

Independent Living

May 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		Movie 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.		9am-Exercise in the Overlook 10:30am-Knitting Nook with Lynn in the Overlook 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas in the Overlook 2:45pm-A Trip to Walmart and Martin's 7pm-Music with Marc, Overlook	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn, Overlook 10:30am-Board of Directors Meeting, Lib 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Trip to Smiley's 7pm-Music with Me & Martha, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 4:30pm-Dinner at Mi Rancho 7pm-Music with John Lockridge, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 7pm-Harp with Vicky Lee, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Seven Days Out," Living Room, a Derby Documentary in six shows (PG) 6:30pm-A Kentucky Derby Gathering in the Living Room	Grab a Crossword, Front Desk 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Life List," Living Room (PG-13) 7pm-Watch "Return of the King: The Rise and Fall of Elvis Presley," Living Room (PG-13)	Grab a Crossword, Front Desk 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Uncle Buck," Living Room (PG) 7pm-Watch "Life or Something Like it," Living Room (PG-13)	Grab a Crossword, Front Desk 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	Grab a Crossword, Front Desk 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Tricky Dick and The Man in Black," (TV-14) 7pm-Watch "Martha," Living Room (R)
Devotions, Front Desk 4 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-A Scenic Ride with Clyde 7pm-Watch "Draft Day," Living Room (PG-13)	9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 5 10:30am-Springtime Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-Lisa Presents A Virtual Wildflower Walk, Overlook 7pm-Watch "The Life List," Living Room (PG-13)	10am-Exercise, OL 11am-Starting Conversation with Table Talk, Back Patio 6 1:30pm-An Activities Meeting for April: ALL are invited, LR 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Women's Bible Study, Lib 7 11am-Springtime Stroll 2pm-Communion with Covenant Presbyterian Church, Overlook 3pm-Sing, Sing, Sing with the Amazing Grays 7pm-Watch "Love, Guaranteed," Living Room (PG)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn, Overlook 8 10:30am-Board of Directors Meeting, Lib 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Trip to Smiley's 7pm-Music with Me & Martha, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn, Overlook 8 10:30am-Board of Directors Meeting, Lib 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Trip to Smiley's 7pm-Music with Me & Martha, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 16 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 16 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 16 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 17 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Uncle Buck," Living Room (PG) 7pm-Watch "Life or Something Like it," Living Room (PG-13)	Grab a Crossword, Front Desk 17 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Uncle Buck," Living Room (PG) 7pm-Watch "Life or Something Like it," Living Room (PG-13)	Grab a Crossword, Front Desk 17 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Uncle Buck," Living Room (PG) 7pm-Watch "Life or Something Like it," Living Room (PG-13)	Grab a Crossword, Front Desk 17 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Uncle Buck," Living Room (PG) 7pm-Watch "Life or Something Like it," Living Room (PG-13)	
Devotions, Front Desk 11 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "A Dog's Way Home," Living Room (PG) <i>Happy Mother's Day!</i>	9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 12 10:30am-Springtime Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-Lisa Presents "Trees," OL 7pm-Watch "Rudy," Living Room (PG)	10am-Exercise, OL 11am-Starting Conversation with Table Talk, Back Patio 13 1:30pm-Bob Presents A Virtual Tour of Israel and Jordan, OL 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Women's Bible Study, Lib 14 11am-Springtime Stroll 1:30pm-A Prayer Meeting with Bonita and Cynthia, Overlook 3pm-Sing, Sing, Sing with the Amazing Grays, OL 7pm-Watch "Burlesque," Living Room (PG-13)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 15 1:30pm-Trivia in the Overlook 2:45pm-A Tour of the Waynesboro Street Art 2:45pm-Manicures and Mimosas, OL 7pm-Music with Cynthia & George, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	
Devotions, Front Desk 18 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Rooster Cogburn," Living Room (PG)	9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 19 10:30am-Springtime Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-A Virtual Tour of Staunton with Marney, Overlook 7pm-Watch "Midway," Living Room (PG-13)	10am-Exercise Class, OL 11am-Starting Conversation with Table Talk, Back Patio 20 1:30pm-Lisa Presents "Turtles and Otters," Overlook 2pm-The Alzheimer's Support Group, Assisted Living, First Floor 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise (OL) 10am-Women's Bible Study, Lib 21 11am-Springtime Stroll 2pm-Episcopal Eucharist Worship Service, OL 3pm-A Performance by the Amazing Grays in the Overlook 7pm-Watch "Runaway Jury," Living Room (PG-13)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 22 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Drive to the Churchville Mill Shoppe 4:30pm-Dinner at Mi Rancho 7pm-Music with John Lockridge, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 22 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Drive to the Churchville Mill Shoppe 4:30pm-Dinner at Mi Rancho 7pm-Music with John Lockridge, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 22 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Drive to the Churchville Mill Shoppe 4:30pm-Dinner at Mi Rancho 7pm-Music with John Lockridge, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 22 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Drive to the Churchville Mill Shoppe 4:30pm-Dinner at Mi Rancho 7pm-Music with John Lockridge, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 22 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Drive to the Churchville Mill Shoppe 4:30pm-Dinner at Mi Rancho 7pm-Music with John Lockridge, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	Grab a Crossword, Front Desk 24 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Neon Highway," Living Room (PG-13) 7pm-Watch "Bonnie and Clyde," Living Room (TV-14)	
Devotions, Front Desk 25 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 2pm-Word Games, Overlook 7pm-Watch "Smokey and The Bandit," Living Room (PG)	9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 26 10:30am-Springtime Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-Lisa Presents "Butterflies," Overlook 7pm-Watch "Two Weeks Notice," Living Room (PG-13)	10am-Exercise, OL 11am-Starting Conversation with Table Talk, Back Patio 27 1:30pm-Writers! Come join us for a meeting for those who write or would like to! Overlook 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Women's Bible Study, Lib 28 11am-Springtime Stroll 1:30pm-Resident Dining Forum, OL 3pm-Sing, Sing, Sing with the Amazing Grays, OL 7pm-Watch "Twenty-Eight Days," Living Room (PG-13)	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 29 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Ride to Goshen 7pm-Harp with Vicky Lee, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 29 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Ride to Goshen 7pm-Harp with Vicky Lee, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 29 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Ride to Goshen 7pm-Harp with Vicky Lee, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 29 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Ride to Goshen 7pm-Harp with Vicky Lee, OL	9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 29 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas, OL 2:45pm-A Scenic Ride to Goshen 7pm-Harp with Vicky Lee, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 30 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 30 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 30 10:45am-Springtime Stroll 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 31 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Tricky Dick and The Man in Black," (TV-14) 7pm-Watch "Martha," Living Room (R)	Grab a Crossword, Front Desk 31 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Tricky Dick and The Man in Black," (TV-14) 7pm-Watch "Martha," Living Room (R)	Grab a Crossword, Front Desk 31 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Tricky Dick and The Man in Black," (TV-14) 7pm-Watch "Martha," Living Room (R)	Grab a Crossword, Front Desk 31 1pm to 4pm-Mah Jongg, Lib 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Tricky Dick and The Man in Black," (TV-14) 7pm-Watch "Martha," Living Room (R)	