

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 ALL - All Locations
 Ch 970 - Channel 970
 GA - Garden Activity Room
 GL - Garden Level
 PDR - Private Dining Room
 TA - Terrace Activity Room

All activities are subject to change



9:30 Daily Chronicles (GL) **1**
 9:45 Daily Devotion (GL)
 10:30 Bible Study with Hans (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Button Star Craft (GA)
 1:00 Mint Julep Refresher (GL)
 3:00 Paws and Pedals Wednesday Mix-Up (GL)
 3:30 Room Exercise (Ch 970)

9:30 Daily Chronicles (GL) **2**
 9:45 Daily Devotion (GL)
 10:00 Color a patriotic tune (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Exercise with Programming Staff (GA)
 3:00 Armchair Travel (GA)

9:30 Daily Chronicles (GL) **3**
 9:45 Daily Devotion (GL)
 10:00 Cornhole (GA)
 10:30 Room Exercise (Ch 970)
1:00 Patriotic Celebration (GA)
 3:00 Red, White or Blue Color Brain Game (GA)
 3:30 Room Exercise (Ch 970)

Independence Day **4**
10:00 Music with Howard Barnett (GA)
 10:30 Room Exercise (Ch 970)
 1:00 4th of July Snack (GL)
 7:00 Saturday Evening Movie: Hallmark Channel 53 (ALL)

9:00 Prayer Service With Hans (GA) **5**
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 11:00 Culpeper Baptist Church Service (Ch 970)
 2:00 Culpeper United Methodist Church Service (Ch 970)
 3:00 Mountain View Community Church Service (Ch 970)
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

9:30 Daily Chronicles (GL) **6**
 9:45 Daily Devotion (GL)
 10:00 Hand Massage and Music (GL)
 10:30 Room Exercise (Ch 970)
 1:00 Exercise with Programming Staff (GA)
 3:00 Sail Boat Pool Noodle Craft (GA)
 3:30 Room Exercise (Ch 970)

9:30 Catholic Communion Service on Garden Level (GL) **7**
9:30 Catholic Mass (Chapel-1st Floor)
 9:30 Daily Chronicles (GL)
 9:45 Daily Devotion (GL)
 10:30 Garden Watering in Raised Beds (Courtyard)
 10:30 Room Exercise (Ch 970)
 1:00 Paint Them Pretty- Nails Only (GL)
 3:00 Bingo (GA)

9:30 Daily Chronicles (GL) **8**
 9:45 Daily Devotion (GL)
 10:15 Therapy Dog Visits (TL/MC/Lobby)
 10:30 Room Exercise (Ch 970)
 1:00 Watermelon Afternoon Snack (GA)
 3:00 Paws and Pedals Wednesday Mix-Up (GL)
 3:30 Room Exercise (Ch 970)

9:30 Daily Chronicles (GL) **9**
 9:45 Daily Devotion (GL)
 10:00 Succulent Planting (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Exercise with Programming Staff (GA)
 3:00 Balloon Pop Game on the IN2L (GA)

9:30 Daily Chronicles (GL) **10**
 9:45 Daily Devotion (GL)
 10:00 Chair One Exercise with Katie (GA)
 10:30 Red, White and Blue Ring Toss (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Ice Cream Sandwich Snack (GL)
 3:15 Finish the Phrase (GA)
 3:30 Room Exercise (Ch 970)

10:00 Music with Laura (GA) **11**
 10:30 Room Exercise (Ch 970)
 1:00 Blueberry Muffin for National Blueberry Muffin Day (GL)
 7:00 Saturday Evening Movie: Hallmark Channel 53 (ALL)

9:00 Prayer Service With Hans (GA) **12**
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 11:00 Culpeper Baptist Church Service (Ch 970)
 2:00 Culpeper United Methodist Church Service (Ch 970)
 3:00 Mountain View Community Church Service (Ch 970)
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

9:30 Daily Chronicles (GL) **13**
 9:45 Daily Devotion (GL)
 10:00 Exploring Earth (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Exercise with Programming Staff (GA)
 3:00 Pretty Floral Platter Making (GA)
 3:30 Room Exercise (Ch 970)

9:30 Catholic Communion Service on Garden Level (GL) **14**
 9:30 Daily Chronicles (GL)
 9:45 Daily Devotion (GL)
10:30 History Presentation with Rick Britton (TA)
 10:30 Room Exercise (Ch 970)
 1:00 Summer Lacing Cards (GA)
 3:00 Bingo (GA)

9:30 Daily Chronicles (GL) **15**
 9:45 Daily Devotion (GL)
 10:30 Hymn Sing on IN2L (GA)
 10:30 Room Exercise (Ch 970)
12:45 Ladies Luncheon (PDR- 1st Floor)
 3:00 Paws and Pedals Wednesday Mix-Up (GL)
 3:30 Room Exercise (Ch 970)

9:30 Daily Chronicles (GL) **16**
 9:45 Daily Devotion (GL)
 10:00 Christmas in July Wooden Ornaments (GA)
 10:30 Room Exercise (Ch 970)
11:00 Garden Level Picnic Lunch-Family invited & Staff included (GA)
12:45 Birthday Luncheon (PDR)
 1:00 Exercise with Programming Staff (GA)
 3:00 Armchair Travel

9:30 Daily Chronicles (GL) **17**
 9:45 Daily Devotion (GL)
 10:00 Chair One Exercise with Katie (GA)
 10:30 Balloon Swat (GA)
 10:30 Room Exercise (Ch 970)
1:00 July Birthday Celebration (GA)
 3:00 Trivia on IN2L (GA)
 3:30 Room Exercise (Ch 970)

9:45 Music with Adam Melia performing Nashville Standard (GA) **18**
 10:30 Room Exercise (Ch 970)
 1:00 Tropical Fruit Afternoon Refreshment (GL)
 7:00 Saturday Evening Movie: Hallmark Channel 53 (ALL)

9:00 Prayer Service With Hans (GA) **19**
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 11:00 Culpeper Baptist Church Service (Ch 970)
 2:00 Culpeper United Methodist Church Service (Ch 970)
 3:00 Mountain View Community Church Service (Ch 970)
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

9:30 Daily Chronicles (GL) **20**
 9:45 Daily Devotion (GL)
 10:00 Man on the Moon Documentary (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Exercise with Programming Staff (GA)
 3:00 Flip Flop Wooden Art (GA)
 3:30 Room Exercise (Ch 970)

9:30 Catholic Communion Service on Garden Level (GL) **21**
 9:30 Daily Chronicles (GL)
 9:45 Daily Devotion (GL)
10:00 Chime Choir Concert on Garden Level (GL)
 10:30 Room Exercise (Ch 970)
 1:00 Paint Them Pretty- Nails Only (GL)
 3:00 Bingo (GA)

9:30 Daily Chronicles (GL) **22**
 9:45 Daily Devotion (GL)
 10:15 Therapy Dog Visits (TL/MC/Lobby)
 10:30 Room Exercise (Ch 970)
 1:00 Movie your body chair exercise on IN2L (GA)
 3:00 Armchair Travel (GA)
 3:00 Paws and Pedals Wednesday Mix-Up (GL)
 3:30 Room Exercise (Ch 970)
5:30 Music with Howard Barnett (GA)

9:30 Daily Chronicles (GL) **23**
 9:45 Daily Devotion (GL)
 10:00 Exercise with Programming Staff (GA)
 10:30 Room Exercise (Ch 970)
12:45 Men's Luncheon (PDR- 1st Floor)
 3:00 Flower Painting (GA)

9:30 Daily Chronicles (GL) **24**
 9:45 Daily Devotion (GL)
 10:00 Chair One Exercise with Katie (GA)
 10:30 Bucket Toss (GA)
 10:30 Room Exercise (Ch 970)
1:00 Trip to Generations Central at Culpeper Baptist Church (GL)
 3:00 Sing with Me (GA)
 3:30 Room Exercise (Ch 970)

10:30 Room Exercise (Ch 970) **25**
 1:00 Chronicles & Devotion with Programming Staff (GL)
 7:00 Saturday Evening Movie: Hallmark Channel 53 (ALL)

9:00 Prayer Service With Hans (GA) **26**
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 11:00 Culpeper Baptist Church Service (Ch 970)
 2:00 Culpeper United Methodist Church Service (Ch 970)
 3:00 Mountain View Community Church Service (Ch 970)
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

9:30 Daily Chronicles (GL) **27**
 9:45 Daily Devotion (GL)
 10:00 Exploring Earth (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Exercise with Programming Staff (GA)
 3:00 Watercolor Sea Creatures (GA)
 3:30 Room Exercise (Ch 970)

9:30 Catholic Communion Service on Garden Level (GL) **28**
 9:30 Daily Chronicles (GL)
 9:45 Daily Devotion (GL)
 10:30 EZ Does It Trivia (GL)
 10:30 Room Exercise (Ch 970)
 1:00 Milk Chocolate Taste Test- National Milk Chocolate Day (GA)
 3:00 Bingo (GA)

9:30 Daily Chronicles (GL) **29**
 9:45 Daily Devotion (GL)
 10:30 Bible Study with Hans (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Movie Matinee- A League of Their Own (GA)
 3:00 Paws and Pedals Wednesday Mix-Up (GL)
 3:30 Room Exercise (Ch 970)

9:30 Daily Chronicles (GL) **30**
 9:45 Daily Devotion (GL)
 10:00 Tangram Puzzles (GA)
 10:30 Room Exercise (Ch 970)
 1:00 Exercise with Programming Staff (GA)
 3:00 Armchair Travel (GA)

9:30 Daily Chronicles (GL) **31**
 9:45 Daily Devotion (GL)
 10:00 Chair One Exercise with Katie (GA)
 10:30 Noodle Ball (GA)
 10:30 Room Exercise (Ch 970)
1:00 Summer Fun Tea (GA)
 3:00 Scrapbooking Club for July (GA)
 3:30 Room Exercise (Ch 970)

Outdoor Time is always available, weather permitting, upon request

July 2026

Garden Level Calendar

