

Assisted Living			The Date of the State of the St			with Sigorg
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our Lady of Hope HEALTH CENTER	Cognitive Creative/Sensory Nature Physical Productive Reflective Social Spiritual	Location Keys Activity Room AR Chapel CH Christopher Center A-side CCA Christopher Center B-side CCB Front Porch FP Gathering Place GP Living Room LR Nurse's Station NS Sullivan Center SC		8:45 ♣ Dailies & Room Visits 9:45 ★ Scenic Drive 10:00 → Sit & Stretch [AR] 10:45 ★ Craft with Nuckols Farm Elementary Students [SC] 11:45	8:45 Dailies & Room Visits 10:15 JAVA Music Club [GP] 11:00 Armchair Travel (New York) [LR] 11:15 Rosary (Chan 3) [CH] 2:00 Craig Anders Sings [SC] 3:30 BINGO [AR]	8:30 Dailies & Room Visits 1:00 Matinee Movie (The Phantom of the Opera) [LR] 4:00 BINGO 4 - 4:45 PM [AR]
1 1.00 Trylling Flayed to Nature	8:45 Dailies & Room Visits 10:15 Sit & Stretch [AR] 11:00 Target Practice [AR] 11:15 Rosary (Chan 3) [CH] 1:30 Porch Sitting and Chat (Weather Permitting) [FP] 3:30 BINGO w/ Heylee [AR]	8:45 Dailies & Room Visits 10:15 Chair YOGA [AR] 11:00 Non-Denominational Service (Chan 3) [CH] 1:30 Cooking Group: Pasta Making! 2:30 Chat with Harriet [LR] 3:30 Pokeno /w Connie [AR]	Hawaiian Day! 8:45 Dailies & Room Visits 10:15 Walking Club [NS] 11:15 Rosary [CH] 1:30 Bible Study [GP] 2:30 Luau and Steel Drums [SC] 3:30 Triple L Club" w/ Julie [LR]	8:45 Dailies & Room Visits 9:45 Scenic Drive- Keswick Plantation 10:00 Brunch of Mothers 10am-12pm [SC] 11:30 Mass w/ Father Arsenault (Chan 3) [CH] 1:30 Manicures w/ Connie [AR] 2:30 Mobile Library [LR] 3:30 Star of the week and Snack [SC]	8:45 ♣ Dailies & Room Visits 10:00 ♣ Chair YOGA [AR] 11:00 ♣ Travel Box (Test Taste) [AR] 11:15 ★ Rosary (Chan 3) [CH] 1:30 ♣ Pokeno w/ Julie [AR] 3:30 ♣ BINGO [AR]	8:30 Dailies & Room Visits 1:00 Matinee Movie (The Best Years of Our Lives) [LR] 4:00 BINGO 4 - 4:45 PM [AR]
	Happy Birthday Jozefa Z! 8:45 ♣ Dailies & Room Visits 10:15 ↔ Sit & Stretch [AR] 11:00 ↔ Target Practice w/ Chelly [AR] 11:15 ★ Rosary (Chan 3) [CH] 1:00 Mother Daughter Mary Kay [SC] 1:30 ♣ Beading and design/w chelly [AR] 3:30 ♣ BINGO w/ Heylee [AR]	8:45 Dailies & Room Visits 10:15 Chair YOGA [AR] 11:00 Non-Denominational Service (Chan 3) [CH] 11:30 Mass w/Father Arsenault [CH] 1:30 Cooking Group: Homemade Ice Cream Sundae's! 3:00 Mother-Daughter Tea (Please RSVP) [SC]	8:45 Dailies & Room Visits 10:15 Walking Club [NS] 11:15 Rosary [CH] 1:30 Bible Study [GP] 2:30 Midday Matinee (Book of Life) [LR] 3:30 Triple L Club" w/Julie [LR]	8:45 Dailies & Room Visits 9:45 Scenic Drive- U of R campus 10:00 Hymn Sing w/ Mt. Vernon Choir [CCA] 11:00 Beading and design/w chelly [AR] 1:30 Card Shark w/ Connie [AR] 2:30 Mass w/ Father Mullaney (Chan 3) [CH] 3:30 Flower Arranging [AR]	Happy Birthday Dianne T! 8:45 ♣ Dailies & Room Visits 10:00 ♣ Chair YOGA [AR] 11:00 ♠ Porch Sitting (weather permitting) [AR] 11:15 ★ Rosary (Chan 3) [CH] 1:30 ♣ Board Games w/ Julie [AR] 3:30 ♣ BINGO [AR]	Armed Forces Day- Thank You! 8:30 Dailies & Room Visits 1:00 Matinee Movie (The Way we Were) [LR] 4:00 BINGO 4 - 4:45 PM [AR]
11:00 ₩ Televised Protestant Service	8:45 Dailies & Room Visits 10:15 Sit & Stretch [AR] 11:00 Target Practice w/ Chelly [AR] 11:15 Rosary (Chan 3) [CH] 1:30 Puzzle Hour w/chelly 3:30 BINGO w/ Heylee [AR]	8:45 Dailies & Room Visits 10:15 Chair YOGA [AR] 11:00 Non-Denominational Service (Chan 3) [CH] 2:00 Dance Infinity [CCB] 3:30 Pokeno w/ Connie [AR]	8:45 Dailies & Room Visits 10:15 Walking Club [NS] 11:15 Rosary [CH] 1:30 Bible Study [GP] 2:30 Porch Sitting and Refreshments (weather permitting) [LR] 3:30 "Triple L Club" w/Julie [AR]	8:45 ♣ Dailies & Room Visits 9:45 ♠ Scenic Drive- Richmond Speedway 10:00 ♣ Sit & Stretch [AR] 11:00 ♣ Big Word Little Word w/ Heylee [LR] 1:30 Rummikub w/ Connie [AR] 1:30 Shopping Trip: Dollar Tree 2:30 ❤ Mass w/ Father Mullaney (Chan 3) [CH] 3:30 ❤ Star of the week and Snack [SC] 6:00 ♣ Henrico Community Band [CCB]	8:45 ♣ Dailies & Room Visits 10:00 ♣ Chair YOGA [AR] 11:00 ▶ Beading and design/w chelly [AR] 11:15 ❤ Rosary (Chan 3) [CH] 1:30 ♣ Left - Right- Center Dice Game [AR] 3:30 ♣ BINGO [AR]	8:30 Dailies & Room Visits 1:00 Matinee Movie "A Prairie Home Companion" [LR] 4:00 BINGO 4 - 4:45 PM [AR]
Visits 10:15 h Inter-Active Group w/Life Enrichment Staff [LR] 11:00 Hymns Played to Nature Scenes [LR] 11:00 Televised Protestant Service	Memorial Day 8:45 Dailies & Room Visits 10:15 Sit & Stretch [AR] 11:00 Target Practice w/ Chelly [AR] 11:15 Rosary (Chan 3) [CH] 1:30 BINGO [AR]	8:45 Dailies & Room Visits 10:15 Chair YOGA [AR] 11:00 Non-Denominational Service (Chan 3) [CH] 1:30 Chat w/ Harriet 2:00 Men's Group: Building with Jock [GP] 3:30 Wine& Cheese w/ Bob [AR] Inspirational Movie: Grace Unplugged	8:45 Dailies & Room Visits 10:15 Walking Club [NS] 11:15 Rosary [CH] 1:30 Bible Study [GP] 2:30 Arts & Crafts (Kite Making) [AR] 3:15 Resident Council Meeting [AR]	8:45 ♣ Dailies & Room Visits 9:45 ♠ Scenic Drive- Riverside Drive 10:00 ↔ Sit & Stretch [AR] 10:45 ❤ Craft with Nuckols Farm Elementary Students [SC] 1:30 Mexican Train Dominos w/ Connie [AR] 2:30 ❤ Mass w/ Father Mullaney (Chan 3) [CH] 3:30 ❤ Star of the week and Snack [LR]	8:45 Dailies & Room Visits 10:00 Chair YOGA [AR] 10:30 Patriotic Dog Parade [NS] 11:00 Travel Box (Test Taste) [AR] 11:15 Rosary (Chan 3) [CH] 1:30 Board Games w/ Julie [AR] 3:30 BINGO [AR]	8:30 Pailies & Room Visits 1:00 Matinee Movie "Pearl Harbor" [LR] 4:00 BINGO 4 - 4:45 PM [AR]