

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 ACT - AL Activities Room
 GR - AL Game Room
 MDR - AL Main Dining Room
 AR - Assembly Room
 AR-A - Assembly Room-A

Ch 970 - Channel 970
 C - Chapel
 GA - Garden Activity Room
 Lib - Library
 LL - Load from Lobby
 PDR - Private Dining Room
 TA - Terrace Activity Room

All activities are subject to change

1
 9:15 Light Lift Exercise (AR)
 10:00 Town Hall (AR)
 10:30 Room Exercise (Ch 970)
 10:30 Violin Music with Benedict Goodfriend (TA)
 2:00 Bible Study with Hans (ACT)
 2:00 Town Hall (AR)
 3:30 Room Exercise (Ch 970)

2
 10:30 Errands Around Town (LL)
 10:30 Resident Rights & Abuse In-Service (AR)
 10:30 Room Exercise (Ch 970)
 2:00 Close Knits Sit & Knit (ACT)
 2:45 Trip to Play Pickleball (LL)
 3:15 Rummy (GR)
 5:00 Cottage Block Party (Overlook)

3
 9:00 Morning Walks (Lobby)
 10:00 Scrabble (GR)
 10:30 Book Club (Lib)
 10:30 Room Exercise (Ch 970)
 1:30 Bridge (GR)
 2:00 Sewing Group (Lobby)
 3:30 Room Exercise (Ch 970)

4
 Independence Day
 9:15 Light Lift Exercise (AR)
 10:30 Bingo (ACT)
 10:30 Room Exercise (Ch 970)
 10:45 Music with Howard Barnett (TA)
 3:00 Saturday Feature Game (GR)
 6:00 Saturday Night Movie: Yankee Doodle Dandy (AR)

5
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 9:45 Sunday School (C)
 10:30 Live Service with Culpeper Baptist Church (C)
 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)

6
 9:00 Exercise with Katie (AR)
 10:30 Art Class with Crissy from Jewell Tone Music (ACT)
 10:30 Room Exercise (Ch 970)
 2:00 Bible Study with Hans (C)
 2:00 Walmart (LL)
 3:30 Room Exercise (Ch 970)

7
 9:00 Yoga (AR-A)
 9:30 Precious Blood Catholic Mass (C)
 10:00 Chime Choir (ACT)
 10:30 Room Exercise (Ch 970)
 10:30 Trip to Culpeper County Library (LL)
 2:00 Bingo (MDR)
 3:15 Canasta (GR)
 5:00 Trivia Night (AR)

8
 9:15 Light Lift Exercise (AR)
 10:15 Therapy Dog Visits (TL/MC/Lobby)
 10:30 Corn Hole (Terrace Pavilion)
 10:30 Room Exercise (Ch 970)
 11:00 Therapy Dog Visits (Lib)
 11:15 Therapy Dog Visits (GR)
 12:45 Men's Luncheon (PDR)
 2:00 Bible Study with Hans (C)
 3:00 Free-Lance Canvas Painting (ACT)
 3:30 Room Exercise (Ch 970)

9
 9:00 Exercise with Katie (AR)
 10:30 Errands Around Town (LL)
 10:30 New Resident Orientation (AR)
 10:30 Room Exercise (Ch 970)
 2:00 Resident Rights & Abuse In-Service (AR)
 3:15 Rummy (GR)
 4:30 Dinner & Baseball Game (LL)

10
 9:00 Morning Walks (Lobby)
 10:00 Mahjong (GR)
 10:30 Book Club (Lib)
 10:30 Regional Transportation Collaborative Presentation (AR)
 10:30 Room Exercise (Ch 970)
 1:30 Bridge (GR)
 2:00 Sewing Group (Lobby)
 2:30 Ladies' Tea (MDR)
 3:30 Room Exercise (Ch 970)

11
 9:15 Light Lift Exercise (AR)
 10:30 Bingo (ACT)
 10:30 Room Exercise (Ch 970)
 10:45 Music with Laura (TA)
 3:00 Saturday Feature Game (GR)
 6:00 Saturday Night Movie: Field of Dreams (AR)

12
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 9:45 Sunday School (C)
 10:30 Live Service with Culpeper Baptist Church (C)
 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)

13
 9:00 Exercise with Katie (AR)
 10:00 TLC Ladies' Group (ACT)
 10:30 Ping Pong (AR-A)
 10:30 Room Exercise (Ch 970)
 2:00 Walmart (LL)
 3:30 Room Exercise (Ch 970)

14
 9:00 Yoga (AR-A)
 10:00 Catholic Rosary Service (C)
 10:00 Chime Choir (ACT)
 10:30 History Presentation with Rick Britton (TA)
 10:30 Room Exercise (Ch 970)
 1:30 Monthly Communion Service (C)
 2:00 Bingo (MDR)
 3:15 Pinochle (GR)

15
 9:15 Light Lift Exercise (AR)
 10:30 Po-Ke-No (ACT)
 10:30 Room Exercise (Ch 970)
 12:00 AL In-House Picnic (Terrace Pavilion)
 3:00 Presentation on Upcoming Aug. 6th Primary (AR)
 3:30 Room Exercise (Ch 970)

16
 9:00 Exercise with Katie (AR)
 10:30 Errands Around Town (LL)
 10:30 Parkinson's Group (ACT)
 10:30 Room Exercise (Ch 970)
 12:45 Birthday Luncheon (PDR)
 2:00 Close Knits Sit & Knit (ACT)
 2:45 Trip to Play Pickleball (LL)
 3:00 Soft Cheese Blind Taste Testing with Dietitian Carin Austin (AR)
 3:15 Rummy (GR)

17
 9:00 Morning Walks (Lobby)
 10:00 Scrabble (GR)
 10:30 Book Club (Lib)
 10:30 Live Smart Learning Lecture (AR)
 10:30 Room Exercise (Ch 970)
 1:30 Bridge (GR)
 2:00 Sewing Group (Lobby)
 3:30 Room Exercise (Ch 970)

18
 9:15 Light Lift Exercise (AR)
 10:30 Bingo (ACT)
 10:30 Room Exercise (Ch 970)
 10:45 Music with Adam Melia performing Nashville Standard (TA)
 3:00 Saturday Feature Game (GR)
 6:00 Saturday Night Movie: South Pacific (AR)

19
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 9:45 Sunday School (C)
 10:30 Live Service with Culpeper Baptist Church (C)
 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)

20
 9:00 Exercise with Katie (AR)
 10:30 Flower Arranging (ACT)
 10:30 Room Exercise (Ch 970)
 2:00 Bible Study with Hans (C)
 2:00 Karen's Line Dancing (AR-A)
 2:00 Walmart (LL)
 3:30 Room Exercise (Ch 970)

21
 9:00 Yoga (AR-A)
 10:00 Catholic Rosary Service (C)
 10:00 Chime Choir Concert on Garden Level (GA)
 10:30 Room Exercise (Ch 970)
 10:30 Trip to Culpeper County Library (LL)
 10:30 Why Would a Loving God Allow Evil, Pain, and Suffering? Presentation by CAINA (C)
 12:45 Ladies' Luncheon (PDR)
 2:00 Bingo (MDR)
 3:15 Canasta (GR)

22
 9:15 Light Lift Exercise (AR)
 10:15 Therapy Dog Visits (TL/MC/Lobby)
 10:30 Corn Hole (Terrace Pavilion)
 10:30 Room Exercise (Ch 970)
 11:00 Therapy Dog Visits (Lib)
 11:15 Therapy Dog Visits (GR)
 2:00 Bible Study with Hans (ACT)
 3:00 Free-Lance Canvas Painting (ACT)
 3:30 Room Exercise (Ch 970)

23
 9:00 Exercise with Katie (AR)
 10:00 Wagner Hearing Testing (ACT)
 10:30 Errands Around Town (LL)
 10:30 Room Exercise (Ch 970)
 2:00 Baking with Bernie (ACT)
 3:15 Rummy (GR)
 7:00 Lion's Club Bingo (AR)

24
 9:00 Morning Walks (Lobby)
 10:00 Mahjong (GR)
 10:30 Book Club (Lib)
 10:30 Room Exercise (Ch 970)
 11:00 Lunch Trip to Bella Cucina (LL)
 1:30 Bridge (GR)
 2:00 Sewing Group (Lobby)
 3:30 Room Exercise (Ch 970)

25
 9:15 Light Lift Exercise (AR)
 10:30 Bingo (ACT)
 10:30 Room Exercise (Ch 970)
 3:00 Saturday Feature Game (GR)
 6:00 Saturday Night Movie: Flywheel (AR)

26
 9:30 Culpeper Presbyterian Church Service (Ch 970)
 9:45 Sunday School (C)
 10:30 Live Service with Culpeper Baptist Church (C)
 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)

27
 9:00 Exercise with Katie (AR)
 10:00 TLC Ladies' Group (ACT)
 10:30 Ping Pong (AR-A)
 10:30 Room Exercise (Ch 970)
 2:00 Bible Study with Hans (C)
 2:00 Walmart (LL)
 3:30 Room Exercise (Ch 970)

28
 9:00 Yoga (AR-A)
 10:00 Catholic Rosary Service (C)
 10:00 Chime Choir (ACT)
 10:30 Room Exercise (Ch 970)
 2:00 Bingo (MDR)
 3:15 Pinochle (GR)
 4:00 Dinner with Robby (AR)
 6:00 Music with Cedar Run Homesteaders (AR)
 7:00 Bunco (ACT)

29
 9:15 Light Lift Exercise (AR)
 10:30 Po-Ke-No (ACT)
 10:30 Room Exercise (Ch 970)
 2:00 Bible Study with Hans (ACT)
 3:30 Room Exercise (Ch 970)

30
 9:00 Exercise with Katie (AR)
 10:30 Errands Around Town (LL)
 10:30 Room Exercise (Ch 970)
 2:00 Close Knits Sit & Knit (ACT)
 3:15 Rummy (GR)

31
 9:00 Morning Walks (Lobby)
 10:00 Scrabble (GR)
 10:30 Book Club (Lib)
 10:30 Room Exercise (Ch 970)
 1:30 Bridge (GR)
 2:00 Sewing Group (Lobby)
 3:30 Room Exercise (Ch 970)

Outdoor Time is always available, weather permitting, upon request

July 2026

Programming Calendar

