

INDEPENDENT LIVING

October 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						
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 5 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "Miracles From Heaven," Living Room (G)	9am-Exercise, Overlook 10:30am-The Knitting Nook, OL 6 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3:30pm-Bob Weiss Presents <i>Pharaohs, Pyramids, & Palm Trees: Egypt from the Sinai to Abu Simbel</i> , OL 3:30pm-Ukulele Lessons with Mixon, Lib 7pm-Watch "Heart of Champions," Living Room, (PG-13)	10am-Exercise, OL 1:30pm-Activities Meeting: 7 ALL are invited, Living Room 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room 7pm-Music with the Willie Hayes Quartet, Overlook	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 8 1pm-3pm: Open Gym, Fitness Room 1:30pm-Tales with Joan, LR 3pm-A Wine and Cheese Social, OL 7pm-Watch "Are You There God? It's Me, Margaret," LR (PG-13)	9am-Exercise, Overlook 10:30am-Board of Directors Meeting, Lib 9 1:15pm-Trivia in the Overlook 2:30pm-A Trip to Walmart & Martin's 2:45pm-Manicures & Mimosas, OL 7pm-Music with James Curry, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10 10:30-Every Age Holy:Finding Our Story in Scriptures with Rachel, Lib 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 4 2pm-Hot Apple Cider, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Willy Wonka And The Chocolate Factory," Living Room (G) 7pm-Watch "Martha," Living Room (R)
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 12 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "All Together Now," Living Room (PG)	9am-Exercise, Overlook 10am-Bible Study with Michael, Library 13 10:30am-The Knitting Nook, OL 1:30pm-Bridge in the Cafe 1:30pm-Art Lessons with Amie, OL 2pm-A Trip to Kroger 3:30pm-Ukulele Lessons with Mixon, Lib 7pm-Watch "Midway,"Living Room (PG-13)	10am-Exercise Class, OL 1:30pm-Bob Weiss Presents: 14 Driving To Alaska, Overlook 1:30pm-The Writer's Group, Lib 2pm-The Alzheimer's Support Group, Assisted Living, First Floor 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 15 1pm-3pm: Open Gym, Fitness Room 2pm-Episcopal Eucharist Worship Service, Overlook 3pm-A Wine and Cheese Social, OL Birthday Dinner! 7pm-Watch "Aloha," Living Room (PG-13)	9am-Chair Yoga, OL 1:15pm-Trivia, OL 16 3pm-The All Resident Quarterly Meeting, Overlook 2:45pm-Manicures and Mimosas by request at the front desk 7pm-Music with Aspen Black, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 17 10:30-Every Age Holy:Finding Our Story in Scriptures with Rachel, Lib 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 18 2pm-Hot Apple Cider, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Cats," Living Room (PG) 7pm-Watch "Sunday Best," Living Room (TV-14)
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 19 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "Worth," Living Room (PG-13)	9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 20 10:30am-The Knitting Nook, OL 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: <i>The Legacy of John Chapman</i> , Overlook 7pm-Watch "Rebecca," Living Room (PG-13)	10am-Exercise Class, OL 1:30pm-Treasures & Tales, Overlook 21 3pm-Bingo in the OL 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 22 1pm-3pm: Open Gym, Fitness Room 1:30pm-A Prayer Meeting with Bonita, OL 3pm-Bayada Presents: <i>Fall Prevention</i> , Overlook 7pm-Watch "The Thursday Murder Club," Living Room (PG-13)	9am-Exercise, Overlook 10:30am-Arts and Crafts, OL 23 1:15pm-Trivia, OL 2:30pm-A Trip to the shops at Dayton Farmer's Market 2:45pm-Manicures & Mimosas, OL 7pm-Music with John Lockridge, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 24 10:30-Every Age Holy:Finding Our Story in Scriptures with Rachel, Lib 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 25 2pm-Hot Apple Cider, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Chances Are, You And I," Living Room (G) 7pm-Watch "The Storied Life of A.J. Fikry," Living Room (PG-13)
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 26 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 7pm-Singspiration Hymn Sing, OL 7pm-Watch "Garbo: Where Did You Go?" Living Room (PG)	9am-Exercise, Overlook 10am-Bible Study with Michael, Lib 27 10:30am-The Knitting Nook, OL 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: <i>Intriguing, Unexpected, and Curious Events</i> , OL 7pm-Watch "Our Little Secret," LR (R)	10am-Exercise Class, OL 1:30pm-The Writer's Group, Lib 28 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 29 1pm-3pm: Open Gym, FR 1:30pm-Food Forum, Overlook 3pm-A Wine and Cheese Social, OL 7pm-Watch "Phantom Thread," Living Room (R)	9am-Chair Yoga, OL 11am-Lunch at Kathy's 30 1:15pm-Trivia, Overlook 2:45pm-Manicures and Mimosas, OL 7pm-Music with Jim Harrington, Richard Adams, and TJ Crow, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 31 10:30-Every Age Holy:Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-A Ghoulish Gathering Costume Contest and Social, Overlook 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Movie Ratings (PG, PG-13, R) 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.