

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Happy Birthday Gladys H.</b> <b>1</b> 9:30 Go4Life Rem Walk 10:00 Baking Club 10:30 Hydration 11:00 Bingo 1:30 Spirit Talk 3:00 Ice Cream Social 4:00 Balloon Volleyball Soical 6:30 Hand Massages Soical 7:30 Reflections 8:00 Movie Club	<b>Happy Birthday Robert K.</b> <b>2</b> 9:30 Go4Life Rem walk 10:00 Baking Club Social 10:30 Hydration 1:15 Exercises w/ Legacy 3:00 Wine & Cheese Social 4:00 Balloon Volleyball Soical 6:30 Hand Massages Soical 7:30 Reflections 8:00 Movie Club	9:30 Go4Life Spirit Walk <b>3</b> 10:00 Baking Club 10:30 Hydration 11:00 Bingo w/Marquetta 1:30 Pet Therapy w/ Jill 2:00 Fitness with Henry 3:00 Crossword Chat 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club	<b>World Smile Day</b> <b>4</b> 9:30 Go4Life Spirit Walk 10:00 Baking Club 10:30 Hydration 10:30 Scenic Ride/ Community Service 11:00 Balloon Volleyball 1:30 Reading Club 3:00 Fruit Social 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club	<b>Do Something Nice</b> <b>5</b> 10:30 Culinary Arts 10:30 Hydration 11:00 Giving Back Club 1:30 Music w/ Mary Stella 2:00 Hand Massages 3:00 Chips and Dip Cornhole Social 4:00 Sing your own Tune 7:30 Reflections 8:00 Movie Club
10:30 Young at Heart Visits <b>6</b> 10:30 Hydration 11:00 Televised Church Service 2:00 Scenic Ride 3:00 Apple's & PJ Social 4:00 Balloon Volleyball Soical 6:30 Evening Stroll 7:30 Reflections 8:00 Movie Club	9:30 Go4Life Memory Walk <b>7</b> 10:00 Baking Club 10:30 Hydration 11:00 Singfit w/ Marquetta 1:30 Spirit Talk 3:00 Cookie Social 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club	<b>Yom Kippur</b> <b>8</b> 9:30 Go4Life Rem Walk 10:00 Baking Club 10:30 Hydration 11:00 Show & Tell 1:30 Spirit Talk 3:00 Ice Cream Social 4:00 Balloon Volleyball Soical 7:30 Reflections & Social 8:00 Movie Club	9:30 Go4Life Rem walk <b>9</b> 10:00 Baking Club 10:30 Hydration 1:15 Exercises w/ Legacy 3:00 Wine & Cheese Social 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club	<b>National Angel Food cake Day</b> <b>10</b> 9:30 Go4Life Spirit Walk 10:00 Baking Club 10:30 Hydration 11:00 Bingo w/Marquetta 1:30 Pet Therapy w/ Jill 2:00 Fitness with Henry 3:00 Crossword Chat 4:00 Balloon Volleyball Soical 7:30 Hydration 8:00 Movie Club	9:30 Go4Life Spirit Walk <b>11</b> 10:00 Baking Club 10:30 Hydration 10:30 Scenic Ride/ Community Service 11:00 Balloon Volleyball 1:30 Reading Club 3:00 Letters Home & Fruit Social 4:00 Balloon Volleyball Soical 7:30 Reflections & Hydration 8:00 Movie Club	<b>National Gumbo Day</b> <b>12</b> 10:30 Culinary Arts 10:30 Hydration 11:00 Giving Back Club 2:00 Hand Massages 3:00 Chips and Dip Cornhole Social 4:00 Sing your own Tune 6:30 Letters Home 7:30 Reflections 8:00 Movie Club
<b>Sukkot begins at Sundown</b> <b>13</b> 10:30 Young at Heart Visits 10:30 Hydration 11:00 Televised Church Service 1:45 Tour of Richmond 3:00 Music with Mary Stella 3:00 Apple's & PJ Social 4:00 Balloon Volleyball Soical 6:30 Evening Stroll 7:30 Reflections 8:00 Movie Club	<b>Happy Birthday Edith S./ National Dessert Day</b> <b>14</b> 9:30 Go4Life Memory Walk 10:00 Baking Club 10:30 Hydration 11:00 Singfit w/ Marquetta 1:30 Spirit Talk 3:00 Cookie Social 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club	<b>Happy Birthday Wayne I.</b> <b>15</b> 9:30 Go4Life Rem Walk 10:00 Baking Club 10:30 Hydration 11:00 Show & Tell 1:30 Spirit Talk 3:00 Ice Cream Social 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club	<b>Bosses Day</b> <b>16</b> 9:30 Go4Life Rem walk 10:00 Baking Club 10:30 Hydration 1:15 Exercises w/ Legacy 3:00 Wine & Cheese Social 4:00 Balloon Volleyball Soical 8:00 Movie Club	9:30 Go4Life Spirit Walk <b>17</b> 10:00 Baking Club 10:30 Hydration 11:00 Bingo w/Marquetta 1:30 Pet Therapy w/ Jill 2:00 Fitness with Henry 3:00 Crossword Chat 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club	9:30 Go4Life Spirit Walk <b>18</b> 10:00 Baking Club 10:30 Hydration 10:30 Scenic Ride/ Community Service 11:00 Balloon Volleyball 1:30 Singfit 3:00 Fruit Social 4:00 Balloon Volleyball Soical 7:30 Reflections & Hydration 8:00 Movie Club	10:30 Culinary Arts <b>19</b> 10:30 Hydration 11:00 Giving Back Club 1:30 Music w/ Mary Stella 2:00 Hand Massages 3:00 Chips and Dip Cornhole Social 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club
<b>Happy Birthday Harry H.</b> <b>20</b> 10:30 Young at Heart Visits 10:30 Hydration 11:00 Televised Church Service 2:00 Scenic Ride 3:00 Apple's & PJ Social 4:00 Bingo 6:30 Evening Stroll 7:30 Reflections 8:00 Movie Club	9:30 Go4Life Memory Walk <b>21</b> 10:00 Baking Club 10:30 Hydration 11:00 Singfit w/ Marquetta 1:30 Spirit Talk 3:00 Cookie Social 4:00 Balloon Volleyball Soical 7:30 Reflections & Social 8:00 Movie Club	<b>National Nut Day</b> <b>22</b> 9:30 Go4Life Rem Walk 10:00 Baking Club 10:30 Hydration 11:00 Moving to the Oldies 1:30 Spirit Talk 3:00 MOMA Demo and Do 3:00 Ice Cream Social 4:00 Balloon Volleyball Soical 7:30 Reflections & Hydration 8:00 Movie Club	9:30 Go4Life Rem walk <b>23</b> 10:00 Baking Club 10:30 Hydration 1:15 Exercises w/ Legacy 3:00 Show & Tell Social 4:00 Balloon Volleyball Soical 8:00 Movie Club	9:30 Go4Life Spirit Walk <b>24</b> 10:00 Baking Club 10:30 Hydration 11:00 Bingo w/Marquetta 1:30 Pet Therapy w/ Jill 2:00 Fitness with Henry 3:00 Crossword Social 4:00 Balloon Volleyball Soical 7:30 Reflections & Hydration 8:00 Movie Club	<b>Happy Birthday Mary N.</b> <b>25</b> 9:30 Go4Life Spirit Walk 10:00 Baking Club 10:30 Hydration 10:30 Scenic Ride/ Community Service 11:00 Balloon Volleyball 1:30 Reading Club Social 3:00 Fruit Social 4:00 Balloon Volleyball Soical 7:30 Snack Time 8:00 Movie Club	<b>Happy Birthday Janice A.</b> <b>26</b> 10:30 Culinary Arts 10:30 Hydration 11:00 Giving Back Club 2:00 Hand Massages 3:00 Chips and Dip Cornhole Social 4:00 Balloon Volleyball Soical 7:30 Reflections 8:00 Movie Club
<b>Navy Day</b> <b>27</b> 10:30 Young at Heart Visits 10:30 Hydration 11:00 Televised Church Service 1:30 Tour of Richmond 3:00 Music with Mary Stella 3:00 Apple's & PJ Social 4:00 Bingo Social 7:30 Reflections 8:00 Movie Club	9:30 Go4Life Memory Walk <b>28</b> 10:00 Baking Club 10:30 Hydration 11:00 Singfit w/ Marquetta 1:30 Spirit Talk 3:00 Cookie Social 4:00 Balloon Volleyball Soical 7:30 Reflections & Social 8:00 Movie Club	9:30 Go4Life Rem Walk <b>29</b> 10:00 Baking Club 10:30 Hydration 11:00 Moving to the Oldies 1:30 Spirit Talk 3:00 Ice Cream Social 4:00 Balloon Volleyball Soical 7:30 Reflections w/ Family 8:00 Movie Club	<b>National Candy Corn Day</b> <b>30</b> 9:30 Go4Life Rem walk 10:00 Baking Club 10:30 Hydration 1:15 Exercises w/ Legacy 3:00 Wine & Cheese Social 4:00 Balloon Volleyball Soical 7:30 Reflections w/ Family 8:00 Movie Club	<b>Happy Halloween</b> <b>31</b> 9:30 Go4Life Spirit Walk 10:00 Baking Club 10:30 Hydration 11:00 Bingo w/Marquetta 1:30 Pet Therapy w/ Jill 2:00 Fitness with Henry 3:00 Crossword Chat 4:00 Balloon Volleyball Soical 4:30 Trick or Treat w/ Residents 7:30 Reflections & Social 8:00 Movie Club		

**OCTOBER 2019**

**Reminiscence**  
 Sunrise of Bon Air

2105 Cranbeck Road, Richmond,  
 VA 23235; (804) 560-7707

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