















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SPECIAL INFORMATION: Weights & Vitals (5) 1 st – 4 th Assisted & Residential Living Scheduling: 9:00-11:45 AM 12:00-9:00 PM *All Activities are subject change*	Exercise (1) 1 10:30-11:00 TV Room  Bingo! (2,3) 2:00-3:00 2 nd FI Act Area	Salon Open (2,5) 2 Brain Quest (2,3,5) 10:30-11:30 Living Room Walmart (2,4,5,8) 2:00-4:00 Outing	Banking/Post Office (4,7) 3 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Watermelon Social (2,5) 2:30-3:30 Screened Porch	Focus Group (2,3,5) 4 Main, 1 st & 2 nd FI Annex 10:00-10:30 2 nd FI Act Area Bingo! (2,3) 2:00-3:00 2 nd FI Act Area	Exercise (1) 5 10:30-11:00 TV Room Bible Trivia (2,3,6) 11:15-11:45 Library Cookie & Punch Social (2,5) 2:30-3:30 Dining Room 	AM/PM Walk (1,7,8) 6 10:00-11:00/3:00-4:00 Fig 8 Wii Bowling (1,2,3,5) 2:30-3:30 TV Room 	
Sunday Message 7 With Dr. DeLong (6) 2:30-3:30 Living Room 	Exercise (1) 8 10:30-11:00 TV Room Bingo! (2,3) 2:00-3:00 2 nd FI Act Area 	Salon Open (2,5) 9 Morning Porch Sitting (2,5) 9:45-10:15 Screened Porch Will-Mart (4) 10:00-11:30 Sweet Frog Frozen Yogurt (2,5,8) 2:00-3:30 Outing	Banking/Post Office (4,7) 10 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Lynchburg Library (2,3,5) 2:00-3:30 Outing	Focus Group (2,3,5) 11 10:00-10:30 Assisted Living Meet in Library Jesus Hands Perform (2,5) 2:00-3:00 Living Room Piano Music w/Judy (2,5,6) 4:00-5:00 Living Room	Exercise (1) 12 10:30-11:00 TV Room Bible Trivia (2,3,6) 11:15-11:45 Library Bingo! (2,3) 2:00-3:00 2 nd FI Act Area	AM/PM Walk (1,7,8) 13 10:00-11:00/3:00-4:00 Fig 8 Music & Popcorn Social (2,5) 2:00-3:00 Main Sitting Area Wii Bowling (1,2,3,5) 2:30-3:30 TV Room	
Sunday Message 14 TRBC TV *WSET (6) 11:00-12:00 	Exercise (1) 15 10:30-11:00 TV Room  Bingo! (2,3) 2:00-3:00 2 nd FI Act Area	Salon Open (2,5) 16 Reminiscing & Music (2,5,6) 10:00-11:00 Main Sitting Area Nice As New Consignment Shop (2,4,5) 2:00-4:00 Outing	Banking/Post Office (4,7) 17 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Giant Scrabble (2,3,5) 2:00-3:30 Dining Room	Bingo! (2,3) 18 10:3-11:30 2 nd FI Act Area Guided Meditation w/Ariane (1,2,5) 2:00-3:00 Living Room 	Exercise (1) 19 10:30-11:00 TV Room Bible Trivia (2,3,6) 11:15-11:45 Library Popsicle Social (2,5) 2:00-3:00 Screened Porch	AM/PM Walk (1,7,8) 20 10:00-11:00/3:00-4:00 Fig 8 Wii Bowling (1,2,3,5) 2:30-3:30 TV Room 	
Sunday Message 21 With Dr. DeLong (6) 2:30-3:30 Living Room 	Exercise (1) 22 10:30-11:00 TV Room Bingo! (2,3) 2:00-3:00 2 nd FI Act Area 	Salon Open (2,5) 23 Morning Porch Sitting (2,5) 9:45-10:15 Screened Porch Will-Mart (4) 10:00-11:30 Kroger Shopping (2,5,7,8) 2:00-3:30 Outing	Banking/Post Office (4,7) 24 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Depot Grille (2,5,7,8) 12:00-3:00 Outing	Bingo! (2,3) 25 10:30-11:30 2 nd FI Act Area  McKinley Cardwell (2,5) 2:00-3:00 Living Room	Exercise (1) 26 10:30-11:00 TV Room Bible Trivia (2,3,6) 11:15-11:45 Library Hangman (2,3) 2:00-3:00 Living Room	AM/PM Walk (1,7,8) 27 10:00-11:00/3:00-4:00 Fig 8 Music & Popcorn Social (2,5) 2:00-3:00 Main Sitting Area Wii Bowling (1,2,3,5) 2:30-3:30 TV Room	
Sunday Message 28 TRBC TV *WSET (6) 11:00-12:00 	Exercise (1) 29 10:30-11:00 TV Room  Bingo! (2,3) 2:00-3:00 2 nd FI Act Area	Salon Open (2,5) 30 Hangman (2,3,5) 10:00-11:00 Living Room Music & Memories w/ The Lynchburg Symphony at The Templeton Center (2,5,8) 12:15-3:00 Outing	Banking/Post Office (4,7) 31 10:00-10:30 Outing Exercise (1) 10:30-11:00 TV Room Bocce Ball (1,2,5) 2:00-3:00 Breezeway	<h1>August 2022</h1>			

(1) PHYSICAL (2) SOCIAL (3) COGNITIVE/INTELLECTUAL/CREATIVE (4) PRODUCTIVE (5) SENSORY (6) REFLECTIVE/CONTEMPLATIVE (7) OUTDOOR (8) NATURE/NATURAL