

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.		
Devotions, 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)	9am-Exercise, Overlook 10:30am-The Knitting Nook, OL 5 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3:30pm-Paradoxical Pairs with Lisa: <i>Manet and Monet</i> , Overlook 7pm-Watch "The Green Mile," Living Room (R)	10am-Exercise Class, OL 1:30pm-The Writer's Group, Library 6 1:30pm-Reinvigorating Zimbabwe's Music Traditions with Mark Swift, Overlook 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 7 1pm-3pm: Open Gym, FR 2pm-Communion with Covenant Presbyterian Church, OL 3pm-The Amazing Grays, OL 7pm-Music with the Gee Mackey Duo, Overlook	9am-Exercise, OL 10:30am-Board of Directors Meeting, Lib 8 10:30am-Office Hours with Bayada, Lobby 1:15pm-Trivia in the Overlook 2:30pm-A Scenic Drive 2:45pm-Manicures and Mimosas, OL 7pm-Music with Hunter O'Neill	9am-11am: Local Errand Trips 9am-Exercise, Overlook 9 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 3 2pm-Bridge Anyone? Cafe 3pm-Watch "Dog," Living Room (PG-13) 7pm-Watch "Danny Collins," Living Room (R)
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 11 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)	9am-Exercise, Overlook 10:30am-The Knitting Nook, OL 12 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3:30pm-Paradoxical Pairs with Lisa: <i>Eric Liddell and Desmond Doss</i> , OL 7pm-Watch "A League of Their Own," Living Room (PG)	10am-Exercise Class, OL 1:30pm-Cheryl Presents: <i>Adventures in Beekeeping</i> , Overlook 13 2pm-The Alzheimer's Support Group for Caregivers, Next Door 3pm-Bingo in the OL 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 14 1pm-3pm: Open Gym, FR 3pm-The Amazing Grays, OL 7pm-Watch "The Sandlot," Living Room (PG)	9am-Exercise OL 10:30am-Office Hours with Bayada, Lobby 15 1:15pm-Trivia, OL 3pm-The Resident Quarterly Meeting, Overlook Birthday Dinner! 7pm-Music with Jim Harringtonon, Richard Adams, and TJ Crow, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 16 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	Grab a Crossword, Front Desk 17 2pm-Hot Chocolate, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "The Heart of Champions," Living Room (PG-13) 7pm-Watch "The Life List," Living Room (PG-13)
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 18 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)	9am-Exercise, Overlook 10:30am-The Knitting Nook, OL 19 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3pm-Bayada Presents: <i>Mental Illness</i> Overlook 7pm-Watch "Darkest Hour," Living Room (PG-13)	10am-Exercise Class, OL 10:30am-A Prayer Meeting, OL 20 1:30pm-Beth Presents: <i>How God Led Me to Serve Mercy Ship</i> , Overlook 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 21 1pm-3pm: Open Gym, FR 2pm-Episcopal Eucharist Worship Service, OL 3pm-The Amazing Grays, OL 7pm-Watch "Little Women," Living Room (PG)	9am-Exercise, OL 10:30am-Office Hours with Bayada, Lobby 22 1:15pm-Trivia, OL 2:45pm-Manicures & Mimosas, OL 2:30pm-A Scenic Ride 7pm-Music with John Lockridge, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 23 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 24 2pm-Hot Chocolate, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "It Ends with Us," Living Room (PG-13) 7pm-Watch "The Hating Game," Living Room (R)
Devotions, Front Desk 10:15am-Fellowship Hymns, OL 25 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)	9am-Exercise, Overlook 10:30am-The Knitting Nook, OL 26 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3:30pm-Marney Presents: <i>A Virtual Tour of Staunton</i> , Overlook 7pm-Watch "Cast Away," Living Room (PG-13)	10am-Exercise Class, OL 1:30pm-Treasures & Tales, Overlook 27 3pm-Bingo in the OL 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 28 1pm-3pm: Open Gym, FR 2pm-The Food Forum, OL 3pm-The Amazing Grays, OL 7pm-Watch "The Best You Can," Living Room (R)	9am-Exercise, OL 10:30am-Office Hours with Bayada, Lobby 29 1:15pm-Trivia, OL 2:45pm-Manicures & Mimosas, OL 2:30pm-A Scenic Drive Wear Blue To Dinner 7pm-Music with George and Cynthia, OL	9am-11am: Local Errand Trips 9am-Exercise, Overlook 30 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 31 2pm-Hot Chocolate, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Everybody's Fine," Living Room (PG-13) 7pm-Watch "Courageous," Living Room (PG-13)