

SUN	MON	TUE	WED	THUR	FRI	SAT
Outdoor Time is always available, weather permitting, upon request	All activites are subject to change	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)	9:15 Light Lift Exercise (AR) 10:00 Town Hall (AR) 10:15 Therapy Dog Visits (TL/MC/Lobby) 10:30 Room Exercise (Ch 970) 10:30 Violin Music with Benedict Goodfriend (TA) 11:00 Therapy Dog Visits (Lib) 11:15 Therapy Dog Visits (GR) 2:00 Bible Study with Hans (ACT) 2:00 Town Hall (AR) 3:00 Free-Lance Canvas Painting (ACT) 3:30 Room Exercise (Ch 970)	9:00 Exercise with Katie (AR) 10:30 Errands Around Town (LL) 10:30 Room Exercise (Ch 970) 2:00 Baking with Bernie (ACT) 3:00 Vinegar Taste Testing with Dietitian Carin Austin (ACT) 3:15 Rummy (GR)	10:00 Scrabble (GR) (Lib) 10:30 Room Exercise (Ch 970) 1:30 Bridge (GR) 2:30 Ladies' Tea (MDR) 3:30 Room Exercise (Ch 970)	9:00 Light Lift Exercise (AR) 9:45 Bingo (MDR) 10:30 Room Exercise (Ch 970) 10:45 Music with Howard Barnett (TA) 3:00 Saturday Feature Game (GR) 6:00 Saturday Night Movie: Mrs. Doubtfire (AR)
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)	Labor Day 10:30 Art Class with Crissy from Jewell Tone Music (ACT) 10:30 Room Exercise (Ch 970) 2:00 Music with Joey Knott (TA) 2:00 Walmart (LL) 3:30 Room Exercise (Ch 970)	9:00 Yoga (AR-A) 10:00 Catholic Rosary Service (C) 10:00 Chime Choir (ACT) 10:30 History Presentation with Rick Britton (AR) 10:30 Room Exercise (Ch 970) 1:30 Monthly Communion Service (C) 2:00 Bingo (MDR) 3:15 Pinochle (GR)	9:15 Light Lift Exercise (AR) 10:30 Po-Ke-No (ACT) 10:30 Room Exercise (Ch 970) 12:45 Men's Luncheon (PDR) 3:30 Room Exercise (Ch 970)	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 Close Knits Sit & Knit (ACT) 2:45 Trip to Play Pickleball (LL) 3:15 Rummy (GR) 5:00 Cottage Block Party (Overlook)	Rosh Hashanah 10:00 Grief Group (ACT) 10:00 Mahjong (GR) 10:30 Book Club (Lib) 10:30 Room Exercise (Ch 970) 11:00 Lunch Trip to Dragon Chef Restaurant (LL) 1:30 Bridge (GR) 3:30 Room Exercise (Ch 970)	9:00 Light Lift Exercise (AR) 9:45 Bingo (MDR) 10:30 Room Exercise (Ch 970) 10:45 Music with Laura (TA) 3:00 Saturday Feature Game (GR) 6:00 Saturday Night Movie: Lean on Me (AR)
Rosh Hashanah Ends 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)	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 VBS at The Culpeper (AR & ACT) 3:30 Room Exercise (Ch 970)	9:00 Yoga (AR-A) 10:00 Catholic Rosary Service (C) 10:00 Chime Choir (ACT) 10:30 Room Exercise (Ch 970) 10:30 The Significance and Science of Our Lady of Guadalupe Presentation by CAINA (C) 10:30 Trip to Culpeper County Library (LL) 12:45 Ladies' Luncheon (PDR) 2:00 VBS at The Culpeper (AR & ACT) 3:15 Canasta (GR)	9:15 Light Lift Exercise (AR) 10:15 Therapy Dog Visits (TL/MC/Lobby) 10:30 Room Exercise (Ch 970) 11:00 Therapy Dog Visits (Lib) 11:15 Therapy Dog Visits (GR) 2:00 VBS at The Culpeper (AR & ACT) 3:30 Room Exercise (Ch 970)	9:00 Exercise with Katie (AR) 10:30 Errands Around Town (LL) 10:30 Parkinson's Group (ACT) 10:30 Room Exercise (Ch 970) 2:00 Music with Michael Martin (TA) 3:00 Hi Horse Cloggers (AR) 3:15 Rummy (GR) 4:30 Irish Dancers (AR)	10:00 Grief Group (ACT) 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) 3:30 Room Exercise (Ch 970)	9:00 Light Lift Exercise (AR) 9:45 Bingo (MDR) 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: The Bucket List (AR)
Yom Kippur Begins 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)	Yom Kippur Ends 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)	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)	9:15 Light Lift Exercise (AR) 10:30 Po-Ke-No (ACT) 10:30 Room Exercise (Ch 970) 2:00 Bible Study with Hans (C) 2:00 Corn Hole (Terrace Pavilion) 3:30 Room Exercise (Ch 970)	9:00 Exercise with Katie (AR) 10:30 Errands Around Town (LL) 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) 3:15 Rummy (GR) 7:00 Lion's Club Bingo (AR)	9:00 Trip to the State Fair (LL) 10:00 Grief Group (ACT) 10:00 Mahjong (GR) 10:30 Book Club (Lib) 10:30 Room Exercise (Ch 970) 1:30 Bridge (GR) 3:30 Room Exercise (Ch 970)	9:00 Light Lift Exercise (AR) 9:45 Bingo (MDR) 10:30 Room Exercise (Ch 970) 10:45 Music with Catherine Farley (TA) 3:00 Saturday Feature Game (GR) 6:00 Saturday Night Movie: The Help (AR)
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)	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)	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 Canasta (GR)	9:15 Light Lift Exercise (AR) 10:00 Death Over Donut (AR) 10:15 Therapy Dog Visits (TL/MC/Lobby) 10:30 Room Exercise (Ch 970) 11:00 Therapy Dog Visits (Lib) 11:15 Therapy Dog Visits (GR) 12:00 AL In-house Picnic (Terrace Pavilion) 2:00 Bible Study with Hans (C) 2:00 Corn Hole (Terrace Pavilion) 3:00 Free-Lance Canvas Painting (ACT) 3:30 Room Exercise (Ch 970)	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 Lib - Library	LL - Load from Lobby PDR - Private Dining Room TA - Terrace Activity Room

September 2026

Programming Calendar