

Independent Living January 2025



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	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.					
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 5 10:30am-Church Services, OL 2pm-Word Games, Overlook 3:30pm-Ukulele Lessons with Mixon 6:15pm-Celebrate the Joy of Christmas with the Staunton Church of the Brethren 7pm-Watch "The Man Inside Ep. 1," Living Room (PG-13)	9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 6 11am-A Wintery Walk 1:30pm-Crosswords, OL 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-A Presentation with Lisa: <i>Hoover's Brown House, OL</i> 7pm-Watch "The Man Inside Ep. 5," Living Room (PG-13)	10am-Exercise, OL 11am-Play Apples to Apples 7 in the Overlook 1:30pm-An Activities Meeting: ALL are invited, LR 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Women's Bible Study, Lib 8 11am-A Wintery Walk 1:30pm-Starting Conversation with Table Talk in the Overlook 3pm-Sing, Sing, Sing with the Amazing Grays 7pm-Watch "Mary," Living Room (PG-13)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn, Overlook 9 10:30am-Board of Directors Meeting, Lib 1:30pm-Trivia in the Overlook 2:45-Manicures and Mimosas, OL 2:45pm-A Trip to the Shenandoah Heritage Market 7pm-Music with the Gee Mackey Duo, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10 11am-A Wintery Walk 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along in the Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 11 1pm to 4pm-Mah Jongg, Lib 2pm-Hot Chocolate, Living Room 3:30pm-Watch "Purple Hearts," Living Room (PG-13) 7pm-Watch "Midway," Living Room (PG-13)
Devotions, Front Desk 12 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 3:30pm-Ukulele Lessons with Mixon 7pm-Watch "The Man Inside Ep 2" Living Room (PG-13)	9am-Exercise, Overlook 10am-Bible Study with Michael, Library 13 11am-A Wintery Walk 1:30pm-Crosswords, OL 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-A Presentation with Lisa: <i>Polar Bears, OL</i> 7pm-Watch "The Man Inside Ep. 6," LR	10am-Exercise Class, OL 11am-Play Uno in the 14 Overlook 1:30pm-Music with Kimball in the Overlook 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise (OL) 10am-Women's Bible Study, Lib 15 11am-A Wintery Walk 1pm-Book Selection Meeting for Book Club 2pm-Episcopal Eucharist Worship Service, OL 3pm-Sing, Sing, Sing with the Amazing Grays, OL Birthday Dinner 7pm-Watch "The Only Girl in The Orchestra," Living Room (PG)	9am-Exercise, Overlook 10am-A Scenic Ride 16 10:30am-Knitting Nook with Lynn in the Overlook 1:30pm-Trivia in the Overlook 3pm-The Resident Quarterly Meeting in the Overlook 7pm-Music with S.P.L.A.A.T. in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 17 10:30am-A Wintery Walk 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along in the Overlook 3pm-A Quick Tour of the Kitchen. Spaces limited 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 18 1pm to 4pm-Mah Jongg, Lib 2pm-Hot Chocolate, Living Room 3:30pm-Watch "The Children's Train," Living Room (PG) 7pm-Watch "Captain Phillips," Living Room (PG-13)
Devotions, Front Desk 19 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Ride with Clyde 3:30pm-Ukulele Lessons with Mixon 7pm-Watch "The Man Inside Episode 3," Living Room (PG-13)	9am-Exercise, Overlook 10am-Bible Study with Michael, Library 20 11am-A Wintery Walk 1:30pm-Crosswords, OL 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-A Presentation with Bob Weiss in the Overlook 7pm-Watch "The Man Inside Ep. 7," Living Room (PG-13)	10am-Exercise Class, OL 11am-Play Upwards in the 21 Overlook 1:30pm-A Presentation with the Woodrow Wilson Presidential Library; <i>Woodrow Wilson's 1912 Visit to Staunton</i> 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Women's Bible Study, Lib 22 11am-A Wintery Walk 1:30pm-Starting Conversation with Table Talk 3pm-Sing, Sing, Sing with the Amazing Grays, OL 7pm-Watch "Little," Living Room (PG- 13)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 23 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Ride on the Blue Ridge Parkway 7pm-Music with the CrowBobs in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 24 11am-A Wintery Walk 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along in the Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 25 1pm to 4pm-Mah Jongg, Lib 2pm-Hot Chocolate, Living Room 3:30pm-Watch "Inside The Mind of a Dog," Living Room (PG) 7pm-Watch "The Beautiful Game," Living Room (PG-13)
Devotions, Front Desk 26 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 3:30pm-Ukulele Lessons with Mixon 7pm-Watch "The Man Inside Ep 4," Living Room (PG-13)	9am-Exercise, Overlook 10am-Bible Study with Michael, Library 27 11am-A Wintery Walk 1:30pm-Crosswords, OL 1:30pm-Bridge in the Cafe 2pm-A Trip to Kroger 3:30pm-A Presentation with Lisa: <i>Lunar New Year, Overlook</i> 7pm-Watch "The Man Inside Ep. 8," Living Room (PG-13)	10am-Exercise Class, OL 11am-Play Giant Jenga, OL 28 1:30pm-Treasures and Tales in the Library 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room 7pm-Music with the Willie Hayes Quartet, Overlook	10am-Exercise, Overlook 10am-Women's Bible Study, Lib 29 11am-A Wintery Walk 1:30pm-The Resident Dining Forum in the Overlook 3pm-Sing, Sing, Sing with the Amazing Grays 7pm-Watch "All Together Now," Living Room (PG)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 30 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Trip to TJ Maxx and Belk 7pm-Music with Jim Harrington, TJ Crow, and Richard Adams in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 31 11am-A Wintery Walk 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along in the Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	