

Volunteers are always welcome.
Please contact Linda at
804-458-5830 * All Activities
are 1 hour unless noted.

July 2010

Location Key: 1SR– 1st. Floor Sun Room
CR- Community Room 1 NS– 1st. Floor Nurses
AR– Activity Room Station
L– Lobby DR– Dining Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activity Category Key (1) Physical (2) Social (3) Cognitive/ intellectual/creative	(4) Sensory/reflective/contemplative (5) Nature/ Outdoors (6) Productive			1 9:00 Exercise (CR) (1/2) 10:00 Kick Ball (CR) (1/2) 1:00 Giant Crossword (CR) (2/3) 3:00 Bingo (DR) (2/3) 5:00 4th of July Celebration	2 *9:45 Exercise (CR)(1/2) 10:30 Exercise (CR) (1/2) 1:00Wheel/Fortune(CR)(2/3) 2:30 Men’s Social (PR) (2) 6:30 Spirit of Youth (DR) (2/4)	3 2:00 Afternoon Movie (PB) (2) 6:30 Bingo w/ Jerry (DR) (2/3/6)
4 11:00 Sunday School (CR) (2/3) 6:30 Uno (1SR) (2/3)	5* 9:45 Exercise (CR)(1/2) *10:30 Exercise (CR)(1/2) 1:00 Karaoke (PB) (2) 3:00 Ring Toss (CR) (2/6) 7:00 L&W Singers (DR) (2/4)	6*9:00 Exercise (PB) (1/2) 10:00 Bible Study (CR)(2/3/4) 1:00 Horseshoes (PB) (1/2) 3:00 Bingo (DR) (2/3/4/6) 6:30 Famous Rabbits Word Search (1NS) (3/4)	7*9:45 Exercise (CR)(1/2) *10:30 Exercise (CR)(1/2) 11:15 Lunch/K&L (L) (2/5) 1:30 Activity Meeting (CR) 2:00 Giant Crossword (CR) (2/3/4)	8 *9:00 Exercise (CR) (1/2) 10:00 Kick Ball (CR) (1/2) 1:30 Talent Show (PB) (2) 3:00 Bingo (DR) (2/3/4/6) 6:30 Ben Ketron (DR) (2/4)	9 *9:45 Exercise (CR)(1/2) *10:30 Exercise (CR)(1/2) 2:00 Watermelon Seed Spitting Contest (CY)(2) 3:00 Men’s Craft (AR) (2) 7:00 Scrabble (AR) (2/3)	10 2:00 Yahtzee (AR) (2) 6:30 Bingo w/ Jerry (DR) (2/3/6)
11 11:00 Sunday School (CR) (2/3) 6:30 Uno (2FL) (2/4/5)	12*9:45 Exercise (CR)(1/2) *10:30 Exercise(CR)(1/2) 11:00 Brunch @ Cracker Barrel (L) (2/5) 2:00 Shopping /Kohl’s(2/5) 7:00 Wheel/Jeopardy (PB) (2/3)	13 *9:00 Exercise (CR)(1/2) 10:00 Memorial (CR) (2/4) 2:00 Ladies Tea (1SR) (2) 3:00 Bingo (CR)(2/3/4/6) 6:30 Horse Shoes (PB) (1/2) (PB) (2/3)	14*9:45 Exercise (PB) (1/2) *10:30 Exercise (PB) (1/2) 1:00 Shopping @ Wal-Mart (L) (1/25/6) 3:00 Men’s Social (CR) (2) 6:30 Crossword (1NS)(3/4)	15 *9:00 Exercise (CR)(1/2) 10:00 Kick Ball (1/2) 1:30 Wheel/Fortune(CR)(2/3) 3:00 Bingo (DR) (2/3/4/6) 6:30 The Perry’s (DR) (2/4)	16 *9:45 Exercise(CR)(1/2) *10:30 Exercis(CR)(1/2) 1:00 Music w/ Ray (PB) (2) 3:00 Stacking Game (CR) (1/2) 6:30 Darts (CR) (1/2)	17 10:00 Craft w/ Judy (AR) (1/2/3/4/6) 6:30 Bingo w/ Jerry (DR) (2/3/6)
18 11:00 Sunday School (CR) (2/3) 6:30 Movie (PB) (2)	19*9:45 Exercise (CR) (1/2) *10:30 Exercise (CR) (1/2) 1:00 Town Council (CR) (6) 2:00 Crafts (AR) (1/2/3/6) 7:00 Colonial Square Dancers (DR) (2/4)	20 *9:00 Exercise (CR) (1/2) 10:00 Bible Study (CR) (2/3/4) 1:30 “Moon Day” (1SR)(2/3/4) 3:00 Bingo (DR) (2/3/4/6) 7:00 Lamplighters (DR) (2/4)	21*9:45 Exercise (CR)(1/2) 10:30 Exercise (CR)(1/2) 1:30 Craft (AR) (2/3/6) 4:00 Dinner/Lighthouse (L) (2/5/6) 6:30 Movie (PB) (2)	22 *9:00 Exercise (CR) (1/2) 10:00 Kick Ball (CR) (1/2) 1:00 Current Events (PB) (2/4) 3:00 Bingo (DR) (2/3/4/6) 6:30 L&W Singers (DR) (2/4)	23 *9:45 Exercise (CR)(1/2) *10:30 Exercise (CR)(1/2) 1:00 Biggest Liar Contest (CR) (2) 2:30 Wine/Cheese (DR) (2) 6:30 Kick Ball (CR) (1/2)	24 2:00 Afternoon Movie (PB) (2/4) 6:30 Bingo w/Jerry (DR) (2/3/6)
25 11:00 Sunday School (CR) (2/3) 6:30 Scrabble (AR) (2/3)	26*9:45 Exercise (CR)(1/2) *10:30 Exercise (CR)(1/2) 11:00 Picnic/Outing to Jamestown Ferry (2/5) 7:00 Homeward Bound (DR) (2/4)	27 *9:00 Exercise (CR) (1/2) 10:00 Bible Study (CR) (2/3/4) 1:00 Food Committee (DR)(6) 3:00 Bingo (DR) (2/3/4/6) 7:00 Word Search (1NS) (3/4)	28*9:45 Exercise (CR)(1/2) *10:30 Exercise (CR)(1/2) 11:00 Lunch/Lecture @ Library (L) (2/4/5) 3:00 Crafts (AR) (1/2/3/4/6) 7:00 Card Games(1SR)(2/3)	29 *9:00 Exercise (CR) (1/2) 10:00 Kick Ball (CR) (1/2) 2:00 Ladies Tea (1SR) (2) 3:00 Bingo (DR) (2/3/4/6) 7:00 Glory Bound Singers (DR) (2/4)	30 *9:45 Exercise (CR) (1/2) 10:30 Exercise (CR) (1/2) 2:00 Birthday Party (DR) (2) 7:00 Scrabble (1SR) (2/3/4)	31 10:00 Craft w/Judy (AR) (1/2/3/4/6) 6:30 Bingo W Jerry (DR) (2/3/6)