

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Bird Watching (P) 10:00 Publix (R) 10:30 Sit & Fit Exercise (A) 1:00 Chesterfield County Mental Health Presents: Ageless Energizers Exercise Class (A) 2:00 Trip: Bruster's Ice Cream (R) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 10:00 Ambassador Meeting (G)	10:30 Line Dancing w/ Carole (A) 11:15 Group Crossword Puzzle (AL) 1:00 Card Game: Hand and Foot (G) 1:00 Craft: Decorate Your Rollator for 4th of July Parade (A) 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 4:00 Patriotic Choir Practice for Rollator Parade (A) 10:00 3rd Floor Meeting (L)	10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- Inventions that Changed the World - Gun Powder, Cannons, and Guns (G) 1:00 CABA's 2nd Annual Patriotic Rollator Parade (ML) 2:00 Chair Yoga w/ Kathy (A) 4:00 Happy Hour (P)	9:30 Coffee & Wordsearch (P) 10:00 Dollar Store (R) 1:00 Rummikub (G#) 2:00 Scenic Ride: Richmond's Historic Northside (R) 4:00 Resident Happy Hour: Bring Your Own Beverage (P#) Independence Day (U.S.)
11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 1:00 Movie: Queen of Chess (2026 Netflix Documentary) Starring: Judit Polgar (G) 3:00 Celebration of Life for Wanda Saunders (C)	10:00 Kroger (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) 1:00 Trip: Virginia Museum of Fine Arts: India's Great Mughals Exhibit (R) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	10:30 Sit & Fit Exercise (A) 11:00 Catholic Communion (C) 11:15 The Great Courses - How Memory Works pt. 9 (G) 2:00 This Week in History (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 6:30 Tuesday TV Series: AMC's Turn (G)	10:00 Food Lion (R) 10:30 Sit & Fit Exercise (A) 11:00 Music Performance: Kevin Salyer (ML) 2:00 Wine-Down Wednesday Room Visits 3:00 Fox Fitness (A) 4:00 Happy Hour (P)	10:30 Line Dancing w/ Carole (A) 11:00 Resident and Student Talent Show w/ Everwild Homeschoolers (ML) 1:00 Card Game: Hand and Foot (G) 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 10:00 4th Floor Meeting (L)	10:30 Tai Chi w/ Marti (A) 11:15 The Great Courses- Inventions- Telescopes and Microscopes (G) 1:00 Grief Support Group w/ Chaplain Julie (G) 3:00 New Resident Social (P) 4:00 Happy Hour (P) 6:00 Music Performance: Fred and Friends Jazz Trio (ML)	9:30 Coffee & Wordsearch (P) 10:00 Men's Group with Eli (G) 11:00 Saturday Service- Chaplain Alphonso (C) 1:00 Cornhole Tournament w/ Javon (ML) 1:00 Rummikub (G#) 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
10:00 Sunday Service- Pastor Lee (C) 2:00 Movie: 1776 The Musical (1972) Starring: William Daniels, Howard da Silva, & John Cullum (G) 3:00 Bible Study- Deacon Will (C#)	10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) 1:00 Activity Planning Meeting (A) 2:00 Knit & Crotchet Club (L#) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	10:30 Sit & Fit Exercise (A) 11:00 Catholic Rosary (C#) 11:15 The Great Courses - How Memory Works pt. 10 (G) 1:00 Music Performance: Hunter O'Neil on Piano (ML) 2:00 This Week in History (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 6:30 Tuesday TV Series: AMC's Turn (G)	9:30 Bird Watching (P) 10:00 Aldi (R) 10:30 Sit & Fit Exercise (A) 11:00 AudioNova Hearing Aid Clinic w/ Elijah Tozar (G) 1:00 Chesterfield Fire Department Presents: Fall Prevention Bingo (A) 2:00 Resident Food Meeting (A) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 10:00 1st Floor Meeting (G)	11:00 Jammin' w/ Jillson Exercise Class (A) 1:00 Card Game: Hand and Foot (G) 1:00 Health Talk and BP Checks w/ Helen from Fox Rehab (A) 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 6:00 Music Performance: The McAllister's (ML)	10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- Inventions that Changed the World - The Caravel and Celestial Navigation (G) 2:00 Chair Yoga w/ Kathy (A) 4:00 Happy Hour (P) 6:00 Music Performance: Joe Loschiavo (ML)	9:30 Coffee & Wordsearch (P) 11:00 Saturday Service- Chaplain Alphonso (C) 1:00 Rummikub (G#) 2:00 Not Your Granny's Bingo w/ Bonnie (A) 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 1:00 Wii Sports w/ Tony (G) 3:00 Movie: The Theory of Everything (2014) Starring: Eddie Redmayne, Felicity Jones, & Charlie Cox (G) 3:00 Bible Study- Deacon Will (C#)	10:00 Kroger (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) 1:00 Trip: Bargain Books Richmond (R) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	10:30 Sit & Fit Exercise (A) 11:00 Catholic Communion (C) 11:15 The Great Courses - How Memory Works pt. 11 (G) 2:00 This Week in History (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 6:30 Tuesday TV Series: AMC's Turn (G)	10:00 Publix (R) 10:30 Sit & Fit Exercise (A) 1:00 Chesterfield Country Mental Health Presents: The Power of Connection- Overcoming Loneliness (A) 3:00 Fox Fitness (G) 4:00 Happy Hour (P) 6:00 Special Evening Music Performance: Jaime Lloyd (ML) 10:00 2nd Floor Meeting (2nd Floor Alcove)	10:30 Line Dancing w/ Carole (A) 11:15 Group Crossword Puzzle (AL) 1:00 Card Game: Hand and Foot (G) 1:00 CABA Book Club: The Immortal Life of Henrietta Lacks by Rebecca Skloot (L) 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P)	10:30 Tai Chi w/ Marti (A) 11:15 The Great Courses - Inventions that Changed the World - Food Preservation (G) 1:00 Trip: Maymont Nature Center (R) 4:00 Happy Hour (P) 6:00 Music Performance: Don and Doug (ML)	9:30 Coffee & Wordsearch (P) 10:00 Dollar Store (R) 1:00 Rummikub (G#) 2:00 Scenic Ride: Historic Churchill (R) 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
10:00 Sunday Service- Pastor Lee (C) 1:00 Watermelon Social w/ Kathy (ML) 2:00 St. Michael's Episcopal Church Service and Communion (C) 3:00 Movie: Pretty Woman (1990) Starring: Richard Gere, Julia Roberts, & Ralph Bellamy (G) 3:00 Bible Study- Deacon Will (C#)	10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) 1:00 Cooking w/ Alyssa (A) 2:00 Knit & Crotchet Club (L#) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	10:30 Sit & Fit Exercise (A) 11:00 Catholic Rosary (C#) 11:15 The Great Courses - How Memory Works pt. 12 (G) 1:30 Speaking Historically Lecture Series w/ Professor Cei (A) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 6:30 Tuesday TV Series: AMC's Turn (G)	9:30 Bird Watching (P) 10:00 Food Lion (R) 10:30 Sit & Fit Exercise (A) 1:00 Christmas in July Summer Vendor Fair (ML) 2:00 Wine-Down Wednesday Room Visits 3:00 Fox Fitness (A) 4:00 Happy Hour (P)	10:30 Line Dancing w/ Carole (A) 11:15 Group Crossword Puzzle (AL) 11:30 Lunch Bunch: Latitude Seafood (R) 1:00 Card Game: Hand and Foot (G) 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P)	10:30 Tai Chi w/ Marti (A) 11:15 The Great Courses - Inventions that Changed the World - Water & Sewer Systems (G) 3:00 Resident Council (A) 4:00 Happy Hour (P) 6:00 Music Performance: McKenzie Roark on Acoustic Guitar (ML)	Location Key A- Activity Room/ The Gathering Place C- Chapel G- Game Room ML- Main Lobby L- Library P- Pub AL- Assisted Living 1st Floor Lobby R- Sign Up Required #- Resident-Led Activity