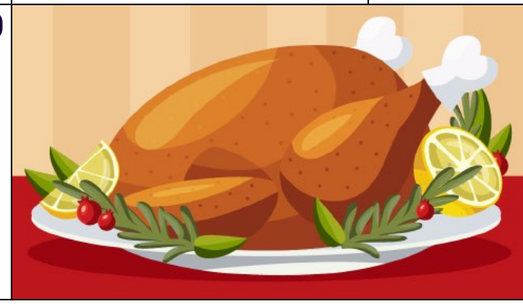
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Gospel Music 10:30 Bible Stories 11:00 First Baptist Church 12:00 Lunch 1:30 Nail Day W/ Popcorn & Movies 5:00 Dinner	2 9:30 Daily Chronicles 10:00 Chair Exercise 11:00 Weekly Group Reading 12:00 Lunch 1:30 Mythology (The Knockers) 2:30 Spin & Solve (Linked Senior) 3:00 Social Time or Movie 5:00 Dinner	3 9:30 Daily Chronicles 10:00 Chair Exercises 11:00 Buzz Word 12:00 Lunch 1:30 Trivia 2:30 Balloon Swat 3:00 Social Time or Movie 5:00 Dinner	4 9:30 Start Our Day With Music 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercises 11:00 Music W/ Suncrest Chaplain Julie 12:00 Lunch 1:30 Therapeutic Adult Coloring (Harvest Fall Theme) 3:00 Social Time or Movie 5:00 Dinner	5 9:30 Daily Chronicles (Linked Senior) 10:00 Chair Exercise 11:00 Price Is Right (CH 6) 12:00 Lunch 1:30 Name 5 2:00 Kick Ball Beach Ball 3:00 Social Time or Movie 5:00 Dinner	6 9:30 Start Our Day With Music 10:00 Daily Chronicles 10:30 Chair Exercise 11:00 C Lore (History Of Potatoes & Spices 12:00 Lunch 1:30 Plastic Axe Toss 2:30 November Trivia 3:00 Social Time or Movie 5:00 Dinner	7 9:30 Daily Chronicles 10:00 Chair Exercises 11:00 Inside The Museum Of Modern Art (Virtual Walking Tour) 12:00 Lunch 1:30 Puzzles 2:30 Guess In 10 3:00 Social Time or Movie 5:00 Dinner
8 9:30 Gospel Music 10:30 Bible Stories 11:00 First Baptist Church (CH8) 12:00 Lunch 1:30 Facts About Diwali 2:30 Guess In 10 3:00 Social Time or Movie 5:00 Dinner	9 9:30 Start Our Day With Music 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 Thanksgiving Trivia 12:00 Lunch 1:30 Stickman (Linked Senior) 2:00 Music w/ Mary Stella 3:00 Social Time or Movie 5:00 Dinner	10 9:30 Start Our Day With Music 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercise 11:00 WB (History Of The Bed) 12:00 Lunch 1:30 History Of The Mayflower 2:30 ThanksGiving Dinners In The Past 3:00 Social Time or Movie 5:00 Dinner	11 	12 9:30 Daily Chronicles 10:00 Lets Make A Deal (CH6) 11:00 Guess The Song 12:00 Lunch 1:30 Balloon Volleyball 2:30 Spin & Solve (Linked Senior) 3:00 Social Time or Movie 5:00 Dinner	13 9:30 Daily Chronicles 10:00 Chair Exercise 10:30 Dear Abby 11:00 Social Time (Country Music) YouTube 12:00 Lunch 1:30 What Am I ? 2:30 Chinese Zodiac 3:30 Movie 5:00 Dinner	14 Memory Care PJ Social Nails W/Movies 5:00 Dinner
15 9:30 Gospel Music 10:30 Bible Stories 11:00 First Baptist Church 12:00 Lunch 1:30 Nail Day W/ Popcorn & Movies 5:00 Dinner	16 9:30 Daily Chronicles 10:00 Chair Exercise 11:00 Price Is Right (CH6) 12:00 Lunch 1:30 This Or That 2:30 Noodle Ball 3:30 Movie 5:00 Dinner	17 9:30 Daily Chronicles (Linked Senior) 10:00 Chair Exercise 11:00 Ask Ann Landers 12:00 Lunch 1:30 Karaoke 2:30 Ring Toss 3:00 Social Time or Movie 5:00 Dinner	18 9:30 Start Our Day With Music 10:00 Daily Chronicles (Linked Senior) 10:30 Chair Exercises 11:00 Music W/ Suncrest Chaplain Julie 12:00 Lunch 1:30 Bingo 3:00 Social Time or Movie 5:00 Dinner	19 9:30 Start Our Day With Music 10:00 Daily Chronicles(Linked Senior) 10:30 Chair Exercises 11:00 Toss Game 12:00 Lunch 1:30 Arts &Crafts 3:00 Social Time or Movie 5:00 Dinner	20 	21 9:30 Daily Chronicles 10:00 Family Feud Card Game 11:00 Facts About Thomas Edison 12:00 Lunch 1:30 Horoscope Reading 2:30 Trivia 3:00 Social Time or Movie 5:00 Dinner
22 9:30 Gospel Music 10:30 Bible Trivia 11:00 First Baptist Church 12:00 Lunch 1:30 Parachute Game 2:30 Horoscope Reading 3:00 This or That 3:00 Social Time or Movie 5:00 Dinner	23 9:30 Start Our Day With Music 10:00 Daily Chronicles(Linked Senior) 10:30 Chair Exercises 11:00 Would You Rather 12:00 Lunch 1:30 Stickman (Linked Senior) 2:30 Jigsaw Puzzle 3:30 Movie 5:00 Dinner	24 9:30 Daily Chronicles 10:00 Chair Exercise 11:00 Weekly Group Reading 12:00 Lunch 1:30 Pocahontas Facts &Quiz 2:30 Thanksgiving Family Feud 3:00 Social Time or Movie 5:00 Dinner	25 9:30 Daily Chronicles (Linked Senior) 10:00 Chair Exercise 11:00 Group Discussion (Thanksgiving) 12:00 Lunch 1:30 Thanksgiving Trivia 2:30 Thanksgiving History & Facts 3:30 Movie 5:00 Dinner	26 	27 9:30 Daily Chronicles 10:00 Lets Make A Deal (CH6) 11:00 Noodle Ball 12:00 Lunch 1:30 Pictionary 2:30 Native American Heritage Day 3:00 Social Time or Movie 5:00 Dinner	28 9:30 Daily Chronicles (Linked Senior) 10:00 11:00 WB (History Of Wedding Band) 12:00 Lunch 1:30 Nail Day W/Movies 5:00 Dinner
29 9:30 Gospel Music 10:30 Bible Stories 11:00 First Baptist Church 12:00 Lunch 1:30 Nail Day W/ Popcorn & Movies 5:00 Dinner	30 9:30 Daily Chronicles (Linked Senior) 10:00 Chair Exercise 11:00 Weekly Group Reading 12:00 Lunch 1:30 Karaoke 2:30 Spin & Solve (Linked Senior) 3:00 Social Time or 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