

Independent Living July 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 | | 10am-Exercise, OL 11am-Starting Conversation 1 with Table Talk, Back Patio 1:30pm-An Activities Meeting for August: ALL are invited, LR 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room | 10am-Exercise, Overlook 10am-Women's Bible Study, Lib 2 11am-A Summer Stroll 1pm-3pm: Open Gym, Fitness Room 2pm-Communion with Covenant Presbyterian Church, Overlook 3pm-A Wine and Cheese Social in the Overlook 7pm-Watch "American Graffiti," Living Room (PG) | 9am-Chair Yoga, Overlook 9am-July 4th Vehicle Parade, front patio 3 10:30am-Knitting Nook with Lynn, OL 1:30pm-Trivia in the Overlook 2:45pm-Manicures and Mimosas in the Overlook 2:45pm-A Trip to Walmart & Martin's 7pm-Music with Marc, Overlook | 10:30am-Exercise, Overlook 11:15am-Summer Stroll 4 1:30pm-Euchre, Cardroom 2pm-Bingo in the Overlook 3:30pm-Cornhole in the Overlook 8pm-Fireworks out front | Grab a Crossword, Front Desk 5 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "The Great Outdoors," Living Room (PG) 7pm-Watch "Wyatt Earp and the Cowboy War," Living Room (PG-13) |
|--|--|--|--|---|---|---|
| Devotions, Front Desk 10:15am-Fellowship Hymns, OL 6 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "The Man Who Knew Too Much," Living Room (PG) | 9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 7 10:30am-A Summer Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-Ukulele Lessons with Mixon, Lib 3:30pm-At the Bar with Jay, Living Room 7pm-Watch "Now You See Me," Living Room (PG-13) | 10am-Exercise, OL 11am-Starting Conversation 8 with Table Talk, Back Patio 1:30pm-The Writer's Group, Lib 1:30pm-Show and Share, OL 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room | 10am-Exercise, Overlook 10am-Women's Bible Study, Library 9 11am-A Summer Stroll 1pm-3pm: Open Gym, Fitness Room 1:30pm-A Prayer Meeting with Bonita in the Overlook 3pm-A Wine and Cheese Social in the Overlook 7pm-Watch "The Legend of Zorro," Living Room (PG) | 9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn, Overlook 10 10:30am-Board of Directors Meeting, Lib Noon-Lunch at Staunton Thai 2:45pm-Manicures & Mimosas, OL 7pm-Music with TJ Crow, OL | 9am-11am: Local Errand Trips 9am-Exercise, Overlook 11 10:45am-Summer 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 10am-A Car Display with the Antique Automobile Club of America, behind the Dining Room 12 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "My Heroes Were Cowboys," Living Room (PG) 7pm-Watch "The Birds," Living Room (PG-13) |
| Devotions, Front Desk 10:15am-Fellowship Hymns, OL 13 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "Instant Family," Living Room (PG-13) | 9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 14 10:30am-A Summer Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-Ukulele Lessons with Mixon, Lib 3:30pm-Lisa Presents: Birds of a Feather, Overlook 7pm-Watch "Midway," Living Room (PG-13) | 10am-Exercise Class, OL 11am-Starting Conversation 15 with Table Talk, Back Patio 1:30pm-Art Class with Amie, OL 2pm-The Alzheimer's Support Group, Assisted Living, First Floor 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room BIRTHDAY DINNER! | 10am-Exercise (OL) 10am-Women's Bible Study, Lib 16 11am-A Summer Stroll 1pm-3pm: Open Gym, Fitness Room 2pm-Episcopal Eucharist Worship Service, OL 3pm-A Wine and Cheese Social in the Overlook 7pm-Watch "The Quilters," Living Room (PG-13) | 9am-Chair Yoga, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 17 1:30pm-Trivia in the Overlook 3pm-The Resident Quarterly Meeting, Overlook 7pm-Music with Jim Harrington, Richard Adams, and TJ Crow, Overlook | 9am-11am: Local Errand Trips 9am-Exercise, Overlook 18 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 19 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Happiness For Beginners," Living Room (PG-13) 7pm-Watch "The Man From U.N.C.L.E.," Living Room (PG-13) |
| Devotions, Front Desk 10:15am-Fellowship Hymns, OL 20 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "Rear Window," Living Room (PG) | 9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 21 10:30am-A Summer Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-Lisa Presents: Buffalo Soldiers, Overlook 3:30pm-Ukulele Lessons with Mixon, Lib 7pm-Watch "Charlie Wilson's War," Living Room (R) | 10am-Exercise Class, OL 11am-Starting Conversation 22 with Table Talk, Back Patio 1:30pm-The Writer's Group, Lib 1:30pm-A Watermelon Social on the Back Patio 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room | 10am-Exercise, Overlook 10am-Women's Bible Study, Lib 23 11am-A Summer Stroll 1pm-3pm: Open Gym, Fitness Room 1:30pm-Music with the New Hope Chorus 3pm-Sing, Sing, Sing with the Amazing Grays, OL 7pm-Watch "Semi-Soeter," Living Room (PG) | 9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 24 1:30pm-Trivia in the Overlook 2:45pm-A Trip to Buc-ee's 2:45pm-Manicures and Mimosas, Overlook 7pm-Music with John Lockridge, Overlook | 9am-11am: Local Errand Trips 9am-Exercise, Overlook 25 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 26 2pm-Lemonade, Living Room 2pm-Bridge Anyone? Cafe 3pm-Watch "Murder Mystery," Living Room (PG-13) 7pm-Watch "Everest," Living Room (PG-13) |
| Devotions, Front Desk 10:15am-Fellowship Hymns, OL 27 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "The Intern," Living Room (PG-13) | 9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 28 10:30am-A Summer Stroll 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-John Baber, Candidate for Common Wealth's Attorney, OL 3:30pm-Ukulele Lessons with Mixon, Lib 7pm-Watch "Rear Window," LR (PG) | 10am-Exercise Class, OL 11am-Starting Conversation 29 with Table Talk, Back Patio 1:30pm-A Presentation by Woodrow Wilson Presidential Library, Overlook 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room | 10am-Exercise, Overlook 10am-Women's Bible Study, Lib 30 11am-A Summer Stroll 1:30pm-Resident Dining Forum, OL 1:30pm-3pm: Open Gym, Fitness Room 3pm-Sing, Sing, Sing with the Amazing Grays in the Overlook 7pm-Watch "Good Sam," Living Room (PG) | 9am-Exercise, Overlook 10:30am-Knitting Nook with Lynn in the Overlook 31 Noon-A Trip to Hazy Mountain 2:45pm-Manicures and Mimosas, Overlook 7pm-Music with Bennie Dodd, OL | 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. | |