

# Assisted Living

## January 2025



**31 Woodlee Road**  
**Staunton, Virginia 24401**  
**(540) 885-7016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>HAPPY BIRTHDAY!</b>            Tony Commiso on January 3            Richard Hudson on January 11            Martha Ware on January 16            Wayne Wampler on January 30</p>			<p>9:30am-Manicures with Mary            10:15am-Sit &amp; Be Fit 1            11am-Trivia            2pm-Let's Learn About: <i>Polar Bears</i>            2:45pm-Communion with Covenant Presbyterian            3:15pm-A Scenic Ride            4pm-Fact or Fiction in the Living Room            6:30pm-An Evening at the Movies: "The Hill"</p>	<p>9:30am-Making Mad Libs, AR 2            10:15am-Sit &amp; Be Fit            10:45am-Walking to the Independent Living Gym            2pm-Music with Marc            3pm-A Hot Chocolate Social            4pm-Afternoon Book Club            6:30pm-An Activity with the Concierge</p>	<p>9:30am-Starting Conversation with Table Talk 3            10:15am-Sit &amp; Be Fit            10:45am-Crafting with Christine            1:30pm-A Scenic Ride            3pm-Social Hour!            6:30pm-Friday Film: "Walk. Ride. Rodeo"</p>	<p>9:30am-News Nook and a Bit of Coffee 4            10:15am-Sit &amp; Be Fit            11:15am-Mail Delivery            2pm-Trivia Time            3pm-Spritzers            6:30pm-An Activity with the Concierge</p>
<p><i>Pick up a Devotion at the Front Desk</i> 5            9:30 am-Church Services            2pm-Dog Therapy            3pm-Snackin' Sunday Delivery to Your Door            6:30pm-After Hours Activity with the Concierge</p>	<p>9:30am-Calming Colors 6            10:15am-Sit &amp; Be Fit            10:45am-Devotions            2pm-Bingo            3pm-Baking!            4pm-A Tasting Social            4:30pm-Chinese Checkers            6:30pm-Your Pick Flick</p>	<p>9:30am-Singing Along with Cynthia 7            10:15am-Sit &amp; Be Fit            11am-A Resident Meeting            2pm-Bible Study            3pm-Giant Crosswords            3pm-Gentle Music in the Living Room            4pm-Documentary: "Our Oceans"            6:30pm-An Evening at the Movies: "The Children's Train," Living Room</p>	<p>9:30am-Manicures with Mary 8            10:15am-Sit &amp; Be Fit            11am-Trivia            2pm-Let's Learn About: <i>Penguins</i>            3pm-A Scenic Ride            4pm-Build a Snowman Word Game, Living Room            6:30pm-An Evening at the Movies: "Greater"</p>	<p>9:30am-Play Upwards 9            10:15am-Sit &amp; Be Fit            10:45am-Walking to the Independent Living Gym            2pm-Music with The Gee Mackey Duo            3pm-A Hot Chocolate Social            4pm-Afternoon Book Club            6:30pm-An Activity with the Concierge</p>	<p>9:30am-Starting Conversation with Table Talk 10            10:15am-Sit &amp; Be Fit            10:45am-Crafting with Christine            1:30pm-A Scenic Ride to the Blue Ridge Parkway            3pm-Social Hour!            6:30pm-Friday Film: "Persuasion"</p>	<p>9:30am-News Nook and a Bit of Coffee 11            10:15am-Sit &amp; Be Fit            11:15am-Mail Delivery            2pm-Trivia Time            3pm-Spritzers            6:30pm-An Activity with the Concierge</p>
<p><i>Pick up a Devotion at the Front Desk</i> 12            9:30 am-Church Services            2pm-Dog Therapy            3pm-Snackin' Sunday Delivery to Your Door            6:30pm-After Hours Activity with the Concierge</p>	<p>9:30am-Calming Colors 13            10:15am-Sit &amp; Be Fit            10:45am-Devotions            2pm-Bingo            3pm-Baking!            4pm-A Tasting Social            4:30pm-Play Farkle            6:30pm-Your Pick Flick</p>	<p>9:30am-Singing Along with Cynthia 14            10:15am-Sit &amp; Be Fit            10:45am-Going to the Gym in Independent Living            2pm-Bible Study            3pm-Giant Crosswords            3pm-Gentle Music in the Living Room            4pm-Documentary: "Living with Leopards"            6:30pm-An Evening at the Movies: "Love, Guaranteed," Living Room</p>	<p>9:30am-Manicures with Mary 15            10:15am-Sit &amp; Be Fit            11am-Trivia            2pm-Let's Learn About: <i>Eagles</i>            3pm-A Scenic Ride            4pm-Story Starters            5pm-Birthday Dinner!            6:30pm-An Evening at the Movies: "The Two Popes"</p>	<p>9:30am-Play Sorry! 16            10:15am-Sit &amp; Be Fit            10:45am-Walking to the Independent Living Gym            2pm-Music with Fritz            3pm-A Hot Chocolate Social            4pm-Afternoon Book Club            6:30pm-An Activity with the Concierge</p>	<p>9:30am-Starting Conversation with Table Talk 17            10:15am-Sit &amp; Be Fit            10:45am-Crafting with Christine            1:30pm-A Scenic Ride            3pm-Social Hour!            6:30pm-Friday Film: "Enola Holmes"</p>	<p>9:30am-News Nook and a Bit of Coffee 18            10:15am-A Scenic Ride with Clyde            11:15am-Mail Delivery            2pm-Trivia Time            3pm-Spritzers            6:30pm-An Activity with the Concierge</p>
<p><i>Pick up a Devotion at the Front Desk</i> 19            9:30 am-Church Services            2pm-Dog Therapy            3pm-Snackin' Sunday Delivery to Your Door            6:30pm-After Hours Activity with the Concierge</p>	<p>9:30am-Calming Colors 20            10:15am-Sit &amp; Be Fit            10:45am-Devotions            2pm-Bingo            3pm-Baking!            4pm-A Cookie Tasting Social            4:30pm-Build A Story            6:30pm-Your Pick Flick</p>	<p>9:30am-Singing Along with Cynthia 21            10:15am-Sit &amp; Be Fit            10:45am-Going to the Gym in Independent Living            2pm-Bible Study            3pm-Giant Crosswords            3pm-Gentle Music in the Living Room            4pm-Documentary: "The Only Girl in the Orchestra," Living Room            6:30pm-An Evening at the Movies: "Irish Wish," Living Room</p>	<p>9:30am-Manicures with Mary 22            10:15am-Sit &amp; Be Fit            11am-Trivia            2pm-Let's Learn About: <i>Van Gogh</i>            3pm-A Scenic Ride            4pm-Play Joe Name It            6:30pm-An Evening at the Movies: "The Long Game"</p>	<p>9:30am-Play Apples to Apples 23            10:15am-Sit &amp; Be Fit            10:45am-Walking to the Independent Living Gym            2pm-Music with the Highlander String Band            3pm-A Hot Chocolate Social            4pm-Afternoon Book Club            6:30pm-An Activity with the Concierge</p>	<p>9:30am-Starting Conversation with Table Talk 24            10:15am-Sit &amp; Be Fit            10:45am-Crafting with Christine            1:30pm-A Scenic Ride            3pm-Social Hour!            6:30pm-Friday Film: "Enola Holmes 2"</p>	<p>9:30am-News Nook and a Bit of Coffee 25            10:15am-Sit &amp; Be Fit            11:15am-Mail Delivery            2pm-Trivia Time            3pm-Spritzers            6:30pm-An Activity with the Concierge</p>
<p><i>Pick up a Devotion at the Front Desk</i> 26            9:30 am-Church Services            2pm-Dog Therapy            3pm-Snackin' Sunday Delivery to Your Door            6:30pm-After Hours Activity with the Concierge</p>	<p>9:30am-Calming Colors 27            10:15am-Sit &amp; Be Fit            10:45am-Devotions            2pm-Bingo            3pm-Baking!            4pm-A Cookie Tasting Social            4:30pm-Play Upwards            7pm-Your Pick Flick</p>	<p>9:30am-Singing Along with Cynthia 28            10:15am-Sit &amp; Be Fit            10:45am-Going to the Gym in Independent Living            2pm-Bible Study            3pm-Giant Crosswords            3pm-Gentle Music in the Living Room            4pm-Documentary: "Our Planet II"            6:30pm-An Evening at the Movies: "Happiness for Beginners," Living Room</p>	<p>9:30am-Manicures with Mary 29            10:15am-Sit &amp; Be Fit            11am-Trivia            2pm-Let's Learn About: <i>Lunar New Year</i>            3pm-A Scenic Ride            4pm-Just Joking            6:30pm-An Evening at the Movies: "Barbie"</p>	<p>9:30am-Play Giant Jenga 30            10:15am-Sit &amp; Be Fit            10:45am-Walking to the Independent Living Gym            2pm-Music with Kimball            3pm-A Hot Chocolate Social            4pm-Afternoon Book Club            6:30pm-An Activity with the Concierge</p>	<p>9:30am-Starting Conversation with Table Talk 31            10:15am-Sit &amp; Be Fit            10:45am-Crafting with Christine            1:30pm-A Scenic Ride            3pm-Social Hour!            6:30pm-Friday Film: "See You On Venus"</p>	