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

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **9:00 Shred-It Truck at CABA (AL)** 10:30 Sit & Fit Exercise (A) 11:00 Lunch Bunch: Jiang's Chinese Restaurant (R) 11:15 Group Crossword Puzzle (AL) 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)	2 10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- The American West pt. 1 (G) **1:00 Music Performance: Kris Belgica (ML)** **2:00 Chair Yoga w/ Kathy (A)** **3:00 Bible Study w/ Susan Coppage (C)** 4:00 Happy Hour (P)	3 9:30 Coffee & Wordsearch (P) **10:00 Dollar Store (R)** 1:00 Rummikub (G#) **2:00 Scenic Ride w/ Scott (R)** 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
4 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 **1:30 Craft: Paint Pour Pumpkins w/ Kristen (A)** 3:00 Movie: ***October Sky* (1999)** Starring: Jake Gyllenhaal, Laura Dern, and Chris Cooper (G) 3:00 Bible Study w/ Deacon Will (C#)	5 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#)	6 10:30 Sit & Fit Exercise (A) **11:00 Catholic Rosary (C#)** 11:15 The Great Courses - The Underground World of Mammoth Cave (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#)**	7 **9:30 Bird Watching + Identification (P)** 10:00 Publix (R) 10:30 Sit & Fit Exercise (A) 1:00 Bridge Club (G#) **2:00 Poetry Group w/ Ellee (L)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P)	8 **9:30 Garden Club (P)** 10:30 Sit & Fit Exercise (A) **11:00 Halloween Craft & Read-Along w/ Everwild Homeschoolers (P)** 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) **6:00 *Stroll* Art Show and Exhibitors (ML)**	9 **10:30 Tai Chi w/ Marti (A)** 11:15 The Great Courses- The American West pt. 2 (G) 1:00 Grief Support Group w/ Brad from Suncrest (G) **2:00 Trip: VMFA's Annual Fine Arts & Flowers Exhibit (R)** 4:00 Happy Hour (P) **6:00 Music Performance: Joe Loschiavo (ML)**	10 9:30 Coffee & Wordsearch (P) 10:00 Men's Group w/ Eli (G) **11:00 Saturday Service- Chaplain Alphonso (C)** 1:00 Rummikub (G#) **1:30 Trip: Concert Ballet of Virginia's Fall Gala at Glen Allen Cultural Arts Center (R)** 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
11 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 **1:00 Candy Corn Craze w/ Kathy (ML)** 2:30 Movie: ***9 to 5* (1980)** Starring: Jane Fonda, Dolly Parton, & Lilly Tomlin (G) 3:00 Bible Study w/ Deacon Will (C#)	12 10:00 Kroger (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:00 Trip: Ray's Custard and Italian Ice (R)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	13 10:30 Sit & Fit Exercise (A) **11:00 Catholic Communion (C)** 11:15 The Great Courses - Saving the Desert in Death Valley (G) 2:00 This Week in History (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) **6:00 Music Performance: Andrew Magruder (ML)**	14 10:00 Food Lion (R) 10:30 Sit & Fit Exercise (A) **11:00 Music Performance: Kevin Salyer (ML)** 1:00 Bridge Club (G#) **2:00 Resident Food Meeting (A)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P) **6:30 Tuesday TV Series: AMC's *Turn* (G#) (rescheduled)** 10:00 1st Floor Meeting (G)	15 **9:30 Garden Club** **11:00 Jammin' w/ Jillson Exercise (A)** 1:00 Card Game: Hand and Foot (G#) **1:00 Health Talk & 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)	16 10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- The American West pt. 3 (G) 1:00 Cooking w/ Alyssa (A) **2:00 Chair Yoga w/ Kathy (A)** **3:00 Bible Study w/ Susan Coppage (C)** 4:00 Happy Hour (P) **6:30 Trip: Haunted Halloween House Tour (R)**	17 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#)
18 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 **1:00 Nutrition Talk w/ Bonnie (A#)** 3:00 Netflix Movie: ***Arthur the King* (2024)** Starring: Mark Wahlberg, Simu Liu, and Juliet Rylance (G) 3:00 Bible Study w/ Deacon Will (C#)	19 10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:00 Early Voting at North Courthouse Road Library (R)** 2:00 Knit & Crotchet Club (L#) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	20 9:00 Early Voting at North Courthouse Road Library (R) 10:30 Sit & Fit Exercise (A) **11:00 Catholic Rosary (C#)** 11:15 The Great Courses - White Sands: A Landscape of Warfare (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#)**	21 **9:30 Bird Watching + Identification (P)** 10:00 Publix (R) 10:30 Sit & Fit Exercise (A) **11:15 AudioNova Hearing Aid Clinic w/ Elijah Tozar (G)** 1:00 Bridge Club (G#) **2:00 Magic Show with Jonathan Austin (ML)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P)	22 10:30 Sit & Fit Exercise (A) 11:15 Group Crossword Puzzle (AL) **12:00 Papa John's Pizza Luncheon **Sign up required* $5.00* (A)** 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)	23 **10:30 Tai Chi w/ Marti (A)** 11:15 The Great Courses- The American West pt. 4 (G) **1:00 Trip: Lewis Ginter Botanical Garden- Butterflies Bloom Exhibit (R)** 2:00 "Understanding 2027 Medicare Changes" Seminar (A) 4:00 Happy Hour (P) **6:00 Music Performance: The McAllister's (ML)**	24 9:30 Coffee & Wordsearch (P) **10:00 Dollar Store (R)** 1:00 Rummikub (G#) **1:30 Autumn Craft w/ Lori (A)** **2:30 Scenic Ride w/ Scott (R)** 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
25 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 2:30 Netflix Movie: ***The Six Triple Eight* (2024)** Starring: Kerry Washington, Ebony Obsidian, and Sarah Jeffrey (G) 3:00 Bible Study w/ Deacon Will (C#)	26 10:00 Kroger (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:30 Speaking Historically w/ Professor Louis Cei (A)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	27 10:30 Sit & Fit Exercise (A) **11:00 Catholic Communion (C)** 11:15 The Great Courses - TBD (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#)**	28 10:00 Food Lion (R) 10:30 Sit & Fit Exercise (A) 1:00 Bridge Club (G#) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) **6:00 Music Performance: Brad Spivey (ML)** 10:00 2nd Floor Meeting (2nd Floor Alcove)	29 **9:30 Garden Club** 10:30 Sit & Fit Exercise (A) 11:15 Group Crossword Puzzle (AL) **1:00 CABA Book Club: *The Rose Code* By Kate Quinn (L)** 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 3:30 Family Chat Time w/ ACG Hospice (ML) 4:00 Happy Hour (P)	30 10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- The American West pt. 5 (G) **12:00 CABA Halloween Costume Contest (D)** **2:00 Chair Yoga w/ Kathy (A)** 3:00 Resident Council (A) **4:00 Halloween Happy Hour (P)**	31 9:30 Coffee & Wordsearch (P) 1:00 Rummikub (G#) **1:00 Chef's Demo w/ Ivan (A)** **2:00 Juke Box Jive- Classic Old Time Rock and Roll (P#)** 4:00 Resident Happy Hour: Bring Your Own Beverage (P#) Halloween

Assisted Living | 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.