

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Go4Life® Walking Club <b>1</b> 10:15 Baking Club with Mary (Brownies) 10:45 Scenic Van Ride with Ivy 11:00 Table Tennis (LR) 1:30 Catholic Service with St. Ann's Parish (J1) 1:45 Exercise Essentials 3:00 Afternoon Bingo Social (DR) 6:00 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>2</b> 10:15 Baking Club with Mary (Fresh Bread) 11:00 Meet Me at MOMA (LR) 11:15 Karaoke with Mary (LR) 1:30 Balloon Hockey (LR) 3:15 Spa Social with Care Managers 3:30 Peggy's Music Social (LR) 6:00 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>3</b> 10:15 Baking Club with Helen (Cakes and Mini Cupcakes) 11:15 Conversation Cards 1:45 Exercise Essentials with Helen 2:30 Word Games with Imani 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>4</b> 10:15 Express News (LR) 10:30 Baking Club with Mary (Cookies and Milk) (DR) 11:00 Bowling League Competition: Jazzy James vs Shenandoah Bistro Bowlers (J1) 11:00 Morning Melodies with Harris (LR) 1:30 Golf Club 3:00 SingFit Social with Imani 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>5</b> 10:15 Baking Club with Helen (Muffins) 11:15 Balloon Tennis 1:30 Gazebo Vacations with Helen 3:00 Serenading Guitar with Michael Davis 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>6</b> 10:30 Baking Club with Care Managers 11:00 Morning Melodies with Harris (LR) 2:00 Exercise Essentials (LR) 3:00 String and Swing with the Evergreens (J1) 3:00 Let's Remember When Social 4:30 Shabbat with Marcia (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>7</b> 10:15 Baking Club with Mary (Confections) 11:15 Tea Talks with Mary 1:30 Golf Club 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)
9:45 Go4Life® Walking Club <b>8</b> 10:15 Baking Club with Mary (Brownies) 10:45 Scenic Van Ride with Ivy 11:00 Table Tennis (LR) 1:30 Catholic Service with St. Ann's Parish (J1) 1:45 Exercise Essentials 3:00 Afternoon Bingo Social (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>9</b> 10:15 Baking Club with Mary (Fresh Bread) 11:00 Meet Me at MOMA (LR) 11:15 Karaoke with Mary (LR) 1:30 Balloon Hockey (LR) 3:15 Spa Social with Care Managers 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>10</b> 10:15 Baking Club with Helen (Cakes and Mini Cupcakes) 1:45 Exercise Essentials with Helen 2:30 Word Games with Imani 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>11</b> 10:15 Express News (LR) 10:30 Baking Club with Mary (Cookies and Milk) (DR) 11:00 Pet Therapy with Zoe (J1) 11:00 Morning Melodies with Harris (LR) 1:30 Golf Club 3:00 SingFit Social with Imani 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>12</b> 10:15 Baking Club with Helen (Muffins) 11:15 Balloon Tennis 1:30 Gazebo Vacations with Helen 3:00 Serenading Guitar with Michael Davis 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>13</b> 10:30 Baking Club with Care Managers 11:00 Morning Melodies with Harris (LR) 2:00 Exercise Essentials (LR) 3:00 Let's Remember When Social 4:00 Wine and Cheese with the Evergreens (J1) 4:30 Shabbat with Marcia (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>14</b> 10:15 Baking Club with Mary (Confections) 11:00 What Am I? & Other Trivia Games 11:15 Tea Talks with Mary 1:30 Golf Club 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)
9:45 Go4Life® Walking Club <b>15</b> 10:15 Baking Club with Mary (Brownies) 10:45 Scenic Van Ride with Ivy 11:00 Table Tennis (LR) 1:30 Catholic Service with St. Ann's Parish (J1) 1:45 Exercise Essentials 3:00 Afternoon Bingo Social (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>16</b> 10:15 Baking Club with Mary (Fresh Bread) 11:00 Meet Me at MOMA (LR) 11:15 Karaoke with Mary (LR) 1:30 Balloon Hockey (LR) 3:15 Spa Social with Care Managers 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>17</b> 10:15 Baking Club with Helen (Cakes and Mini Cupcakes) 11:15 Conversation Cards 1:45 Exercise Essentials with Helen 2:30 Word Games with Imani 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>18</b> 10:15 Express News (LR) 10:30 Baking Club with Mary (Cookies and Milk) (DR) 11:00 Catholic Mass (Priest) (J1) 11:00 Morning Melodies with Harris (LR) 1:30 Golf Club 3:00 SingFit Social with Imani 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>19</b> 10:15 Baking Club with Helen (Muffins) 11:15 Balloon Tennis 1:30 Gazebo Vacations with Helen 3:00 Serenading Guitar with Michael Davis 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>20</b> 10:30 Baking Club with Care Managers 11:00 Morning Melodies with Harris (LR) 2:00 Exercise Essentials (LR) 3:00 String and Swing with the Evergreens (J1) 3:00 Let's Remember When Social 4:30 Shabbat with Marcia (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>21</b> 10:15 Baking Club with Mary (Confections) 11:15 Tea Talks with Mary 1:30 Golf Club 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)
9:45 Go4Life® Walking Club <b>22</b> 10:15 Baking Club with Mary (Brownies) 10:45 Scenic Van Ride with Ivy 11:00 Table Tennis (LR) 1:30 Catholic Service with St. Ann's Parish (J1) 1:45 Exercise Essentials 3:00 Afternoon Bingo Social (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>23</b> 10:15 Baking Club with Mary (Fresh Bread) 11:00 Meet Me at MOMA (LR) 11:15 Karaoke with Mary (LR) 1:30 Balloon Hockey (LR) 3:15 Spa Social with Care Managers 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>24</b> 10:15 Baking Club with Helen (Cakes and Mini Cupcakes) 1:45 Exercise Essentials with Helen 2:30 Word Games with Imani 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>25</b> 10:15 Express News (LR) 10:30 Baking Club with Mary (Cookies and Milk) (DR) 11:00 Morning Melodies with Harris (LR) 1:30 Golf Club 3:00 SingFit Social with Imani 6:30 Back-to-School "Sock Hop" (Family Night) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>26</b> 10:15 Baking Club with Helen (Muffins) 11:15 Balloon Tennis 1:30 Gazebo Vacations with Helen 3:00 Serenading Guitar with Michael Davis 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>27</b> 10:30 Baking Club with Care Managers 11:00 Morning Melodies with Harris (LR) 2:00 Exercise Essentials (LR) 3:00 Let's Remember When Social 4:30 Shabbat with Marcia (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>28</b> 10:15 Baking Club with Mary (Confections) 11:00 What Am I? & Other Trivia Games 11:15 Tea Talks with Mary 1:30 Golf Club 3:30 Popcorn and a Movie Social (LR) 7:30 Evening Relaxation Circle (LR)
9:45 Go4Life® Walking Club <b>29</b> 10:15 Baking Club with Mary (Brownies) 10:45 Scenic Van Ride with Ivy 11:00 Table Tennis (LR) 1:30 Catholic Service with St. Ann's Parish (J1) 1:45 Exercise Essentials 3:00 Afternoon Bingo Social (DR) 7:30 Evening Relaxation Circle (LR)	9:45 Go4Life® Walking Club <b>30</b> 10:15 Baking Club with Mary (Fresh Bread) 11:00 Meet Me at MOMA (LR) 11:15 Karaoke with Mary (LR) 1:30 Balloon Hockey (LR) 3:15 Spa Social with Care Managers 7:30 Evening Relaxation Circle (LR)	DR Dining Room J1 James 1st Floor Living Room LR Living Room LSS Life Skill Station PCR Potomac Club Room PDR Private Dining Room				