

JANUARY 2022 PROGRAM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 SP Catholic Mass (SC) 30</p> <p>1:00 SP Chaplain One to One Visits</p> <p>2:30 SP Catholic Communion (SC)</p> <p>4:00 SP Vespers (SC)</p>	<p>9:30 SP Community Prayer (971) 31</p> <p>10:00 PH Chair Yoga (HSB)</p> <p>10:45 PH Chair Yoga (R3)</p> <p>11:00 CO Rummikub (HSB)</p> <p>2:30 CO BINGO (R3)</p> <p>4:00 SO One to One Visits (R2)</p> <p>7:00 EN Monday Evening Concert (972)</p>	<p>PH Physical</p> <p>SO Social</p> <p>CO Cognitive</p> <p>SP Spiritual</p> <p>EM Emotional</p> <p>CR Creative</p> <p>VO Vocational</p> <p>SE Sensory</p> <p>EN Entertainment</p>	<p>971 Simms Center Broadcast</p> <p>972 Auditorium Broadcast</p> <p>973 Movie Channel</p> <p>HSB Health Services Building</p> <p>MG Memory Garden</p> <p>MPR Health Services Building 2nd Floor</p> <p>R2 Rose 2nd Floor</p> <p>R3 Rose 3rd Floor</p> <p>SC Simms Center</p>			<p>2:00 EN Saturday Movie Matinee (973) 1</p>
<p>10:00 SP Catholic Mass (SC) 2</p> <p>1:00 SP Chaplain One to One Visits</p> <p>2:30 SP Catholic Communion (SC)</p> <p>4:00 SP Vespers (SC)</p>	<p>9:30 SP Community Prayer (971) 3</p> <p>10:00 PH Chair Yoga (HSB)</p> <p>10:45 PH Chair Yoga (R3)</p> <p>11:00 CO Rummikub (HSB)</p> <p>2:30 CO BINGO (R3)</p> <p>4:00 SP First Baptist Communion (SC)</p> <p>7:00 EN Monday Evening Concert (972)</p>	<p>9:30 SP Community Prayer (971) 4</p> <p>10:00 PH Weight Warriors (R2)</p> <p>10:45 PH Shape Up (HSB)</p> <p>2:00 PH Walking Group (R3)</p> <p>3:30 SO Piano w/ Diane Hart (MPR)</p> <p>4:00 EM One to One Visits (HSB)</p>	<p>9:30 SP Community Prayer (971) 5</p> <p>10:00 PH Bailey's Bootcamp (HSB)</p> <p>10:00 PH Exercise with Coleman (R3)</p> <p>11:30 SO Cracker Barrel Outing</p> <p>2:30 SE Nail Spa (R3)</p> <p>4:00 SO One to One Visits (R3)</p>	<p>9:30 SP Community Prayer (971) 6</p> <p>10:00 PH Shape Up (R2)</p> <p>10:45 PH Weight Warriors (HSB)</p> <p>11:30 SE Bread Baking (R2)</p> <p>2:00 CO Trivia/Brain Benders (R3)</p> <p>3:00 SE Gourmet Group (HSB)</p> <p>4:00 EM One to One Visits (HSB)</p> <p>7:00 EN Evening Movie (973)</p>	<p>9:30 SP Community Prayer (971) 7</p> <p>10:00 SO Game Day (HSB)</p> <p>10:00 CO BINGO (R3)</p> <p>10:45 PH Aerobics with Alice (R3)</p> <p>2:00 SO Music w/ Ray Ingram (SC)</p> <p>3:00 SO Happy Hour Cart</p> <p>4:00 SO One to One Visits (HSB)</p>	<p>10:00 PH Exercise (R3) 8</p> <p>10:30 CO Popcorn & Puzzles (R2)</p> <p>2:00 EN Saturday Movie Matinee (973)</p>
<p>10:00 SP Catholic Mass (SC) 9</p> <p>1:00 SP Chaplain One to One Visits</p> <p>2:30 SP Catholic Communion (SC)</p> <p>4:00 SP Nativity (SC)</p>	<p>9:30 SP Community Prayer (971) 10</p> <p>10:00 PH Chair Yoga (HSB)</p> <p>10:45 PH Chair Yoga (R3)</p> <p>11:00 CO Rummikub (HSB)</p> <p>2:00 CO BINGO (R3)</p> <p>3:00 SE Nail Spa (R2)</p> <p>4:00 SO One to One Visits (R2)</p> <p>7:00 EN Monday Evening Concert (972)</p>	<p>9:30 SP Community Prayer (971) 11</p> <p>10:00 PH Weight Warriors (R2)</p> <p>10:45 PH Shape Up (HSB)</p> <p>12:00 SO Snack & Chat w/ CURA (MPR)</p> <p>3:00 PH Walking Group (R3)</p> <p>4:00 EM One to One Visits (HSB)</p>	<p>9:30 SP Community Prayer (971) 12</p> <p>10:00 PH Exercise with Coleman (HSB)</p> <p>10:00 PH Bailey's Bootcamp (R3)</p> <p>12:00 SO Sip & Soothe (SC)</p> <p>2:00 SE Gourmet Group (HSB)</p> <p>3:00 SP Midweek Worship (SC)</p> <p>4:00 SO One to One Visits (R3)</p>	<p>9:30 SP Community Prayer (971) 13</p> <p>10:00 PH Shape Up (R2)</p> <p>10:45 PH Weight Warriors (HSB)</p> <p>11:30 SE Bread Baking (R2)</p> <p>1:00 CO Science Museum of Virginia</p> <p>4:00 EM One to One Visits (HSB)</p> <p>7:00 EN Evening Movie (973)</p>	<p>9:30 SP Community Prayer (971) 14</p> <p>10:00 CO BINGO (R3)</p> <p>10:00 PH Game Day (HSB)</p> <p>10:45 PH Aerobics with Alice (R3)</p> <p>1:30 SP Afternoon Inspiration (R3)</p> <p>2:00 SO Music w/ Ed Polich (SC)</p> <p>3:00 SO Happy Hour Cart</p> <p>4:00 SO One to One Visits (HSB)</p>	<p>10:00 PH Exercise (HSB) 15</p> <p>10:30 CO Rummikub (HSB)</p> <p>2:00 EN Saturday Movie Matinee (973)</p>
<p>10:00 SP Catholic Mass (SC) 16</p> <p>1:00 SP Chaplain One to One Visits</p> <p>2:30 SP Catholic Communion (SC)</p> <p>4:00 SP Vespers (SC)</p>	<p>9:30 SP Community Prayer (971) 17</p> <p>10:00 PH Chair Yoga (HSB)</p> <p>10:45 PH Chair Yoga (R3)</p> <p>11:00 CO Rummikub (HSB)</p> <p>2:00 CO BINGO (R3)</p> <p>3:00 SO Music w/ Ken (MPR)</p> <p>4:00 SO One to One Visits (R2)</p> <p>7:00 EN Monday Evening Concert (972)</p>	<p>9:30 SP Community Prayer (971) 18</p> <p>10:00 PH Weight Warriors (R2)</p> <p>10:45 PH Shape Up (HSB)</p> <p>2:00 SO Resident Council (HSB)</p> <p>3:30 SO Piano w/ Diane Hart (SC)</p> <p>4:00 EM One to One Visits (HSB)</p>	<p>9:30 SP Community Prayer (971) 19</p> <p>10:00 PH Bailey's Bootcamp (HSB)</p> <p>10:00 PH Exercise with Coleman (R3)</p> <p>10:45 SE Nail Spa (HSB)</p> <p>2:00 VO Walmart Outing</p> <p>4:00 SO One to One Visits (R3)</p>	<p>9:30 SP Community Prayer (971) 20</p> <p>10:00 PH Weight Warriors (HSB)</p> <p>10:00 PH Shape Up (R2)</p> <p>10:30 CR Cards for Caring (HSB)</p> <p>11:30 SE Bread Baking (R2)</p> <p>2:00 CO Trivia/Brain Benders (R3)</p> <p>3:00 SE Gourmet Group (HSB)</p> <p>4:00 EM One to One Visits (HSB)</p> <p>7:00 EN Evening Movie (973)</p>	<p>9:30 SP Community Prayer (971) 21</p> <p>10:00 CO BINGO (R3)</p> <p>10:45 PH Aerobics with Alice (R3)</p> <p>11:00 SO Music w/ Amy Ladd (SC)</p> <p>2:00 CO Game Day (HSB)</p> <p>3:00 SO Happy Hour Cart</p> <p>4:00 SO One to One Visits (HSB)</p>	<p>10:00 PH Exercise (R3) 22</p> <p>10:30 CO Popcorn & Puzzles (R2)</p> <p>2:00 EN Saturday Movie Matinee (973)</p>
<p>10:00 SP Catholic Mass (SC) 23</p> <p>1:00 SP Chaplain One to One Visits</p> <p>2:30 SP Catholic Communion (SC)</p> <p>4:00 SP Vespers (SC)</p>	<p>9:30 SP Community Prayer (971) 24</p> <p>10:00 PH Chair Yoga (HSB)</p> <p>10:45 PH Chair Yoga (R3)</p> <p>11:00 CO Rummikub (HSB)</p> <p>2:30 CO BINGO (R3)</p> <p>4:00 SO One to One Visits (R2)</p> <p>7:00 EN Monday Evening Concert (972)</p>	<p>9:30 SP Community Prayer (971) 25</p> <p>10:00 PH Weight Warriors (R2)</p> <p>10:45 PH Shape Up (HSB)</p> <p>12:00 SO Men's Luncheon (HSB)</p> <p>2:00 SE Nail Spa (R3)</p> <p>3:00 VO Flavor Committee (R3)</p> <p>4:00 EM One to One Visits (HSB)</p>	<p>9:30 SP Community Prayer (971) 26</p> <p>10:00 PH Exercise with Coleman (HSB)</p> <p>10:00 PH Bailey's Bootcamp (R3)</p> <p>10:45 CR Winter Wreath Craft (HSB)</p> <p>2:00 SO Tea with Catherine (HSB)</p> <p>3:00 SP Midweek Worship (SC)</p> <p>4:00 SO One to One Visits (R3)</p>	<p>9:30 SP Community Prayer (971) 27</p> <p>10:00 PH Shape Up (R2)</p> <p>10:45 PH Weight Warriors (HSB)</p> <p>11:30 SO Olive Garden Outing</p> <p>2:00 CO Trivia/Brain Benders (R3)</p> <p>3:00 SE Gourmet Group (HSB)</p> <p>4:00 EM One to One Visits (HSB)</p> <p>7:00 EN Evening Movie (973)</p>	<p>9:30 SP Community Prayer (971) 28</p> <p>10:00 CO BINGO (R3)</p> <p>10:00 CO Game Day (HSB)</p> <p>10:45 PH Aerobics with Alice (R3)</p> <p>1:30 SP Afternoon Inspiration (R2)</p> <p>2:30 SO Music w/ Matthew (SC)</p> <p>3:30 SO Happy Hour Cart</p> <p>4:00 SO One to One Visits (HSB)</p>	<p>10:00 PH Exercise (HSB) 29</p> <p>10:30 CO Rummikub (HSB)</p> <p>2:00 EN Saturday Movie Matinee (973)</p>

Activities are subject to change.
Please refer to daily postings for any changes.

Assisted Living

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