| August 2025 Charter Senior Livin Sunday | g of Williamsburg Ass Monday | The second secon | | Thursday | Friday | created Saturday |
|--|---|--|--|--|--|---|
| | Wioriday | Tuesday | Wednesday | * 30 minutes | 10:30 → Praise Move 1 | 9:30 ↔ Fit & Fabulous |
| 9:45 & Church Service with Kevin from LifePointe Christian Church* [CR] 10:00 The Daily Chronicle* [FL] 10:30 Brain Teasers & Word Puzzles* [FL] 11:30 Spiritual Melodies** [FS] 2:00 Alexa Plays Your Favorites* [FL] 3:30 Random Acts of Kindness* [CH] | LIVES IN FOCUS: Stories Behind the Lens | Location Keys Activity Room AR Community Hallway CH Community Room CR Courtyard CY Fireside FS Front Lobby FL Jefferson Room JR | Community & Connection Exploration & Adventure Harmony & Introspection Intentions & Commitments Knowledge & Learning Motion & Movement Motivation & Creation | ** 60 minutes ** 60 minutes All Programs are approximately 45 minutes in duration but are subject to change based on resident preferences and desires All activities are subject to change. | Chair Yoga with Deanna** 11:30 Jigsaw Puzzles (In the Hallway)** 2:00 Prize BINGO** [CR] 3:00 Daily Delights- Trivia, Word Games & Coloring** [FS] 3:30 Listen to the News** | Walking Group* [CY] 10:00 Saturday Morning Greetings* [CH] 11:30 Weekend Puzzle Group** 1:30 Western Watchers** [JR] 2:00 Colorful Creation* [FL] 3:00 This Day in History* [FL] |
| 9:45 Church Service with Kevin from LifePointe Christian Church* [CR] 10:00 The Daily Chronicle* [FL] 10:30 Brain Teasers & Word Puzzles* [FL] 11:30 Spiritual Melodies** [FS] 2:00 Alexa Plays Your Favorites* [FL] 3:30 Random Acts of Kindness* [CH] | 10:00 Total Brain Health: Healthy Scent* [FS] 10:30 Catch Up On The News* [FS] | Manager's Special Bake Sale 9:00 → Fit and Fabulous Walking Group* [CH] 10:00 ॐ St. Bede's Joy Ministry* [FS] 11:00 ❖ Mind Maze: Word Edition** [FS] 2:00 ☎ Getting to Know Anna U* [FS] 2:30 ☎ St. Bedes Story Hour** | Manager's Special Bake Sale NATIONAL ROOT BEER FLOAT DAY 10:00 | | Manager's Special Bake Sale 10:00 ♣ Aromatherapy and Morning Music with resident, Megan Miller* [FS] 10:30 ♣ Lunch at Cracker Barrel** 2:00 ♣ A Musical Tour to Europe with Accordionist David Gussman ** [CR] 3:00 ❖ Daily Delights- Trivia, Word Games & Coloring** [FS] | 9:30 → Fit & Fabulous Walking Group* [CY] 10:00 ③ Saturday Morning Greetings* [CH] 11:30 ﴿ Weekend Puzzle Group** 1:30 ﴿ Alexa Plays Your Favorites* [FL] 3:30 ♣ Scrabble with Friends* [AR] |
| 9:45 Church Service with Kevin from LifePointe Christian Church* [CR] 10:00 The Daily Chronicle* [FL] 11:30 Spiritual Melodies** [FS] 2:00 Alexa Plays Your Favorites* [FL] 3:00 Sights and Sounds of Nature* [CY] 4:00 Sunday Funnies* [FL] | Smooth Snacking* [CR] 10:30 Tidewater Music Therapy** [CR] 1:30 Whiteboard Word Games* [FS] 2:00 Praise Moves Chair Yoga and | 9:00 → Fit and Fabulous Walking Group* [CH] 10:00 St. Bede's Joy Ministry* [FS] 11:00 Mind Maze: Word Edition** [FS] 1:00 Art House Café: "Dior and I" (2014) at WR Library 3:00 Music Lovers Club* [CR] 3:00 Photography Then & Now- TED Talk [CR] | 10:00 Daily Delights- Trivia, Word Games & Coloring** [CY] 10:30 Seated Stretch and Deep Breathing with resident, Meg Miller [AR] 11:30 Whiteboard Word Games* [FS] 2:00 St. Bede's & Legion of Mary Rosary** [FS] 3:00 Legacy Letter to Loved Ones** [CR] 4:00 Silent Auction for staff & family members** [FL] | 10:00 | 10:00 | NATIONAL TELL A JOKE DAY 9:30 → Fit & Fabulous Walking Group* [CY] 10:00 ③ Saturday Morning Greetings* [CH] 11:30 ﴿ Weekend Puzzle Group** 1:30 ♣ Western Watchers** [JR] 2:00 ④ Colorful Creation* [FL] 3:00 ﴿ This Day in History* [FL] |
| 9:45 Church Service with Kevin from LifePointe Christian Church* [CR] 10:00 The Daily Chronicle* [FL] 10:30 Brain Teasers & Word Puzzles* [FL] 11:30 Spiritual Melodies** [FS] 2:00 Alexa Plays Your Favorites* [FL] 3:30 Random Acts of Kindness* [CH] | Total Brain Health: Poetry Class* [FS] 10:30 | 9:00 → Fit and Fabulous Walking Group* [CH] 10:00 St. Bede's Joy Ministry* [FS] 11:00 Mind Maze: Word Edition** [FS] 1:30 → Oldies Music with Ashley from Traditions Health** [CR] 2:30 St. Bedes Story Hour** [FS] | 10:00 Daily Delights- Trivia, Word Games & Coloring** [CY] 10:30 Seated Stretch and Deep Breathing with resident, Meg Miller [FS] 11:30 Whiteboard Word Games* [FS] 2:00 Trivia Time* 4:30 Alexa Plays Your Favorites* [FL] | 10:00 Total Brain Health: Getting More Sleep* [FS] 10:30 Weekday Worship* [FS] 11:30 Word Games * 2:00 Special Trivia* [CR] 3:00 Nail Care Spa ** [FS] 4:00 Paws & Smiles: Visit from a Therapy Dog, Journey* | School Supplies Drive to Support Children of Team Members 10:00 Aromatherapy and Morning Music with resident, Megan Miller* [FS] 10:30 Ice-cream stop at Cold Stone ** 2:00 Photobooth and the Cheese Board Chronicle and entertainment by guitarist Stephen** [CR] 3:00 Daily Delights-Trivia, Word Games & Coloring** [FS] | 9:30 → Fit & Fabulous Walking Group* [CY] 10:00 Saturday Morning Greetings* [CH] 11:30 Weekend Puzzle Group** 1:30 Alexa Plays Your Favorites* [FL] 3:30 Scrabble with Friends* [AR] |
| 9:45 Church Service with Kevin from LifePointe Christian Church* [CR] 10:00 The Daily Chronicle* [FL] 11:30 Spiritual Melodies** [FS] 2:00 Alexa Plays Your Favorites* [FL] 3:00 Sights and Sounds of Nature* [CY] 4:00 Sunday Funnies* [FL] | [FS] 11:00 Praise Moves Chair Yoga w/Deanna** [FS] | 9:00 Fit and Fabulous Walking Group* [CH] 10:00 St. Bede's Joy Ministry* [FS] 11:00 Mind Maze: Word Edition** [FS] 2:00 Music Lovers Club* [CR] 3:00 Resident Council Meeting** [FS] | 10:00 Daily Delights-Trivia, Word Games & Coloring** [CY] 10:30 Dominion Energy's Coastal Virginia Offshore Wind Project' presentation by Dr. John Delano* [CR] 11:30 Whiteboard Word Games* [FS] 1:00 WRL Book Mobile** [JR] 2:00 St. Bede's & Legion of Mary Rosary** [FS] 3:00 Trivia Time* 4:30 Alexa Plays Your Favorites* [FL] | NATIONAL BOW TIE DAY 10:00 Total Brain Health: Think Positive* [FS] 10:30 Weekday Worship* [FS] 11:30 Word Games * 2:00 Special Trivia* [CR] 3:00 Nail Care Spa ** [FS] | | 9:30 → Fit & Fabulous Walking Group* [CY] 10:00 ♀ Saturday Morning Greetings* [CH] 11:30 ♀ Weekend Puzzle Group** 1:30 ♣ Western Watchers** [JR] 2:00 ♀ Colorful Creation* [FL] 3:00 ♀ This Day in History* [FL] |