


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy 101th Birthday Carrie! 10:30 Eucharistic Service AR6 11:15 Coffee Chat A1 2:30 – 3:30 Harpist Karen Stowe AR 6 4:00 – 5:30 Movie Matinee-Residents' Choice LR4	10:00 Top of the Morning LR1 10:30 Morning Exercises LR 2 11:15 Brain Bootcamp LR1 2:00 – 3:00 "Back to School" Social AR4 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1 Labor Day	Happy Birthday Eloise! 10:00 Top of the Morning LR1 11:00 Flower Arranging A3 2:00 – 3:00 Special Guest Bible Time AR6 4:00 Let's Talk Trivia! A1 5:00 Piano LR 5	10:15-11:00 Catholic Mass AR6 11:00 Brain Bootcamp A1 2:00 – 3:00 Protestant Communion Service All Are Welcome AR6 3:30 - 4:30 Pokeno A4 5:00 Let's Talk Trivia! A1	10:00 Top of the Morning LR1 10:30 Coffee Chat A4 10:30 Morning Stretches LR2 2:00-3:30 Movie Time LR4 4:00 Brain Bootcamp A1 5:00 Piano LR 5	10:00 Top of the Morning LR1 11:00 Hand Massage LR5 2:00-3:00 Art For All AR1 4:00 Stretch & Strength A2 5:00 Piano LR 5 6:45 Outing: Hoedown at the VA Beach Farmers' Market 7,8	10:30 Top of the Morning LR1 11:15 Brain Bootcamp LR1 2:00 Rosary w/KOC C 6 3:00-4:00 Bingo with KOC A4 4:30 Saturday Afternoon TV Residents' Choice A4
Happy Birthday Dee! Happy Grandparents' Day! 10:30 Eucharistic Service AR6 11:15 Coffee Chat A1 2:00 – 3:00 Drum Circle with Arthur "Drum Your Dreams" Lopez AR 5 4:00 – 5:30 Movie Matinee-Residents' Choice LR4 Grandparents' Day	Happy Birthday Dorothy! 10:00 Top of the Morning LR1 10:30 Morning Exercises LR 2 11:15 Brain Bootcamp LR1 2:30 – 3:30 Bingo AR4 4:00 Men's Social on the Porch P 7,8 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1	Happy Birthday Louis & Frances! 10:00 SPCA Visiting Paws (throughout community) 5 10:00 Top of the Morning LR1 11:00 Creative Crafters A3 2:00 – 3:00 Special Guest Bible Time AR6 4:00 Let's Talk Trivia! A1 5:00 Piano LR 5	10:15-11:00 Catholic Mass AR6 11:00 Brain Bootcamp A1 2:00 – 3:00 "9-11" Remembrance Service AR6 3:30 - 4:30 Pokeno A4 5:00 Let's Talk Trivia! A1	10:00 Top of the Morning LR1 10:30 Coffee Chat A4 10:30 Morning Stretches LR2 2:00 Rosary-Legion of Mary C6 3:00 Dominoes A1 4:00 Brain Bootcamp A1 5:00 Piano LR 5	10:00 Top of the Morning LR1 11:00 Hand Massage LR5 2:00-3:30 Scenic Joyride (7,8) 2:30-4:00 Movie & Popcorn: "Carousel" with Shirley Jones (Part 1) AR 4 5:00 Bible Study with Joyce LR 6	10:30 Entertainment: Lyle & Linda Dowling AR5 12:00 Top of the Morning LR1 2:00 – 3:00 Pokeno A 4 3:30 Baking A3 4:00 Saturday TV Residents' Choice A4
10:30 Eucharistic Service AR6 11:15 Coffee Chat A1 2:30 – 3:30 Christian Fellowship with Brother Britt Hoskins AR 6 4:00 – 5:30 Movie Matinee-Residents' Choice LR4	10:00 Top of the Morning LR1 10:30 Morning Exercises LR2 11:15 Brain Bootcamp LR1 2:00 – 3:00 Bingo A4 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1	10:00 Top of the Morning LR1 11:00 Creative Crafters A3 2:00 – 3:30 Hymn Sing-a-long C6 4:00 Let's Talk Trivia! A1 5:00 Piano LR 5	10:15-11:00 Catholic Mass AR6 11:00 Brain Bootcamp A1 2:00 – 3:00 Nondenominational Church Service AR6 3:30 - 4:30 Pokeno A4 5:00 Let's Talk Trivia! A1	10:00 Top of the Morning LR1 11:00 Chair Zumba with Peggy AR2 2:00-3:00 Kempsville Baptist Church AR 6 3:30 Dominoes A1 4:00 Brain Bootcamp A1 5:00 Piano LR 5	10:00 Top of the Morning LR1 11:00 Hand Massage LR5 2:00-3:30 Scenic Joyride (7,8) 2:30-4:00 Movie & Popcorn: "Carousel" with Shirley Jones (Part 2) AR 4 4:30 Stretch & Strength A2 5:00 Let's Talk Trivia! A1	10:30 Rosary with the Tan Family C6 12:00 Top of the Morning LR1 2:00 – 3:00 Pokeno A 4 3:30 Baking A3 4:00 Saturday TV Residents' Choice A4 Oktoberfest Begins
10:30 Eucharistic Service AR6 11:15 Coffee Chat A1 2:00 – 3:00 New Entertainers: "Swing Time" Duet AR 6 4:00 – 5:30 Movie Matinee-Residents' Choice LR4	10:00 Top of the Morning LR1 10:30 Morning Exercises LR 2 11:15 Brain Bootcamp LR1 2:30 – 3:30 End of Summer Ice Cream Social A4 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1 Autumn Begins	10:30 Rosary-Legion of Mary C2 11:30 Top of the Morning LR1 12:00 Nursing Resident Council C3 2:00 – 3:00 Special Guest Bible Time C6 4:00 Let's Talk Trivia on the Porch! P 7,8 5:00 EAL Resident Council A3	Happy Birthday Jerry & Ginny! 10:15-11:00 Catholic Mass AR6 11:00 Brain Bootcamp A1 2:00 – 3:00 Nondenominational Church Service AR6 2:30-4:00 Outing: Dollar Tree (3,7) 3:30 - 4:30 Pokeno A4 5:00 Let's Talk Trivia! A1	10:00 Top of the Morning LR1 10:30 Coffee Chat A4 10:30 Morning Stretches LR2 2:30 Chair Zumba with Peggy AR2 3:30 Dominoes A1 4:00 Brain Bootcamp A1 5:00 Piano LR 5	10:00 Top of the Morning LR1 11:00 Hand Massage LR5 2:00-3:30 Bingo Store AR3 4:30 Stretch & Strength A2 5:00 Let's Talk Trivia! A1	10:30 Top of the Morning LR1 11:15 Brain Bootcamp LR1 2:00 – 3:00 Pokeno A 4 3:30 Baking A3 4:00 Saturday TV Residents' Choice A4
Happy Birthday Carol M.! 10:30 Eucharistic Service AR6 11:15 Coffee Chat A1 2:00 – 3:00 Violinist Amy Miller AR 6 4:00 – 5:30 Movie Matinee-Residents' Choice LR4	10:00 Top of the Morning LR1 10:30 Chair Zumba with Peggy AR 2 11:15 Brain Bootcamp LR1 2:00 – 3:00 Celebrate Residents with September Birthdays with Roberto! AR 4 4:00 Dominoes A 1 5:00 Let's Talk Trivia A1 Rosh Hashanah (first day)	 <h1 style="color: green; text-align: center;">September 2019</h1> <h2 style="text-align: center;">Nursing & Extensive Assisted Living</h2> <p style="text-align: center; font-size: small;">LOCATION KEY: A-Activity Room; AR-Assembly Room; C-Chapel; LR-Living Room; P-Porch ACTIVITY Key: 1-Cognitive/Creative; 2-Physical; 3-Productive; 4-Social; 5-Sensory; 6-Reflective; 7-Outdoor; 8-Nature</p>				

Most Activities are a minimum of 30 minutes long unless otherwise indicated. All supplies are accounted for before and after each activity. Residents' mail hand-delivered.