

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		10:30 Sit & Fit Exercise (A) 11:00 Catholic Rosary (C#) 11:15 The Great Courses - America's National Parks: Denali- What's in a Name? (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)	9:30 Bird Watching & Identification (P) 10:00 Publix (R) 10:30 Sit & Fit Exercise (A) 11:00 Activity Planning Meeting (A) 1:00 Bridge Club (G#) 2:00 New Resident Social (P) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 10:30 Ambassador Meeting (G)	9:30 Garden Club (P) 10:30 Sit & Fit Exercise (A) 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) 10:00 3rd Floor Meeting (L)	10:30 Tai Chi w/ Marti (A) 11:15 The Great Courses- Inventions that Changed the World- Satellites and Cell Phones (G) 1:30 The Valentine Museum Presents: Richmond at Play (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#) 1:00 Chef Demo w/ Ivan (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 2:30 Movie: Top Gun: Maverick (2022) Starring: Tom Cruise, Val Kilmer, & Jennifer Connelly (G)	10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) 2:00 Knit & Crotchet Club (L#) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Music Performance: Patrick and Debra (ML) Labor Day	10:30 Sit & Fit Exercise (A) 11:00 Catholic Rosary (C#) 11:15 The Great Courses - America's National Parks: The Grand Canyon- Building on the Edge (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)	9:30 Bird Watching & Identification (P) 10:00 Food Lion (R) 10:30 Sit & Fit Exercise (A) 11:00 Music Performance: Kevin Salyer (ML) 1:00 Virginia Credit Union Presents: Preventing Identity Theft (A) 3:00 Fox Fitness (A) 4:00 Happy Hour (P)	10:30 Sit & Fit Exercise (A) 11:15 Lunch Bunch: Outback Steakhouse (R) 1:00 Card Game: Hand and Foot (G#) 2:00 Devotions and Hymns (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 10:00 4th Floor Meeting (4th Fl Alcove)	10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- Inventions that Changed the World -Genetic Engineering (G) 1:00 Grief Support Group w/ Brad from Suncrest (G) 2:00 Chair Yoga w/ Kathy (A) 3:00 New Resident Social (P) 4:00 Happy Hour (P)	9:30 Coffee & Wordsearch (P) 10:00 Dollar Store (R) 10:00 Men's Group w/ Eli (G) 1:00 Rummikub (G#) 2:00 Scenic Ride w/ Scott (R) 3:00 Putting Tournament w/ Tony (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 2:00 CABA's Annual Grandparent's Day Extravaganza <i>Grandparents Day</i>	10:00 Kroger (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) 1:30 CABA Show & Tell (A) *See flyer for details* 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#) Caba Spirit Week Begins 50's Sock Hop Day	10:30 Sit & Fit Exercise (A) 11:00 Catholic Communion (C) 11:15 The Great Courses - America's National Parks: Philanthropy and Park Creation at Acadia (G) 1:00 Music Performance: Andrew Magruder (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) 60's Crazy Hat Day	10:00 Publix (R) 10:30 Sit & Fit Exercise (A) 11:00 AudioNova Hearing Aid Clinic w/ Elijah Tozar (G) 1:00 Bridge Club (G#) 2:00 Resident Food Meeting (A) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 10:00 1st Floor Meeting (P) 70's Tie Dye Day	9:30 Garden Club (P) 11:00 Jammin' w/ Jillson Exercise (A) 11:30 Lunch Bunch: Cracker Barrel 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) 80's Wacky Tacky Day	10:30 Tai Chi w/ Marti (A) 11:15 The Great Courses- Inventions that Changed the World - Social Media and Democracy (G) 2:00 Spirit Week Ice Cream Treats w/ Bristol Hospice (ML) 3:00 Bible Study w/ Susan Coppage (C) 4:00 Happy Hour (P) 6:00 Music Performance: The McAllister's (ML) End of CABA Spirit Week 90's Twin Day	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#)
10:30 Poetry group with Ellee (L) 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 2:30 Book Club Movie: The Help (2011) Starring: Viola Davis, Octavia Spencer, & Emma Stone, (G)	10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) 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 - America's National Parks: Who Owns a View? (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) Autumn Begins	9:30 Trip: The Riverside Theater's Sweeny Todd (R) 10:30 Sit & Fit Exercise (A) 1:00 Bridge Club (G#) 1:30 Cooking w/ Alyssa (A) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Music Performance: Jaime Lloyd (ML) 10:00 2nd Floor Meeting (2nd Fl Alcove)	10:30 Line Dancing w/ Carole (A) 11:15 Group Crossword Puzzle (AL) 1:00 CABA Book Club: Theo of Golden by Allen Levi (L) 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) 6:00 Dementia Caregiver Support Group w/ ACG Hospice (G)	10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- TBD 2:00 Chair Yoga w/ Kathy (A) 3:00 Resident Council (A) 4:00 Happy Hour (P) 6:00 Music Performance: Don & Doug (ML)	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#)
11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 1:00 Ice Cream Social w/ Bre (ML) 2:30 Movie: The Pelican Brief (1993) Starring: Julia Roberts, Denzel Washington, & Stanley Tucci (G)	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 Music Performance: Out of Time (ML)	9:30 National Coffee Day Social in the Pub (P) 10:30 Sit & Fit Exercise (A) 11:00 Catholic Communion (C) 11:15 The Great Courses - America's National Parks: The Power of Water in the Everglades (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)	9:30 Bird Watching & Identification (P) 10:00 Food Lion (R) 10:30 Sit & Fit Exercise (A) 11:00 Teacher Recognition Ceremony (ML) *See flyer for details 1:00 Bridge Club (G#) 1:30 Trip: Marshall's Department Store (R) 3:00 Fox Fitness (A) 4:00 Happy Hour (P)	September		