



Transportation

Available Wednesdays, Thursdays & Fridays. Please see Concierge to schedule transportation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Canada Day 1 10:00 Morning Stretches 10:30 Drum Circle with Chris 11:00 Snack and Chat 2:00 Whole Brain Health Exercise 3:30 Walking Club/ Patio Time	2 9:00am Welcome Circle 10:30am Stretch Band 1:30pm Balloon Volleyball 2:30pm Finish the Phrase 3:30pm Fancy Nails! 4:00pm Sing-Alongs	3 10:00 Elizabeth Seton delivers Communion 11:00 Balloon Volleyball 11:30 Snack and Chat 2:00 Movie and Popcorn 3:30 Community Chatter	Independence Day 4 10:00 Sittercise 10:30 Scarf Dancing 11:00 Art Corner 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
5 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Balloon Toss 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	6 10:00 Daily Chronicles 10:30 Craft Corner: Patriotic Paper Garland Craft 11:00 Snack and Chat 2:00 BINGO 3:30 Who, What, Where? 1776	7 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Hydration Station 2:00 What's Cooking? Star Spangle Cookies 3:30 Table Activities	8 10:00 Daily Chronicles 10:30 Bowling 11:00 Snack and Chat-Yogurt Parfait 2:00 BINGO 3:30 Patriotic Color Game	9 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Snack and Chat-Fruit Medley 2:00 What's Cooking? Shaking Up Butter 3:30 Table Activities	10 10:00 Daily Chronicles 10:30 Cornhole 11:00 Hydration Station 2:00 BINGO 3:30 Ice-cream Sundaes	11 10:00 Sittercise 10:30 Jamboree: Music and Instruments 11:00 Art Corner 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
12 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Parachute 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	13 10:00 Daily Chronicles 10:30 Craft Corner 11:00 Snack and Chat 2:00 Travelogue: Ye Olde Williamsburg 3:30 Ye Old Williamsburg Crossword Puzzle	Bastille Day 14 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Snack and Chat 2:00 Paint by Numbers 3:30 Cranium Crunches	15 10:00 Daily Chronicles 10:30 Balloon Volleyball 11:00 Hydration Station 2:00 BINGO 3:30 Outdoor Gardening Club	16 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Snack and Chat 12:30-2:30 Trip Around Town 2:00 Star of the Month: Sylvester Stallone 3:30 Ice Cream Social	17 10:00 Elizabeth Seton delivers Communion 10:30 Daily Chronicles 11:00 Hydration Station 2:00 Rendezvous Virtual Reality Experience 3:30 Table Activities	18 10:00 Sittercise 10:30 Bag Toss 11:00 Art Corner 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
19 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Ring Toss 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	20 10:00 Daily Chronicles 10:30 Craft Corner 11:00 Snack and Chat 2:00 BINGO 3:30 Who, What, Where? Benjamin Franklin	21 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Snack and Chat 2:00 Monthly Birthday Celebration 3:30 Table Activities	22 10:00 Daily Chronicles 10:30 Cornhole 11:00 Snack and Chat 2:00 BINGO 3:30 Table Activities	23 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Snack and Chat 12:30-2:30 Trip Around Town 2:00 Star of the Month: Sylvester Stallone 3:30 Ice Cream Social	24 10:00 Daily Chronicles 10:30 Balloon Volleyball 11:00 Snack and Chat 2:00 Bingo 3:30 Movie and Root beer Floats	25 10:00 Sittercise 10:30 Gardening on the Patio 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
26 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Balloon Toss 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	27 10:00 Daily Chronicles 10:30 Craft Corner 11:00 Snack and Chat 2:00 BINGO 3:30 Who, What, Where? Liberty Bell	28 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Snack Station 2:00 Rendezvous Virtual Reality Experience 3:30 Celebrate Buffalo Soldiers Day	29 9:00 What's Cooking with Chef Kevin 10:30 Ring Toss 11:00 Snack and Chat 2:00 Full Moon Day 3:30 Music on the Patio & Popsicles	30 10:00 Morning Stretches 10:30 Exercise with Paxxon 11:00 Snack and Chat 2:00 BINGO 3:30 Community Chatter	31 10:00 Elizabeth Seton delivers Communion 10:30 Daily Chronicles 11:00 Hydration Station 2:00 Music on the Patio 3:30 Sundae Social	