

INDEPENDENT LIVING

February 2026



21 Woodlee Road
Staunton, Virginia 24401
(540) 885-1122

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Devotions, Front Desk 1 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 "Facing The Giants," Living Room (PG)	9am-Exercise, Overlook 10:30am-The Knitting Nook, Overlook 2 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3:30pm-Hummingbirds: Avian Jewels with John Spahr, OL 7pm-Watch "Only The Brave," Living Room (PG-13)	10am-Exercise Class, OL 1:30pm-The Writer's Group, Library 3 1:30pm-An Activities Meeting For ALL Residents, Living Room 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 1pm-3pm: Open Gym, FR 2pm-Communion with Covenant Presbyterian Church, OL 3pm-A Wine and Cheese Social 7pm-Watch "The Illusionist," Living Room (PG-13)	10am-Exercise, Overlook 10:30am-Office Hours with Bayada, Lobby 4 1:15pm-Trivia, Overlook 2:30pm-A Trip to Walmart & Martin's 2:45pm-Manicures and Mimosas, Overlook 3pm-Cornhole in the Overlook 7pm-Music with Marc OL	9am-Exercise, Overlook 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 5 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 7 2pm-Hot Chocolate, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Mr. Malcolm's List," Living Room (PG) 7pm-Watch "Red Joan," Living Room (R)
Devotions, Front Desk 8 10:15am-Fellowship Hymns, Overlook 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook 6:30pm-A Superbowl Party in the Overlook	9am-Exercise, Overlook 10:30am-The Knitting Nook, Overlook 9 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3:30pm-Paradoxical Pairs with Lisa: Mozart and Virginia Woolf 7pm-Watch "The Best of Enemies," Living Room (PG-13)	10am-Exercise Class, OL 1:30pm-Bob Weiss Presents Touring Costa Rica, Overlook 10 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Library 1pm-3pm: Open Gym, Fitness Room 1:30pm-Prayer Meeting, Overlook 3pm-The Amazing Grays, Overlook 7pm-Watch "Courageous," Living Room (PG-13)	9am-Exercise, OL 10:30am-Board of Directors Meeting, Lib 11 10:30am-Office Hours with Bayada, Lobby 1:15pm-Trivia in the Overlook 2:30pm-A Trip to T.J. Maxx and Super Shoes 2:45pm-Manicures and Mimosas, OL 3pm-A Valentine Social Featuring Music with Cynthia and George, OL 7pm-Bingo in the Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 13 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Library 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 14 2pm-Hot Chocolate, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Chasing Coral," Living Room (PG) 7pm-Watch "Amish Stud: The Eli Weaver Story," Living Room (PG-13)
Devotions, Front Desk 15 10:15am-Fellowship Hymns, OL 10:30am-Church Services, OL 1:30pm-Mah Jongg, Library 2pm-Word Games, Overlook Birthday Dinner! 7pm-Singspiration Hymn Sing, OL 8pm-Watch "All Saints," Living Room (G)	9am-Exercise, Overlook 10:30am-The Knitting Nook, OL 16 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, OL 2pm-A Trip to Kroger 3:30pm-Art Instruction with Amie, OL 7pm-Watch "Found," Living Room (PG)	10am-Exercise Class, OL 1:30pm-The Writer's Group, Library 17 2pm-The Alzheimer's Support Group for Caregivers, Next Door 3pm-Bingo in the OL 4pm-The Mardi Gras Themed Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 1pm-3pm: Open Gym, FR 2pm-Episcopal Eucharist Worship Service, OL 3pm-The Amazing Grays, OL 7pm-Watch "Passing," Living Room (PG-13)	9am-Exercise, Overlook 10:30am-Office Hours with Bayada 19 1:15pm-Trivia, OL 2:30pm-A Trip to Smiley's 2:45pm-Manicures and Mimosas, Overlook 3pm-Music with James Curry, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 20 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Library 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 21 2pm-Hot Chocolate, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Mrs. Doubtfire," Living Room (PG-13) 7pm-Watch "Jay Kelly," Living Room (R)
Devotions, Front Desk 22 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 "Train Dreams," Living Room (PG-13)	9am-Exercise, Overlook 10:30am-The Knitting Nook, Overlook 23 1:30pm-Bridge in the Cafe 1:30pm-Group Crosswords, Overlook 2pm-A Trip to Kroger 3:30pm-They Were Our Neighbors: Keeshan, Rogers, and Henson with Lisa, Overlook 7pm-Watch "Free Solo," Living Room (PG-13)	10am-Exercise Class, Overlook 1:30pm-Treasures And Tales, Overlook 24 3pm-Bingo in the Overlook 4pm-Social Hour, Living Room	10am-Exercise, Overlook 10am-Integrated Faith Bible Study & Discussion, Lib 1pm-3pm: Open Gym, FR 2pm-The Food Forum, OL 3pm-The Amazing Grays, OL 7pm-Watch "Lionheart," Living Room (G)	9am-Exercise, Overlook 10:30am-Office Hours with Bayada, Lobby 26 1:15pm-Trivia, Overlook 2:30pm-A Scenic Drive on the Blue Ridge Parkway 2:45pm-Manicures and Mimosas, Overlook 3pm-Cornhole in the Overlook 7pm-Magic with Brian Bence, Overlook	9am-11am: Local Errand Trips 9am-Exercise, Overlook 27 10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Library 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 28 2pm-Hot Chocolate, LR 2pm-Bridge Anyone? Cafe 3pm-Watch "Night at the Museum," Living Room (PG) 7pm-Watch "The Woman in Cabin 10," Living Room (R)