


| SUN   | MON   | TUE   | WED   | THUR   | FRI   | SAT   |
|---|---|---|---|--|---|---|
| 9:30 Culpeper Presbyterian Church Service (Ch 970)<br>9:45 Sunday School (C)<br>10:30 Live Service with Culpeper Baptist Church (C)<br>11:00 Culpeper Baptist Church Service (Ch 970)<br>2:00 Culpeper United Methodist Church Service (Ch 970)<br>6:00 Mitchell's Presbyterian Church Service (Ch 970)   | Labor Day<br>10:30 Room Exercise (Ch 970)<br>2:00 Walmart (LL)<br>3:30 Room Exercise (Ch 970)   | 9:10 Catholic Confessions (ACT)<br>9:30 Precious Blood Catholic Mass (C)<br>10:00 Chime Choir (ACT)<br>10:30 Dakim Learning (ACT)<br>10:30 Room Exercise (Ch 970)<br>10:30 Trip to Culpeper County Library (LL)<br>11:00 Yoga with Barbie (AR)<br>2:00 Bingo (MDR)<br>2:00 Music with Davis Bradley Duo (TA)<br>3:15 Canasta (GR)<br>5:00 Trivia Night (AR) | 9:15 Light Lift Exercise (AR)<br>10:00 Town Hall (AR)<br>10:15 Therapy Dog Visits (TL/MC/Lobby)<br>10:30 Room Exercise (Ch 970)<br>11:00 Therapy Dog Visits (Lib)<br>11:15 Therapy Dog Visits (GR)<br>2:00 Bible Study with Hans (ACT)<br>2:00 Town Hall (AR)<br>3:00 Free-Lance Canvas Painting (ACT)<br>3:30 Room Exercise (Ch 970)   | 9:00 Exercise with Katie (AR)<br>10:30 Errands Around Town (LL)<br>10:30 Room Exercise (Ch 970)<br>2:00 Close Knits Sit & Knit (ACT)<br>3:00 Ping Pong (AR/A)<br>3:15 Rummy (GR)<br>5:00 Cottage Block Party (Overlook)  | 9:00 Trip to Virginia Quilt Museum (LL)<br>10:00 Scrabble (GR)<br>10:30 Book Club (Lib)<br>10:30 Room Exercise (Ch 970)<br>1:30 Bridge (ACT)<br>2:00 Sewing Group (Lobby)<br>3:30 Room Exercise (Ch 970)  | 9:15 Light Lift Exercise (AR)<br>10:30 Bingo (ACT)<br>10:30 Room Exercise (Ch 970)<br>10:45 Music with Howard Barnett (TA)<br>3:00 Saturday Feature Game (GR)<br>6:00 Saturday Night Movie: Seven Brides for Seven Brothers (AR)        |
| National Assisted Living Week<br>9:30 Culpeper Presbyterian Church Service (Ch 970)<br>9:45 Sunday School (C)<br>10:30 Live Service with Culpeper Baptist Church (C)<br>11:00 Culpeper Baptist Church Service (Ch 970)<br>2:00 Culpeper United Methodist Church Service (Ch 970)<br>6:00 Mitchell's Presbyterian Church Service (Ch 970)                                | National Assisted Living Week<br>9:00 Exercise with Katie (AR)<br>10:00 TLC Ladies' Group (AR)<br>10:30 Room Exercise (Ch 970)<br>2:00 Walmart (LL)<br>3:30 Room Exercise (Ch 970)<br>4:00 Dinner with Bernie (Cafe)                                      | National Assisted Living Week<br>10:00 Catholic Rosary Service (Cafe)<br>10:00 Chime Choir (ACT)<br>10:30 Dakim Learning (ACT)<br>10:30 History Presentation with Rick Britton (AR)<br>10:30 Room Exercise (Ch 970)<br>11:00 Yoga with Barbie (AR)<br>1:30 Monthly Communion Service (C)<br>2:00 Bingo (MDR)<br>3:15 Pinochle (GR)                          | National Assisted Living Week<br>9:15 Light Lift Exercise (AR)<br>9:30 Interest Trip Meeting for Biltmore Estate (AR)<br>9:30 Packard Campus Theater Presents: Mister Roberts (LL)<br>10:30 Po-Ke-No (ACT)<br>10:30 Room Exercise (Ch 970)<br>12:00 AL In-house Picnic (Terrace Pavilion)<br>12:45 Men's Luncheon (Cafe)<br>2:00 Bible Study with Hans (C)<br>3:00 50's Soda Shop (AR)<br>3:30 Room Exercise (Ch 970) | National Assisted Living Week<br>9:00 Exercise with Katie (AR)<br>10:30 Errands Around Town (LL)<br>10:30 New Resident Orientation (AR)<br>10:30 Room Exercise (Ch 970)<br>2:00 Close Knits Sit & Knit (ACT)<br>2:45 Trip to Play Pickleball (LL)<br>3:15 Rummy (GR)<br>7:00 Concert with Ken Lelen (AR) | National Assisted Living Week<br>10:00 Mahjong (GR)<br>10:30 Book Club (Lib)<br>10:30 Corn Hole (Terrace Pavilion)<br>10:30 Room Exercise (Ch 970)<br>1:30 Bridge (ACT)<br>2:00 Sewing Group (Lobby)<br>3:30 Room Exercise (Ch 970)             | National Assisted Living Week<br>9:15 Light Lift Exercise (AR)<br>10:30 Bingo (ACT)<br>10:30 Room Exercise (Ch 970)<br>10:45 Music with Mike D'Antoni (TA)<br>3:00 Saturday Feature Game (GR)<br>6:00 Saturday Night Movie: Wonder (AR) |
| 9:30 Culpeper Presbyterian Church Service (Ch 970)<br>9:45 Sunday School (C)<br>10:30 Live Service with Culpeper Baptist Church (C)<br>11:00 Culpeper Baptist Church Service (Ch 970)<br>2:00 Culpeper United Methodist Church Service (Ch 970)<br>6:00 Mitchell's Presbyterian Church Service (Ch 970)   | 9:00 Exercise with Katie (AR)<br>10:30 Flower Arranging with Master Gardeners of Culpeper (ACT)<br>10:30 Room Exercise (Ch 970)<br>2:00 Bible Study with Hans (C)<br>2:00 Karen's Line Dancing (AR-A)<br>2:00 Walmart (LL)<br>3:30 Room Exercise (Ch 970) | 10:00 Catholic Rosary Service (Cafe)<br>10:00 Chime Choir (ACT)<br>10:30 Dakim Learning (ACT)<br>10:30 Room Exercise (Ch 970)<br>10:30 Trip to Culpeper County Library (LL)<br>11:00 Yoga with Barbie (AR)<br>12:45 Ladies' Luncheon (PDR)<br>2:00 Bingo (MDR)<br>3:15 Canasta (GR)   | 9:15 Light Lift Exercise (AR)<br>10:15 Therapy Dog Visits (TL/MC/Lobby)<br>10:30 Room Exercise (Ch 970)<br>11:00 Therapy Dog Visits (Lib)<br>11:15 Therapy Dog Visits (GR)<br>3:00 Free-Lance Canvas Painting (ACT)<br>3:30 Room Exercise (Ch 970)  | 9:00 Exercise with Katie (AR)<br>10:30 Errands Around Town (LL)<br>10:30 Room Exercise (Ch 970)<br>12:45 Birthday Luncheon (PDR)<br>2:00 Close Knits Sit & Knit (ACT)<br>3:00 Ping Pong (AR/A)<br>3:15 Rummy (GR)  | 10:00 Scrabble (GR)<br>10:30 Book Club (Lib)<br>10:30 Healthy Learning Series (AR)<br>10:30 Room Exercise (Ch 970)<br>1:30 Bridge (ACT)<br>2:00 Piano Concert by Bethany James (AR)<br>2:00 Sewing Group (Lobby)<br>3:30 Room Exercise (Ch 970) | 9:15 Light Lift Exercise (AR)<br>10:30 Bingo (ACT)<br>10:30 Room Exercise (Ch 970)<br>10:45 Music with Adam Melia Performing Nashville Standard (TA)<br>3:00 Saturday Feature Game (GR)<br>6:00 Saturday Night Movie: Shenandoah (AR)   |
| 9:30 Culpeper Presbyterian Church Service (Ch 970)<br>9:45 Sunday School (C)<br>10:30 Live Service with Culpeper Baptist Church (C)<br>11:00 Culpeper Baptist Church Service (Ch 970)<br>2:00 Culpeper United Methodist Church Service (Ch 970)<br>4:00 Livestream Concert by Washington Balalaika Society (AR)<br>6:00 Mitchell's Presbyterian Church Service (Ch 970) | 9:00 Exercise with Katie (AR)<br>10:00 TLC Ladies' Group (AR)<br>10:30 Room Exercise (Ch 970)<br>2:00 Bible Study with Hans (C)<br>2:00 Walmart (LL)<br>3:30 Room Exercise (Ch 970)   | 10:00 Catholic Rosary Service (Cafe)<br>10:00 Chime Choir (ACT)<br>10:30 Dakim Learning (ACT)<br>10:30 Room Exercise (Ch 970)<br>11:00 Yoga with Barbie (AR)<br>2:00 Bingo (MDR)<br>3:00 Taste Testing Sugar Free Desserts (Cafe)<br>3:15 Pinochle (GR)<br>6:00 Music with Cedar Run Homesteaders (AR)  | 9:15 Light Lift Exercise (AR)<br>10:30 Po-Ke-No (ACT)<br>10:30 Room Exercise (Ch 970)<br>2:00 Bible Study with Hans (C)<br>2:45 Trip to Play Pickleball (LL)<br>3:30 Room Exercise (Ch 970)<br>6:45 Stage Alive Presents: Bachelors of Broadway (LL)  | 9:00 Exercise with Katie (AR)<br>10:30 Errands Around Town (LL)<br>10:30 Room Exercise (Ch 970)<br>2:00 Close Knits Sit & Knit (ACT)<br>3:00 Baking with Bernie (Cafe)<br>3:15 Rummy (GR)<br>7:00 Lion's Club Bingo (AR)   | 10:00 Mahjong (GR)<br>10:30 Book Club (Lib)<br>10:30 Corn Hole (Terrace Pavilion)<br>10:30 Room Exercise (Ch 970)<br>11:45 Lunch Trip to Dragon Chef (LL)<br>1:30 Bridge (ACT)<br>2:00 Sewing Group (Lobby)<br>3:30 Room Exercise (Ch 970)      | 9:15 Light Lift Exercise (AR)<br>10:30 Bingo (ACT)<br>10:30 Room Exercise (Ch 970)<br>10:45 Music with Billy Brockman (TA)<br>3:00 Saturday Feature Game (GR)<br>6:00 Saturday Night Movie: Goodbye Christopher Robin (AR)              |
| 9:30 Culpeper Presbyterian Church Service (Ch 970)<br>9:45 Sunday School (C)<br>10:30 Live Service with Culpeper Baptist Church (C)<br>11:00 Culpeper Baptist Church Service (Ch 970)<br>2:00 Culpeper United Methodist Church Service (Ch 970)<br>6:00 Mitchell's Presbyterian Church Service (Ch 970)   | 9:00 Exercise with Katie (AR)<br>9:45 Paint with Jessica from Paint it Orange (ACT)<br>10:00 Trip to The Virginia State Fair (LL)<br>10:30 Room Exercise (Ch 970)<br>2:00 Bible Study with Hans (C)<br>2:00 Walmart (LL)<br>3:30 Room Exercise (Ch 970)   | LOCATION KEY<br>ACT - AL Activities Room<br>GR - AL Game Room<br>MDR - AL Main Dining Room<br>AR - Assembly Room<br>AR-A - Assembly Room-A  | Ch 970 - Channel 970<br>C - Chapel<br>Lib - Library<br>LL - Load from Lobby<br>PDR - Private Dining Room<br>TA - Terrace Activity Room  | <br>Concert with Ken Lelen<br>Thursday, Sept 12th at 7pm  | All activites are subject to change   | *Outdoor Time is always available, weather permitting, upon request*  |