

# INDEPENDENT LIVING

## February 2026



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

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|--|---|--|---|--|--|
| <b>Devotions, Front Desk 1</b><br><b>10:15am-Fellowship Hymns, OL</b><br><b>10:30am-Church Services, OL</b><br><b>1:30pm-Mah Jongg, Library</b><br><b>2pm-Word Games, Overlook</b><br><b>7pm-Singspiration Hymn Sing, OL</b><br><b>8pm-Watch "Facing The Giants," Living Room (PG)</b>                     | <b>9am-Exercise, Overlook</b><br><b>10:30am-The Knitting Nook, Overlook 2</b><br><b>1:30pm-Bridge in the Cafe</b><br><b>1:30pm-Group Crosswords, OL</b><br><b>2pm-A Trip to Kroger</b><br><b>3:30pm-Hummingbirds: Avian Jewels with John Spahr, OL</b><br><b>7pm-Watch "Only The Brave," Living Room (PG-13)</b>                             | <b>10am-Exercise Class, OL</b><br><b>1:30pm-The Writer's Group, Library 3</b><br><b>1:30pm-An Activities Meeting For ALL Residents, Living Room</b><br><b>3pm-Bingo in the Overlook</b><br><b>4pm-Social Hour, Living Room</b>                  | <b>10am-Exercise, Overlook</b><br><b>10am-Integrated Faith Bible Study &amp; Discussion, Lib 4</b><br><b>1pm-3pm: Open Gym, FR</b><br><b>2pm-Communion with Covenant Presbyterian Church, OL</b><br><b>3pm-A Wine and Cheese Social</b><br><b>7pm-Watch "The Illusionist," Living Room (PG-13)</b> | <b>9am-Exercise, Overlook</b><br><b>10:30am-Office Hours with Bayada, Lobby 5</b><br><b>1:15pm-Trivia, Overlook</b><br><b>2:30pm-A Trip to Walmart &amp; Martin's</b><br><b>2:45pm-Manicures and Mimosas, Overlook</b><br><b>7pm-Music with Marc OL</b>   | <b>9am-Exercise, Overlook</b><br><b>10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Lib 6</b><br><b>1:30pm-Euchre, Cardroom</b><br><b>2pm-Social Hour and Sing Along, Overlook</b><br><b>3pm-Cornhole in the Overlook</b><br><b>7pm-Bingo in the Overlook</b>                                       | <b>Grab a Crossword, Front Desk 7</b><br><b>2pm-Hot Chocolate, LR</b><br><b>2pm-Bridge Anyone? Cafe</b><br><b>3pm-Watch "Mr. Malcolm's List," Living Room (PG)</b><br><b>7pm-Watch "Red Joan," Living Room (R)</b>                         |
| <b>Devotions, Front Desk 8</b><br><b>10:15am-Fellowship Hymns, Overlook</b><br><b>10:30am-Church Services, OL</b><br><b>1:30pm-Mah Jongg, Library</b><br><b>2pm-Word Games, Overlook</b><br><b>6:30pm-A Superbowl Party in the Overlook</b>  | <b>9am-Exercise, Overlook</b><br><b>10:30am-The Knitting Nook, Overlook 9</b><br><b>1:30pm-Bridge in the Cafe</b><br><b>1:30pm-Group Crosswords, OL</b><br><b>2pm-A Trip to Kroger</b><br><b>3:30pm-Paradoxical Pairs with Lisa: Mozart and Virginia Woolf</b><br><b>7pm-Watch "The Best of Enemies," Living Room (PG-13)</b>                | <b>10am-Exercise Class, OL</b><br><b>1:30pm-Bob Weiss Presents Touring Costa Rica, Overlook 10</b><br><b>3pm-Bingo in the Overlook</b><br><b>4pm-Social Hour, Living Room</b>   | <b>10am-Exercise, Overlook</b><br><b>10am-Integrated Faith Bible Study &amp; Discussion, Library 11</b><br><b>1pm-3pm: Open Gym, Fitness Room</b><br><b>1:30pm-Prayer Meeting, Overlook</b><br><b>3pm-The Amazing Grays, Overlook</b><br><b>7pm-Watch "Courageous," Living Room (PG-13)</b>        | <b>9am-Exercise, OL</b><br><b>10:30am-Board of Directors Meeting, Lib 12</b><br><b>10:30am-Office Hours with Bayada, Lobby</b><br><b>1:15pm-Trivia in the Overlook</b><br><b>2:30pm-A Trip to T.J. Maxx and Super Shoes</b><br><b>2:45pm-Manicures and Mimosas, OL</b><br><b>7pm-A Valentine Social Featuring Music with Cynthia and George, OL</b> | <b>9am-11am: Local Errand Trips</b><br><b>9am-Exercise, Overlook 13</b><br><b>10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Library</b><br><b>1:30pm-Euchre, Cardroom</b><br><b>2pm-Social Hour and Sing Along, OL</b><br><b>3pm-Cornhole in the Overlook</b><br><b>7pm-Bingo in the Overlook</b> | <b>Grab a Crossword, Front Desk 14</b><br><b>2pm-Hot Chocolate, LR</b><br><b>2pm-Bridge Anyone? Cafe</b><br><b>3pm-Watch "Chasing Coral," Living Room (PG)</b><br><b>7pm-Watch "Amish Stud: The Eli Weaver Story," Living Room (PG-13)</b> |
| <b>Devotions, Front Desk 15</b><br><b>10:15am-Fellowship Hymns, OL</b><br><b>10:30am-Church Services, OL</b><br><b>1:30pm-Mah Jongg, Library</b><br><b>2pm-Word Games, Overlook</b><br><b>Birthday Dinner!</b><br><b>7pm-Singspiration Hymn Sing, OL</b><br><b>8pm-Watch "All Saints," Living Room (G)</b> | <b>9am-Exercise, Overlook</b><br><b>10:30am-The Knitting Nook, OL 16</b><br><b>1:30pm-Bridge in the Cafe</b><br><b>1:30pm-Group Crosswords, OL</b><br><b>2pm-A Trip to Kroger</b><br><b>3:30pm-Art Instruction with Amie, OL</b><br><b>7pm-Watch "Found," Living Room (PG)</b>   | <b>10am-Exercise Class, OL</b><br><b>1:30pm-The Writer's Group, Library 17</b><br><b>2pm-The Alzheimer's Support Group for Caregivers, Next Door</b><br><b>3pm-Bingo in the OL</b><br><b>4pm-The Mardi Gras Themed Social Hour, Living Room</b> | <b>10am-Exercise, Overlook</b><br><b>10am-Integrated Faith Bible Study &amp; Discussion, Lib 18</b><br><b>1pm-3pm: Open Gym, FR</b><br><b>2pm-Episcopal Eucharist Worship Service, OL</b><br><b>3pm-The Amazing Grays, OL</b><br><b>7pm-Watch "Passing," Living Room (PG-13)</b>                   | <b>9am-Exercise, Overlook</b><br><b>10:30am-Office Hours with Bayada 19</b><br><b>1:15pm-Trivia, OL</b><br><b>2:30pm-A Trip to Smiley's</b><br><b>2:45pm-Manicures and Mimosas, Overlook</b><br><b>7pm-Music with James Curry, Overlook</b>   | <b>9am-11am: Local Errand Trips</b><br><b>9am-Exercise, Overlook 20</b><br><b>10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Library</b><br><b>1:30pm-Euchre, Cardroom</b><br><b>2pm-Social Hour and Sing Along, OL</b><br><b>3pm-Cornhole in the Overlook</b><br><b>7pm-Bingo in the Overlook</b> | <b>Grab a Crossword, Front Desk 21</b><br><b>2pm-Hot Chocolate, LR</b><br><b>2pm-Bridge Anyone? Cafe</b><br><b>3pm-Watch "Mrs. Doubtfire," Living Room (PG-13)</b><br><b>7pm-Watch "Jay Kelly," Living Room (R)</b>                        |
| <b>Devotions, Front Desk 22</b><br><b>10:15am-Fellowship Hymns, OL</b><br><b>10:30am-Church Services, OL</b><br><b>1:30pm-Mah Jongg, Library</b><br><b>2pm-Word Games, Overlook</b><br><b>7pm-Singspiration Hymn Sing, OL</b><br><b>8pm-Watch "Train Dreams," Living Room (PG-13)</b>                      | <b>9am-Exercise, Overlook</b><br><b>10:30am-The Knitting Nook, Overlook 23</b><br><b>1:30pm-Bridge in the Cafe</b><br><b>1:30pm-Group Crosswords, Overlook</b><br><b>2pm-A Trip to Kroger</b><br><b>3:30pm-They Were Our Neighbors: Keeshan, Rogers, and Henson with Lisa, Overlook</b><br><b>7pm-Watch "Free Solo," Living Room (PG-13)</b> | <b>10am-Exercise Class, Overlook 24</b><br><b>1:30pm-Treasures And Tales, Overlook</b><br><b>3pm-Bingo in the Overlook</b><br><b>4pm-Social Hour, Living Room</b>   | <b>10am-Exercise, Overlook</b><br><b>10am-Integrated Faith Bible Study &amp; Discussion, Lib 25</b><br><b>1pm-3pm: Open Gym, FR</b><br><b>2pm-The Food Forum, OL</b><br><b>3pm-The Amazing Grays, OL</b><br><b>7pm-Watch "Lionheart," Living Room (G)</b>  | <b>9am-Exercise, Overlook</b><br><b>10:30am-Office Hours with Bayada, Lobby 26</b><br><b>1:15pm-Trivia, Overlook</b><br><b>2:30pm-A Scenic Drive on the Blueridge Parkway</b><br><b>2:45pm-Manicures and Mimosas, Overlook</b><br><b>7pm-Magic with Brian Bence, Overlook</b>   | <b>9am-11am: Local Errand Trips</b><br><b>9am-Exercise, Overlook 27</b><br><b>10:30-Every Age Holy: Finding Our Story in Scriptures with Rachel, Library</b><br><b>1:30pm-Euchre, Cardroom</b><br><b>2pm-Social Hour and Sing Along, OL</b><br><b>3pm-Cornhole in the Overlook</b><br><b>7pm-Bingo in the Overlook</b> | <b>Grab a Crossword, Front Desk 28</b><br><b>2pm-Hot Chocolate, LR</b><br><b>2pm-Bridge Anyone? Cafe</b><br><b>3pm-Watch "Night at the Museum," Living Room (PG)</b><br><b>7pm-Watch "The Woman in Cabin 10," Living Room (R)</b>          |