

# ASSISTED LIVING

## January 2026



**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>The calendar is subject to change.</p>						
<i>Pick up a Devotion at the Front Desk</i> 4 <b>9:30am</b> -Church Services <b>2pm</b> -Dog Therapy <b>3pm</b> -Snackin' Sunday Delivery to Your Door <b>6:30pm</b> -After Hours Activity with the Concierge	<b>9:30am</b> -Calming Colors <b>10:15am</b> -Sit & Be Fit 5 <b>10:45am</b> -Devotions <b>2pm</b> -Bingo <b>3:30pm</b> -In the Kitchen <b>4pm</b> -A Tasting Social <b>6:30pm</b> -Your Pick Flick	<b>9:30am</b> -Play Categories <b>10:15am</b> -Sit & Be Fit 6 <b>11am</b> -The Resident Meeting <b>2pm</b> -Bible Study <b>3pm</b> -Community Crosswords <b>4:15pm</b> -Documentary: "Masaka Kids-A Rhythm Within," (G) <b>6:30pm</b> -An Evening at the Movies: "Memoirs of a Geisha," (PG-13)	<b>9am</b> -Morning Manicures <b>10:15am</b> -Sit & Be Fit 7 <b>11am</b> -Trivia <b>2pm</b> -Paradoxical Pairs: <i>Manet and Monet</i> <b>2:45pm</b> -Communion <b>3:15pm</b> -A Scenic Ride <b>4pm</b> -Play Hang Man!	<b>9:30am</b> -Play Upwards <b>10:15am</b> -Sit & Be Fit 1 <b>2pm</b> -Music with TJ Crow <b>3pm</b> -A Hot Chocolate Social <b>4pm</b> -Art Wide Open <b>6:30pm</b> -An Activity with the Concierge	<b>9am-11am</b> : Local Errand Trips 2 <b>9:30am</b> -Today in History <b>10:15am</b> -Sit and Be Fit <b>10:45am</b> -Arts and Crafts <b>1:30pm</b> -A Scenic Ride <b>3pm</b> -Social Hour! <b>6:30pm</b> -Friday Film: "Titanic," (PG-13)	<b>9:30am</b> -News Nook and a Bit of Coffee 3 <b>10:15am</b> -Sit & Be Fit <b>11:15am</b> -Mail Delivery <b>2pm</b> -Trivia Time <b>3pm</b> -Spritzers <b>6:30pm</b> -An Activity with the Concierge
<i>Pick up a Devotion at the Front Desk</i> 11 <b>9:30am</b> -Church Services <b>2pm</b> -Dog Therapy <b>3pm</b> -Snackin' Sunday Delivery to Your Door <b>6:30pm</b> -After Hours Activity with the Concierge	<b>9:30am</b> -Calming Colors <b>10:15am</b> -Sit & Be Fit 12 <b>10:45am</b> -Devotions <b>2pm</b> -Bingo <b>3:30pm</b> -In the Kitchen <b>4pm</b> -A Tasting Social <b>6:30pm</b> -Your Pick Flick	<b>9:30am</b> -Play Categories <b>10:15am</b> -Sit & Be Fit 13 <b>2pm</b> -Bible Study <b>3pm</b> -Community Crosswords <b>4:15pm</b> -Documentary: "Wild Babies," (PG) <b>6:30pm</b> -An Evening at the Movies: "Titanic," (PG-13)	<b>9am</b> -Morning Manicures <b>10:15am</b> -Sit & Be Fit 14 <b>11am</b> -Trivia <b>2pm</b> -Paradoxical Pairs: <i>Eric Liddell and Desmond Doss</i> <b>2:45pm</b> -A Scenic Ride <b>4pm</b> -Play Hang Man!	<b>9:30am</b> -Play Upwards <b>10:15am</b> -Sit & Be Fit 15 <b>2pm</b> -Music with Kimball <b>3pm</b> -A Hot Chocolate Social <b>4pm</b> -Art Wide Open <b>6:30pm</b> -An Activity with the Concierge	<b>9am-11am</b> : Local Errand Trips 16 <b>9:30am</b> -Today in History <b>10:15am</b> -Sit and Be Fit <b>10:45am</b> -Arts and Crafts <b>1:30pm</b> -A Scenic Drive <b>3pm</b> -Social Hour! <b>6:30pm</b> -Friday Film: "Home Team," (G)	<b>9:30am</b> -News Nook And A Bit of Coffee 17 <b>10:15am</b> -Sit & Be Fit <b>11:15am</b> -Mail Delivery <b>2pm</b> -Trivia Time <b>3pm</b> -Spritzers <b>6:30pm</b> -An Activity with the Concierge
<i>Pick up a Devotion at the Front Desk</i> 18 <b>9:30am</b> -Church Services <b>2pm</b> -Dog Therapy <b>3pm</b> -Snackin' Sunday Delivery to Your Door <b>6:30pm</b> -After Hours Activity with the Concierge	<b>9:30am</b> -Calming Colors <b>10:15am</b> -Sit & Be Fit 19 <b>10:45am</b> -Devotions <b>1:30pm</b> -Bayada Presents: <i>Mental Health</i> <b>2:30pm</b> -Bingo <b>3:45pm</b> -In The Kitchen <b>6:30pm</b> -Your Pick Flick	<b>9:30am</b> -Play Categories <b>10:15am</b> -Sit & Be Fit 20 <b>2pm</b> -Bible Study <b>3pm</b> -Community Crosswords <b>4:15pm</b> -Documentary: "Our Great National Parks," (PG) <b>6:30pm</b> -An Evening at the Movies: "A League of Their Own," (G)	<b>9am</b> -Morning Manicures <b>10:15am</b> -Sit & Be Fit 21 <b>11am</b> -Trivia <b>2pm</b> -Paradoxical Pairs: <i>Mozart and Virginia Woolf</i> <b>2:45pm</b> -A Scenic Ride <b>4pm</b> -Play Hang Man!	<b>9:30am</b> -Play Upwards <b>10:15am</b> -Sit & Be Fit 22 <b>2pm</b> -Music with John Lockridge <b>3pm</b> -A Hot Chocolate Social <b>4pm</b> -Art Wide Open <b>6:30pm</b> -An Activity with the Concierge	<b>9am-11am</b> : Local Errand Trips 23 <b>9:30am</b> -Today in History <b>10:15am</b> -Sit and Be Fit <b>10:45am</b> -Arts and Crafts <b>1:30pm</b> -A Scenic Drive <b>3pm</b> -Social Hour! <b>6:30pm</b> -Friday Film: "War Room," (PG)	<b>9:30am</b> -News Nook And A Bit of Coffee 24 <b>10:15am</b> -Sit & Be Fit <b>11:15am</b> -Mail Delivery <b>2pm</b> -Trivia Time <b>3pm</b> -Spritzers <b>6:30pm</b> -An Activity with the Concierge
<i>Pick up a Devotion at the Front Desk</i> 25 <b>9:30am</b> -Church Services <b>2pm</b> -Dog Therapy <b>3pm</b> -Snackin' Sunday Delivery to Your Door <b>6:30pm</b> -After Hours Activity with the Concierge	<b>9:30am</b> -Calming Colors <b>10:15am</b> -Sit & Be Fit 26 <b>10:45am</b> -Devotions <b>2pm</b> -Bingo <b>3:30pm</b> -In the Kitchen <b>4pm</b> -A Tasting Social <b>6:30pm</b> -Your Pick Flick	<b>9:30am</b> -Play Categories <b>10:15am</b> -Sit & Be Fit 27 <b>2pm</b> -Bible Study <b>3pm</b> -Community Crosswords <b>4:15pm</b> -Documentary: "Life in Color," (PG) <b>6:30pm</b> -An Evening at the Movies: "Peter Rabbit," (G)	<b>9am</b> -Morning Manicures <b>10:15am</b> -Sit & Be Fit 28 <b>11am</b> -Trivia <b>2pm</b> -Let's Learn About: <i>Penguins and Polar Bears</i> <b>2:45pm</b> -A Scenic Ride <b>4pm</b> -Play Hang Man!	<b>9:30am</b> -Play Upwards <b>10:15am</b> -Sit & Be Fit 29 <b>2pm</b> -Music with Fritz <b>3pm</b> -A Hot Chocolate Social <b>4pm</b> -Art Wide Open <b>6:30pm</b> -An Activity with the Concierge	<b>9am-11am</b> : Local Errand Trips 30 <b>9:30am</b> -Today in History <b>10:15am</b> -Sit and Be Fit <b>10:45am</b> -Arts and Crafts <b>11:30am</b> -Lunch at Stella Mia <b>3pm</b> -Social Hour! <b>6:30pm</b> -Friday Film: "Little Women," (PG)	<b>9:30am</b> -News Nook And A Bit of Coffee 31 <b>10:15am</b> -Sit & Be Fit <b>11:15am</b> -Mail Delivery <b>2pm</b> -Trivia Time <b>3pm</b> -Spritzers <b>6:30pm</b> -An Activity with the Concierge