	Poquoson Assisted L					created with
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	DOMINION VILLAGE AT POQUOSON A CHARTER SENIOR LIVING COMMUNITY	Location Keys Community Neighborhood N Courtyard C Dining Room D Living Room L Resident Appartment A	 Community & Connection Exploration & Adventure Harmony & Introspection Intentions & Commitments Knowledge & Learning Motion & Movement Motivation & Creation 	LIVES IN FOCUS: Stories Behind the Lens	· · · · · · · · · · · · · · · · · · ·	National Ice Cream Sandwich Day 9:00
9:00	9:00 Morning Greetings (30) [D] 10:00 Beauty Shop [N] 10:00 Snapshot of Strength [L] 11:00 Strolling Buddies [D] 2:00 Bingo Masters (90) [L] 3:00 Pet Therapy [N] 6:00 The Lawrence Walk Show [L]	9:00	National Root Beer Float Day 9:00	9:00 Morning Greetings (30) [D] 9:30 What A Workout (30) [L] 10:00 This Day in History [N] 11:00 Oldies but Goodies [L] 2:00 Bingo Bunch (90) [L] 3:00 Thirsty Thursday [N] 6:00 The Lawrence Walk Show [L]	9:00 Morning Greetings (30) [D] 9:30 Line Dancing Fridays [L] 10:30 TBH: Social Play [L] 11:00 Life in Focus: Strength in Every Story 2:00 Fun Movie Friday [L] 4:00 Meditation & Relaxation (60) [N] 6:00 Find Your Focus [L]	9:00
9:00	9:00 Morning Greetings (30) [D] 10:00 Beauty Shop [N] 10:00 Muscles in Motion (30) [L] 11:00 Strolling Buddies [D] 2:00 Bingo Masters (90) [L] 3:00 Pet Therapy [N] 6:00 The Lawrence Walk Show [L]	9:00	9:00 Morning Greetings (30) [D] 9:30 Moving to the Music (30) [L] 10:00 This Day in History [L] 11:00 Strolling Buddies [L] 2:00 Crafter's Corner (60) [L] 4:00 Find Your Focus [L] 6:00 Evening Matinee (90) [L]	9:00 Morning Greetings (30) [D] 9:30 What A Workout (30) [L] 10:00 This Day in History [N] 10:30 First Calvery Baptist Church (30) 11:00 Oldies but Goodies [L] 2:00 Shuttered Secrets [L] 3:00 Thirsty Thursday [N] 6:00 The Lawrence Walk Show [L]	9:00 Morning Greetings (30) [D] 9:30 Line Dancing Fridays [L] 10:30 Guess Who [L] 10:30 Polished Perfect Nails 2:00 Baking Show and Care [L] 4:00 Meditation & Relaxation (60) [N] 6:00 Find Your Focus [L]	9:00 Morning Greetings (30) [D] 10:00 News and Views (60) [C] 10:30 Coffee & Chat (30) SE [L] 11:00 Walking Warriors (30) [L] 2:00 Cinema Cafe (90) [L] 4:00 Resident's Choice (60) [N] 6:00 Meditation & Relaxation (60) [A]
9:00	9:00	National Photo Day 9:00	9:00 Morning Greetings (30) [D] 9:30 Moving to the Music (30) [L] 10:00 This Day in History [L] 11:00 Strolling Buddies [L] 2:00 Crafter's Corner (60) [L] 4:00 Find Your Focus [L] 6:00 Evening Matinee (90) [L]	9:00 Morning Greetings (30) [D] 9:30 What A Workout (30) [L] 10:00 This Day in History [N] 11:00 Oldies but Goodies [L] 2:00 Bingo Bunch (90) [L] 3:00 Thirsty Thursday [N] 6:00 The Lawrence Walk Show [L]	9:00 Morning Greetings (30) [D] 9:30 Line Dancing Fridays [L] 10:30 Sweet Talk [L] 10:30 TBH: Sounds Like A Story [L] 11:00 Polished Perfect Nails 2:00 Fun Movie Friday [L] 4:00 Meditation & Relaxation (60) [N] 6:00 Find Your Focus [L]	9:00 Morning Greetings (30) [D] 10:00 News and Views (60) [C] 10:30 Coffee & Chat (30) SE [L] 11:00 Walking Warriors (30) [L] 2:00 Cinema Cafe (90) [L] 4:00 Resident's Choice (60) [N] 6:00 Meditation & Relaxation (60) [A]
9:00	9:00	9:00	9:00 Morning Greetings (30) [D] 9:30 Moving to the Music (30) [L] 10:00 This Day in History [L] 11:00 Strolling Buddies [L] 2:00 Monthly Birthday Party 4:00 Find Your Focus [L] 6:00 Evening Matinee (90) [L]	9:00 Morning Greetings (30) [D] 9:30 What A Workout (30) [L] 10:00 This Day in History [N] 11:00 Trinity United Methodist Church (60) [L] 2:00 Picture the Difference [L] 3:00 Thirsty Thursday [N] 6:00 The Lawrence Walk Show [L]	9:00 Morning Greetings (30) [D] 9:30 Line Dancing Fridays [L] 10:30 Sweet Talk [L] 10:30 TBH: Healthy Scents [L] 11:00 Polished Perfect Nails 2:00 Fun Movie Friday [L] 4:00 Meditation & Relaxation (60) [N] 6:00 Find Your Focus [L]	9:00 Morning Greetings (30) [D] 10:00 News and Views (60) [C] 10:30 Coffee & Chat (30) SE [L] 11:00 Malking Warriors (30) [L] 2:00 Cinema Cafe (90) [L] 4:00 Resident's Choice (60) [N] 6:00 Meditation & Relaxation (60) [A]