SUN	MON	TUE	WED	THUR	FRI	SAT
	9:30 Chair Fitness (LC) 10:00 Massage Time (MR) 10:00 Mahjong Resident-Led (G) 10:30 Monday Trivia (LC) 1:00 Tai Chi (MR) 2:00 Happy Hour with Linda & Lyle (BB) 3:15 Afternoon Cornhole (LC) 5:00 Movie Night: Born on the 4th of July (CK) 6:00 Monday Night Mega Bingo (LC) 6:00 Prayer Circle Resident Led (MR)	9:30 Strength & Balance Class (LC) 10:00 Hilltop Shops (OT) 10:00 Word Games (LC) 1:00 Come Play Chess with Us! (LC) 1:00 Leather Crafting with Joe C. (MR) 1:00 Resident Led Poker (G) 2:00 Gym Class (FC) 3:00 Money Bingo (LC) 6:00 Cornhole Practice Resident Led (LC)	9:30 Chair Fitness (LC) 10:00 Wednesday Trivia (LC) 11:00 Eastern Shore Chapel (MR) 1:00 Canasta - Resident Led (G) 1:00 Making Jump Ropes for Charity with Gloria (MR) 2:00 Stitch and Chat (MR) 3:15 Afternoon Cornhole (LC) 6:00 Musical Wednesday- A Beautiful Life (LC)	Independence Day 9:30 Stretch & Balance Class (LC) 10:00 Mahjong Resident-Led (G) 11:00 Kroger Trip (OT) 11:30 4th of July Cookout (MC) 1:00 Patriotic Singalong (LC) 1:00 Art Class with Joyce Kirkwood (Art Room) 1:00 Bridge Game - Resident Led (G) 1:00 Walking Club (FL) 1:30 Letters for Memory Care (MR) 2:00 Staff VS Residents Cornhole Tournament (LC) 2:00 Tai Chi (MR) 3:00 Money Bingo (LC)	9:30 Fitness on Our Feet! (LC) 10:00 Friday Trivia (LC) 10:30 Left Right Center Candy (MR) 11:30 Come Sing Karaoke (LC) 11:30 Jewelry Making and Crafts (Art Room) 1:00 Puzzle Time (G) 3:15 Afternoon Cornhole (LC) 6:00 Comedy Show Night: The Carol Burnett Show (LC)	9:30 Morning Fitness (LC) 10:00 Resident Led News Discussions (MR) 10:30 Candy Bingo (LC) 12:15 Afternoon Movie: Greater (LC) 1:00 Bridge - Resident Led (G) 1:00 Sequence -Resident Led (MR) 2:15 Trivia Time (LC) 3:00 Afternoon Cornhole (LC)
9:05 Great Neck Baptist (OT) 10:00 Holy Family Catholic Mass (OT) 11:15 Church Service (LC) 12:30 Sunday Outing to Harris Teeter (OT) 1:00 Canasta - Resident Led (G) 3:00 Money Bingo (LC) 6:00 Sunday Movie: Going My Way (LC)	9:30 Chair Fitness (LC) 10:00 Massage Time (MR) 10:00 Mahjong Resident-Led (G) 10:30 Monday Trivia (LC) 1:00 Tai Chi (MR) 2:00 Happy Hour- Left, Right, Center (BB) 2:00 Harmony Cares & Partners-Strawberry Shortcake (BB) 3:15 Afternoon Cornhole (LC) 5:00 Movie Night: Unbroken (CK) 6:00 Prayer Circle Resident Led (MR)	9:30 Strength & Balance Class (LC) 10:00 Hilltop Shops (OT) 10:00 Word Games (LC) 1:00 Leather Crafting with Joe C. (MR) 1:00 Resident Led Poker (G) 2:00 Gym Class (FC) 2:00 Ice Cream Truck with Harmony Cares (FL) 2:00 Literacy & Culinary Adventures (CK) 3:00 Money Bingo (LC) 6:00 Cornhole Practice Resident Led (LC)	9:30 Chair Fitness (LC) 10:00 Wednesday Trivia (LC) 1:00 Canasta - Resident Led (G) 1:00 Making Jump Ropes for Charity with Gloria (MR) 2:00 Stitch and Chat (MR) 3:15 Afternoon Cornhole (LC) 6:00 Musical Wednesday- I Am Women (LC)	9:30 Stretch & Balance Class (LC) 10:00 Mahjong Resident-Led (G) 10:00 Resident Update Meeting (LC) 10:30 Garden Club (MC) 11:00 Kroger Trip (OT) 11:00 National Pet Photo Day (MR) 1:00 Bridge Game - Resident Led (G) 1:00 Walking Club (FL) 1:30 Letters for Memory Care (MR) 2:00 Seated Tap Class with Anita (FC) 2:00 Tai Chi (MR) 3:00 Money Bingo (LC) 5:30 Wii Bowling League (LC) 7:00 Frank Sings Frank Sinatra (OT)	9:30 Fitness on Our Feet! (LC) 10:00 Friday Trivia (LC) 10:30 Left Right Center Candy (MR) 10:30 Monk's Place in Pungo for Lunch (OT) 11:30 Drink in the Flowers (MR) 11:30 Jewelry Making and Crafts (Art Room) 1:00 Spanish Lessons (G) 2:00 Happy Hour with Adrienne & Jamie (BB) 3:15 Afternoon Cornhole (LC) 6:00 Comedy Show Night: The Carol Burnett Show (LC)	9:30 Morning Fitness (LC) 10:00 Resident Led News Discussions (MR) 10:30 Candy Bingo (LC) 12:15 Afternoon Movie: NYAD (LC) 1:00 Bridge - Resident Led (G) 1:00 Sequence -Resident Led (MR) 2:15 Trivia Time (LC) 3:00 Afternoon Cornhole (LC)
9:05 Great Neck Baptist (OT) 10:00 Holy Family Catholic Mass (OT) 11:15 Church Service (LC) 12:30 Sunday Outing To Wegman's (OT) 1:00 Canasta - Resident Led (G) 3:00 Money Bingo (LC) 6:00 Sunday Movie: A Man Called Otto (LC)	9:30 Chair Fitness (LC) 10:00 Massage Time (MR) 10:00 Mahjong Resident-Led (G) 10:30 Monday Trivia (LC) 1:00 Tai Chi (MR) 2:00 Happy Hour- Decades Name That Tune! (BB) 3:15 Afternoon Cornhole (LC) 4:00 Yearbook Photos (MR) 5:00 Movie Night: King Richard (CK) 6:00 Monday Night Mega Bingo (LC) 6:00 Prayer Circle Resident Led (MR)	9:30 Strength & Balance Class (LC) 10:00 Hilltop Shops (OT) 10:00 Word Games (LC) 1:00 Come Play Chess with Us! (LC) 1:00 Leather Crafting with Joe C. (MR) 1:00 Resident Led Poker (G) 2:00 Gym Class (FC) 3:00 Money Bingo (LC) 6:00 Cornhole Practice Resident Led (LC) 7:00 Tidewater Winds Presents: 100 Years of Disney (OT)	9:30 Chair Fitness (LC) 10:00 Wednesday Trivia (LC) 1:00 Canasta - Resident Led (G) 1:00 MacDonald's Garden Center (OT) 1:00 Making Jump Ropes for Charity with Gloria (MR) 2:00 Plants and Pints (Back Courtyard) 2:00 Stitch and Chat (MR) 3:15 Afternoon Cornhole (LC) 6:00 Musical Wednesday- La La Land (CK) 6:30 Hymn Sing (LC)	9:30 Stretch & Balance Class (LC) 10:00 Kroger Trip (OT) 10:00 Mahjong Resident-Led (G) 10:30 New Resident Orientation (LC) 11:00 Catholic Mass (MR) 1:00 Art Class with Joyce Kirkwood (Art Room) 1:00 Bridge Game - Resident Led (G) 1:00 Walking Club (FL) 1:30 Letters for Memory Care (MR) 1:30 Resident Update Meeting (CD) 2:00 Tai Chi (MR) 3:00 Money Bingo (LC) 5:30 Wii Bowling League (LC)	9:30 Day Trip to Suffolk, VA (OT) 9:30 Fitness on Our Feet! (LC) 10:00 Friday Trivia (LC) 10:30 Left Right Center Candy (MR) 11:30 Come Sing Karaoke (LC) 11:30 Jewelry Making and Crafts (Art Room) 1:00 Puzzle Time (G) 1:00 Spanish Class with Aude (G) 2:00 Happy Hour with Roberto (BB) 3:15 Afternoon Cornhole (LC) 6:00 Comedy Show Night: The Carol Burnett Show (LC)	9:30 Morning Fitness (LC) 10:00 Resident Led News Discussions (MR) 10:30 Candy Bingo (LC) 12:15 Afternoon Movie: The Last Laugh (LC) 1:00 Bridge - Resident Led (G) 1:00 Sequence -Resident Led (MR) 2:15 Trivia Time (LC) 3:00 Afternoon Cornhole (LC)
9:05 Great Neck Baptist (OT) 10:00 Holy Family Catholic Mass (OT) 11:15 Church Service (LC) 12:30 Sunday Outing to Farmers Market of Virginia Beach (OT) 1:00 Canasta - Resident Led (G) 3:00 Money Bingo (LC) 6:00 Sunday Movie: My All American (LC)	9:30 Chair Fitness (LC) 10:00 Massage Time (MR) 10:00 Mahjong Resident-Led (G) 10:30 Monday Trivia (LC) 1:00 Tai Chi (MR) 2:00 Happy Hour Candy Bingo (BB) 3:15 Afternoon Cornhole (LC) 5:00 Movie Night: The Hill (CK) 6:00 Monday Night Mega Bingo (LC) 6:00 Prayer Circle Resident Led (MR)		1:00 Making Jump Ropes for Charity with Gloria (MR) 1:00 Virginia Zoological Park (OT) 2:00 Stitch and Chat (MR) 3:15 Afternoon Cornhole (LC) 4:45 Surf Rider Outing for Dinner (OT)	9:30 Stretch & Balance Class (LC) 10:00 Kroger Trip (OT) 10:00 Mahjong Resident-Led (G) 10:30 Garden Club (MC) 1:00 Bridge Game - Resident Led (G) 1:00 National Hot Fudge Sundae Day (FL) 1:00 Walking Club (FL) 1:30 Letters for Memory Care (MR) 2:00 Seated Tap Class with Anita (FC) 2:00 Tai Chi (MR) 3:00 Money Bingo (LC) 5:30 Wii Bowling League (LC)	9:15 Breakfast Club Outing to Beach Pub 9:30 Fitness on Our Feet! (LC) 10:00 Friday Trivia (LC) 10:30 Left Right Center Candy (MR) 11:30 Jewelry Making and Crafts (Art Room) 1:00 Spanish Lessons (G) 2:00 Happy Hour with Tina & Jim (BB) 3:15 Afternoon Cornhole (LC) 6:00 Comedy Show Night: The Carol Burnett Show (LC)	9:30 Morning Fitness (LC) 10:00 Resident Led News Discussions (MR) 10:30 Candy Bingo (LC) 12:15 Afternoon Movie: Live Twice, Love Once (LC) 1:00 Bridge - Resident Led (G) 1:00 Sequence -Resident Led (MR) 2:15 Trivia Time (LC) 3:00 Afternoon Cornhole (LC)
9:05 Great Neck Baptist (OT) 10:00 Holy Family Catholic Mass (OT) 11:15 Church Service (LC) 12:30 Sunday Outing to Target (OT) 1:00 Canasta - Resident Led (G) 3:00 Money Bingo (LC) 6:00 Sunday Movie: A Walk in the Woods (LC)	9:30 Chair Fitness (LC) 10:00 Massage Time (MR) 10:00 Mahjong Resident-Led (G) 10:30 Monday Trivia (LC) 1:00 Tai Chi (MR) 2:00 Happy Hour with Karen Stowe (BB) 3:15 Afternoon Cornhole (LC) 5:00 Movie Night: 2 Hearts (CK) 6:00 Monday Night Mega Bingo (LC) 6:00 Prayer Circle Resident Led (MR)	9:30 Strength & Balance Class (LC) 10:00 Hilltop Shops (OT) 10:00 Word Games (LC) 1:00 Come Play Chess with Us! (LC) 1:00 Leather Crafting with Joe C. (MR) 1:00 Resident Led Poker (G) 2:00 Gym Class (FC) 3:00 Money Bingo (LC) 6:00 Cornhole Practice Resident Led (LC)	9:30 Chair Fitness (LC) 10:00 Wednesday Trivia (LC) 1:00 Bee Update Meeting (CK) 1:00 Canasta - Resident Led (G) 1:00 Making Jump Ropes for Charity with Gloria (MR) 2:00 Stitch and Chat (MR) 3:15 Afternoon Cornhole (LC) 6:00 Musical Wednesday- Singing In the Rain (LC)	LOCATION KEY BB - Bar and Bistro CD - Chesapeake Dining Room CK - Country Kitchen FC - Fitness Center	FL - Front Lobby ART Room - Independence Lounge LC - Lexington Commons MC - Middle Courtyard	MR - Montpelier Room OT - Outing G - The Grange WE - Waters Edge





