

INDEPENDENT LIVING

January 2026



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, 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.

The activity schedule is subject to change.

Deviations, Front Desk
10:15am-Fellowship Hymns, OL
10:30am-Church Services, OL
1:30pm-Mah Jongg, Library
2pm-Word Games, Overlook
7pm-Singspiration Hymn Sing, OL
8pm-Watch "Titanic," Living Room (PG-13)

Deviations, Front Desk
10:15am-Fellowship Hymns, OL
10:30am-Church Services, OL
1:30pm-Mah Jongg, Library
2pm-Word Games, Overlook
7pm-Singspiration Hymn Sing, OL
8pm-Watch "Harriet," Living Room (PG-13)

Deviations, Front Desk
10:15am-Fellowship Hymns, OL
10:30am-Church Services, OL
1:30pm-Mah Jongg, Library
2pm-Word Games, Overlook
7pm-Singspiration Hymn Sing, OL
8pm-Watch "Respect," Living Room (PG-13)

Deviations, Front Desk
10:15am-Fellowship Hymns, OL
10:30am-Church Services, OL
1:30pm-Mah Jongg, Library
2pm-Word Games, Overlook
7pm-Singspiration Hymn Sing, OL
8pm-Watch "About My Father," Living Room (PG-13)

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.	The activity schedule is subject to change.	9am-Exercise, Overlook 10:30am-Office Hours with Bayada, Lobby 1:15pm-Trivia, OL 2:45pm-Manicures and Mimosas, OL 2:30pm-A Trip to Walmart and Martin's 7pm-Music with TJ Crow, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook		
Deviations, Front Desk	9am-Exercise, Overlook 10:30am-The Knitting Nook, OL	5	10am-Exercise Class, OL 1:30pm-The Writer's Group, Library	6	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib	7	9am-Exercise, OL 10:30am-Board of Directors Meeting, Lib	8	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	9	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	Grab a Crossword, Front Desk 2pm-Hot Chocolate, LR
Deviations, Front Desk	10:15am-Fellowship Hymns, OL	11	1:30pm-Reinvigorating Zimbabwe's Music Traditions with Mark Swift, Overlook 3pm-Bingo in the Overlook		10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib	14	9am-Exercise OL 10:30am-Office Hours with Bayada, Lobby	15	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm to 4:30pm: The Staunton Mobile Library is in the Assisted Living Living Room 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	16	Grab a Crossword, Front Desk 2pm-Hot Chocolate, LR	
Deviations, Front Desk	10:15am-Fellowship Hymns, OL	18	1:30pm-Beth Presents: How God Led Me to Serve Mercy Ship, Overlook 3pm-Bingo in the Overlook		10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib	21	9am-Exercise, OL 10:30am-Office Hours with Bayada, Lobby	22	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	23	Grab a Crossword, Front Desk 2pm-Hot Chocolate, LR	
Deviations, Front Desk	10:15am-Fellowship Hymns, OL	25	1:30pm-Marney Presents: A Virtual Tour of Staunton, Overlook 7pm-Watch "Cast Away," Living Room (PG-13)		10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib	28	9am-Exercise, OL 10:30am-Office Hours with Bayada, Lobby	29	9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	30	Grab a Crossword, Front Desk 2pm-Hot Chocolate, LR	
Deviations, Front Desk	10:15am-Fellowship Hymns, OL	26	1:30pm-Treasures & Tales, Overlook 3pm-Bingo in the OL		10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib	27	9am-Exercise, OL 10:30am-Office Hours with Bayada, Lobby		9am-11am: Local Errand Trips 9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 1:30pm-Euchre, Cardroom 2pm-Social Hour and Sing Along, OL 3pm-Cornhole in the Overlook 7pm-Bingo in the Overlook	31	Grab a Crossword, Front Desk 2pm-Hot Chocolate, LR	