

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Start Our Day With Music 1 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Sea Reef Documentary 12:00 Lunch 1:30 Bingo 3:30 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 2 10:00 Chair Exercise 11:00 Social Time (The Beach Boys Music YouTube) 12:00 Lunch 1:30 Family Feud Card Game 2:30 Trivia 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 3 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Facts About Volkswagen Bus 12:00 Lunch 1:30 Community Walk 2:30 Would You Rather? 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 4 10:00 Daily Chronicles(Linked Senior) 10:30 Chair Exercise 11:00 Price is Right (CH 6) 12:00 Lunch 1:30 Arts & Crafts Summer Flower Arrangement 3:30 Social Time or Movie 5:00 Dinner	 Hair & Games 5	9:30 Daily Chronicles 6 10:00 Music Time (Summer Drum) 11:00 Horoscopes 12:00 Lunch 1:30 Guess In 10 Card Game 2:30 Balloon Swat 3:30 Social Time or Movie 5:00 Dinner
9:30 Gospel Music 7 10:30 Bible Reading 11:00 First Baptist Church (CH8) 12:00 Lunch 1:30 Trivia 2:30 Noodle Ball 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 8 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Mythology (Aphrodite) 12:00 Lunch 1:30 Spin & Solve (Linked Senior) 2:00 Music w/ Mary Stella 3:00 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 9 10:00 Chair Exercise 11:00 Price Is Right (CH 6) 12:00 Lunch 1:30 Therapeutic Adult Coloring 2:30 Summer Quotes 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 10 10:00 Daily Chronicles(Linked Senior) 10:30 Chair Exercises 11:00 Music W/ Suncrest Chaplain Julie 12:00 Lunch 1:30 YUM YUM No Bake Dessert Making 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 11 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Weekly Group Reading 12:00 Lunch 1:30 Family Feud Card Game 2:30 Candy Bar Trivia w/ Tasting 3:30 Movie 5:00 Dinner	9:30 Daily Chronicles 12 10:00 Let's Make A Deal (CH 6) 11:00 Chair Exercise 12:00 Lunch 1:30 Jigsaw Puzzles 2:30 Music Time (1960"S) 3:30 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 13 (Linked Senior) 10:00 Patio Gathering 11:00 What is Falafel ? 12:00 Lunch 1:30 Nail Day W/Movies 5:00 Dinner
9:30 Gospel Music 14 10:30 Bible Stories 11:00 First Baptist Church 12:00 Lunch 1:30 Nail Day W/ Popcorn & Movies 5:00 Dinner Flag Day (U.S.)	9:30 Start Our Day With Music 15 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Weekly Group Reading 12:00 Lunch 1:30 Bingo 3:30 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 16 10:00 Chair Exercise 11:00 Price Is Right (CH 6) 12:00 Lunch 1:30 Ring Toss 2:00 Quiz 2:30 Horoscope Reading 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 17 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Poetry Reading 12:00 Lunch 1:30 Facts About Root Beer W/ Tasting 2:30 This OR That ? 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 18 10:00 Daily Chronicles(Linked Senior) 10:30 Chair Exercise 11:00 Price is Right (CH 6) 12:00 Lunch 1:30 Arts & Crafts DIY Decorate Tote Bag 3:30 Social Time or Movie 5:00 Dinner	 PRE 19	9:30 Daily Chronicles 20 10:00 Facts About Airplanes 11:00 Music Time (Doo Wop) 12:00 Lunch 1:30 Therapeutic Adult Coloring 2:30 What If ? 3:00 Social Time or Movie 5:00 Dinner
 Happy Father's Day! 21	9:30 Start Our Day With Music 22 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Weekly Group Reading 12:00 Lunch 1:30 Bingo 3:30 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 23 10:00 Community Walk 11:00 Price Is Right (CH6) 12:00 Lunch 1:30 Karaoke 2:30 Summer Quiz 3:30 Social Time or Movie 5:00 Dinner	9:30 Start Our Day With Music 24 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercises 11:00 Music W/ Suncrest Chaplain Julie 12:00 Lunch 1:30 Virtual Travel (Sweden) 2:00 Mythology (Fairies) 3:00 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles (Linked Senior) 25 10:00 Chair Exercise 11:00 Ask Ann Landers 12:00 Lunch 1:30 Fashion Trivia 2:30 Ring Toss 3:30 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 26 10:00 Chair Exercise 11:00 Martha Thatcher Quotes 12:00 Lunch 1:30 Horoscope Reading 2:30 Guess The Movie (YouTube) 3:30 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 27 (Linked Senior) 10:00 Patio Gathering 12:00 Lunch 1:30 Nail Day W/Movies 5:00 Dinner
9:30 Gospel Music 28 10:30 Bible Stories 11:00 First Baptist Church 12:00 Lunch 1:30 Nail Day W/ Popcorn & Movies 5:00 Dinner	9:30 Start Our Day With Music 29 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Weekly Group Reading 12:00 Lunch 1:30 Hangman (Linked Senior) 2:30 Moving Target Shooting Foam Balls 3:00 Social Time or Movie 5:00 Dinner	9:30 Daily Chronicles 30 10:00 Chair Exercise 11:00 This Day In History 12:00 Lunch 1:30 Parachute Game 2:30 Who Am I ? 3:30 Movie 5:00 Dinner				

The Crossroads at Bon Air, 9100 Bon Air Crossings Drive, Richmond, VA 23235 (804) 560-1440

All Activities Are Subject To Change & Residents Will Be Notified. Activities Meet Residents Physical, Mental/Cognitive, Emotional, Psychosocial, & Spiritual Needs