Exercise, Overlook 10am-Bible Study with Michael Eastman, Lib 28 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 "Happiness for Beginners," Living Room; Rated PG-13	10am-Exercise Class, Overlook 29 11am-Walk and Roll, meet in the lobby 1:30pm-Diversity in California, Pt. 1 with Bob Weiss, OL 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise (OL) 10am-Women's Bible Study, Library 30 11am-Walk and Roll, Lobby 1:30pm-The Resident Dining Forum, Overlook 2:45pm-Wine and Beverage Service, OL 3pm-Sing, Sing, Sing with the Amazing Grays, Overlook 7pm-Watch "John Was Trying To Contact Aliens," Living Room; Rated PG	9am-Exercise, Overlook 10am-A Scenic Ride 10:30am-Knitting Nook with Lynn in the Overlook 31 1:30pm-Trivia in the Overlook 2:45pm-A Halloween Social! Costumes welcomed! 7pm-Music with Aspen Black in the Overlook	Ratings (PG, PG-13, etc.) have been added to the movies so you are more aware of content. We are also happy to look the movie up for you at the front desk should you need more information.