


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 9:00-11:00 Walmart/Bank 9:15 Rosary w/ Elizabeth-C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/Peggy Gibson – TR 10:30 Prayer walk – TR 11:00 LC World Tour – SR 1:00 Bible Stories for Adults 2:00 Balance In Action w/Maddie-TR 2:00 Arts & Crafts-AR 2:30 Bible Stories w/Pastor Vicki - LC 3:00 Trivia Pursuit w/ Lori-L 4:00 Happy Hour- LR	2 10:00 1 on 1 Visits 10:00 Morning Exercise w/Peggy-TR 10:30 LC Crafts- SR 10:30 Prayer Walk – TR 1:00-3:00 Bear Stuffing/ Simple Mending-AR 1:00 Bible Study – C 1:00 Virtual Fun -TR 2:30 Bible Stories w/Pastor Vicki - LC 2:30 LC Beautiful Nails w/ Ro-SR 3:00 Theatre Tuesday - L 3:00 LC Paper Shredding – SR 3:30 Spinclusion/Botanical Garden Trip-O 4:00 Happy Hour – TR 6:30 Monopoly w/ Ruth-L	3 8:45 Rosary w/ Ann Labuda – C 9:30 Wednesday Mass – C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess- TR 10:30 Prayer Walk - TR 11:00 LC Comedy Hour - SR 1:00 Pastor Vicki's Bible study – TR 1:00 Engaging Music—SR 1:30 LC Movie- SR 2:00 Bingo w/ Mary & Mike-L 2:00 Bridge w/ Bill—L 2:30 Bible Stories w/Pastor Vicki - LC 2:30 Chair Zumba w/ Peggy-TR 3:00 LC Teatime & Trivia-SR 4:00 Happy Hour – TR	4 9:30 Beautiful Nails w/ Ro – AR 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 LC REfresh Mindful Movement: Qi Gong –SR 1:30 Uno w/ Peggy- 3 rd Floor 2:00 Bingo w/ Peg & Pat -L 2:30 OLPH Shuttle 3:00 Poetry Reading-SR 4:00 Happy Hour – TR	5 8:45 Rosary w/ Ann Labuda – C 9:30 First Friday Communion – C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 1 on 1 Visits - Technology 1:00 Chess Club-3 rd Floor 2:00-3:00 History Class w/ Susan-C 3:00 Senior Exhibition at Christopher Newport University-O 3:30 LC Book Therapy -SR 4:00 Happy Hour w/ Cathy Fever-TR	6 10:00 Advocate for Souls in Purgatory—C 1:00 Arts & Crafts w/ Nancy & Sarah – AR 2:30 Music Therapy w/Dennis-SR 3:30 Music w/Dennis - SR 4:00 Happy Hour-LR 6:00 Hallmark Movie- Ch.74
7 8:45 Rosary – C 9:30 Sunday Communion—C 12:30 Shuttle to SGG Mass 1:30 All Faith Service- C 2:30 LC Devotion – SR 3:30 LC Hymn Sings – SR 4:00 Happy Hour – TR 6:00 Doug and the Original Super Band – TR 6:30 Bingo-L	8 9:00-11:00 Walmart/Bank 9:15 Rosary w/ Elizabeth-C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 Prayer Walk – TR 11:00 LC World Tour – SR 1:00 Bible Stories for Adults 2:00 Balance In Action w/Maddie-TR 2:00 Arts & Crafts-AR 2:30 Bible Stories w/Pastor Vicki - LC 3:00 Trivia Pursuit w/ Lori-L 4:00 Happy Hour- LR	9 10:00 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 Prayer Walk – TR 11:00-1:00pm Savvy Seniors-TR 1:00-3:00 Bear Stuffing/ Simple Mending-AR 1:00 Bible Study – C 1:00 Virtual Fun -TR 2:30 Bible Stories w/Pastor Vicki - LC 2:30 LC Beautiful Nails w/ Ro-SR 3:00 Theatre Tuesday - L 3:00 LC Paper Shredding – SR 4:00 Happy Hour – TR 6:30 Monopoly w/ Ruth-L	10 8:45 Rosary w/ Ann Labuda – C 9:30 Wednesday Mass – C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess- TR 10:30 Prayer Walk - TR 11:00 LC Comedy Hour - SR 1:00 Pastor Vicki's Bible study – TR 1:00 Engaging Music—SR 1:30 LC Movie- SR 2:00 Bridge w/ Bill—L 2:30 Bible Stories w/Pastor Vicki - LC 2:30 Chair Zumba w/ Peggy-TR 3:00 LC Teatime & Trivia-SR 4:00 Happy Hour – TR 6:30 Bingo w/ Trovato Brothers-L	11 9:30 Beautiful Nails w/ Ro – AR 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 LC REfresh Mindful Movement: Qi Gong –SR 11:00 – 1:00 Rite Aid Flu, COVID, Shingles, Pneumonia Vaccines - L 1:30 Uno w/ Peggy- 3 rd Floor. 2:00 Bingo w/ Peg & Pat -L 2:30 OLPH Shuttle 3:00 Poetry Reading-SR 4:00 Happy Hour – TR	12 9:00-11:00 Haygood/Library/Post Office/Bank 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 1 on 1 Visits - Technology 1:00 Chess Club-3 rd Floor. 1:00 Scenic Drive - O 2:00-3:00 History Class w/ Susan-C 3:30 LC Book Therapy -SR 4:00 Happy Hour- TR	13 10:00 Advocate for Souls in Purgatory—C 1:00 Arts & Crafts w/ Nancy & Sarah – AR 2:30 Music Therapy w/ Dennis-SR 3:30 Music w/Dennis - SR 4:00 Happy Hour-LR 6:00 Hallmark Movie- Ch.74
14 8:45 Rosary – C 9:30 Sunday Communion—C 12:30 Shuttle to SGG Mass 1:30 All Faith Service- C 2:30 LC Devotion – SR 3:30 LC Hymn Sings – SR 4:00 Happy Hour – TR 6:00 Doug and the Original Super Band – TR 6:30 Bingo-L	15 9:00-11:00 Walmart/Bank 9:15 Rosary w/ Elizabeth-C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 Prayer Walk – TR 11:00 LC World Tour – SR 1:00 Bible Stories for Adults 2:00 Balance In Action w/Maddie-TR 2:00 Arts & Crafts-AR 2:30 Bible Stories w/Pastor Vicki - LC 3:00 Trivia Pursuit w/ Lori-L 4:00 Happy Hour- LR	16 10:00 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 LC Crafts- SR 10:30 Prayer Walk – TR 11:30 Red Hats Luncheon-O 1:00-3:00 Bear Stuffing/ Simple Mending-AR 1:00 Bible Study – C 1:00 Virtual Fun -TR 2:30 Bible Stories w/Pastor Vicki - LC 2:30 LC Beautiful Nails w/Ro-SR 3:00 Theatre Tuesday - L 3:00 LC Paper Shredding – SR 4:00 Happy Hour – TR 6:30 Monopoly w/ Ruth-L	17 8:45 Rosary w/ Ann Labuda – C 9:30 Wednesday Mass – C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess- TR 10:30 Prayer Walk - TR 11:00 LC Comedy Hour – SR 12:00 Romeo Club - AR 1:00 Pastor Vicki's Bible study – TR 1:00 Engaging Music—SR 1:30 LC Movie- SR 2:00 Bridge w/Bill—L 2:30 Bible Stories w/Pastor Vicki - LC 2:30 Chair Zumba w/ Peggy-TR 3:00 LC Teatime & Trivia-SR 4:00 Happy Hour w/ Eric Saboba – TR	<h1>April 2024</h1> <p>Legend: Activity Room (AR), Back Patio (BP), Chapel(C), Front Porch (FP), Hallways (H), Library (L), Living Room (LR), Lynnhaven Cove (LC), Lynnhaven Cove Dining Room (LCDR), Main Dining Room (MDR), Private Dining Room (PDR), Salon (S), Sunroom (SR), Terrace Room (TR), TV Room (TVRM) ~ Activities typically run 30min. to 1hr. Please check daily TV bulletins located near the elevators and in Lynnhaven Cove for any updates and/or changes.</p>		

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<p>Transportation for doctor's appointments is provided all day on Wednesdays only!</p>  <p>Appointment slips can be found on the door of the Activities office.</p>	<p>Daily Visits with Dulce for the entire day AL & IAL.</p>  <p>Starting with IAL at 10am. Visits can be in your room or in the hallway</p>	<p>Walmart/Target/Bank Trips are Monday mornings from 9am-11am</p>  <p>Sign up at the concierge desk. Please be in the Living Room and ready to depart by 8:45am</p>	<p>Haygood/Library/Post Office Trips are the 2nd & 4th Fridays from 9am-11am</p>  <p>Please be in the Living Room ready to depart by 8:45am</p>	<p>18</p> <p>9:15 Spinclusion-O 9:30 Beautiful Nails w/ Ro – AR 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 LC REfresh Mindful Movement: Qi Gong –SR 1:30 Uno w/ Peggy- 3rd Floor 2:30 VB Library Craft & Library Check-up-L 2:30 OLPH Shuttle 3:00 Dining Committee - TR 3:00 Poetry Reading-SR 4:00 Happy Hour – TR 6:00 Old Fashion Hymn Sing w/ Pastor Vicki & Dennis-TR</p>	<p>19</p> <p>10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 1 on 1 Visits - Technology 1:00 Chess Club-3rd Floor 1:00 LC Music Wellness—SR 2:00 Make Dog Treats LC 2:00-3:00 History Class w/ Susan-C 3:30 LC Book Therapy -SR 4:00 Happy Hour– TR</p>	<p>20</p> <p>10:00-12:00 TRIAD 10:00 Advocate for Souls in Purgatory—C 1:00 Arts & Crafts w/ Nancy & Sarah – AR 2:30 Music Therapy w/ Dennis-SR 3:00 Music w/Dennis - SR 4:00 Happy Hour W/ Junior Marsh Club-LR 6:00 Hallmark Movie– Ch.74</p>
<p>21</p> <p>8:45 Rosary – C 9:30 Sunday Communion–C 12:30 Shuttle to SGG Mass 1:30 All Faith Service- C 2:30 LC Devotion – SR 3:30 LC Hymn Sings – SR 4:00 Happy Hour – TR 6:00 Doug and the Original Super Band – TR 6:30 Bingo-L</p>	<p>22</p> <p>Earth Day!! 9:00-11:00 Walmart/Bank 9:15 Rosary w/ Elizabeth-C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 Prayer Walk – TR 11:00 LC World Tour – SR 1:00 Bible Stories for Adults 2:00 Balance In Action w/Maddie-TR 2:00 Arts & Crafts–AR 2:30 Bible Stories w/Pastor Vicki - LC 3:00 St. Gregory Cub Scout Craft-TR 3:00 Trivia Pursuit w/ Lori-L 4:00 Happy Hour– LR</p>	<p>23</p> <p>10:00 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 LC Crafts– SR 10:30 Carousel in Hampton - O 10:30 Prayer Walk – TR 1:00-3:00 Bear Stuffing/ Simple Mending-AR 1:00 Bible Study – C 1:00 Virtual Fun -TR 2:30 Bible Stories w/Pastor Vicki - LC 2:30 LC Beautiful Nails w/ Ro-SR 3:00 Theatre Tuesday - L 3:00 LC Paper Shredding – SR 4:00 Happy Hour – TR 6:30 Monopoly w/ Ruth-L</p>	<p>24</p> <p>8:45 Rosary w/ Ann Labuda – C 9:30 Wednesday Mass – C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess– TR 10:30 Prayer Walk -TR 11:00 LC Comedy Hour - SR 1:00 Pastor Vicki's Bible study – TR 1:00 Engaging Music—SR 1:30 Adventures w/ Corey Langley-TR 2:00 Bridge w/ Bill—L 2:30 Bible Stories w/Pastor Vicki - LC 2:30 Chair Zumba w/ Peggy-TR 3:00 LC Teatime & Trivia-SR 4:00 Happy Hour – TR</p>	<p>25</p> <p>9:30 Beautiful Nails w/ Ro – AR 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 LC REfresh Mindful Movement: Qi Gong –SR 1:30 Uno w/ Peggy- 3rd Floor 2:00-5:00 Progressive Tour 2:00 Bingo w/ Peg & Pat -L 2:30 OLPH Shuttle 3:00 Dining Committee Meeting-TR 3:00 Poetry Reading-SR 4:00 Happy Hour – TR TBA Connor's Culinary Creations - AR</p>	<p>26</p> <p>9:00-11:00 Haygood/Library/Post Office/Bank 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/ Jan Meess – TR 11:00 1 on 1 Visits - Technology 1:00 Chess Club-3rd Floor 1:00 LC Music Wellness—SR 2:00 Trip to VBSPCA – Drop off Treats - O 3:30 April Birthday Bash-TR 3:30 LC Book Therapy -SR 4:00 Happy Hour– TR</p>	<p>27</p> <p>10:00 Advocate for Souls in Purgatory—C 1:00 Arts & Crafts w/ Nancy & Sarah – AR 1:30 LC Karaoke with Dennis – SR 2:30 Music Therapy w/ Dennis-SR 3:00 Music w/Dennis - SR 4:00 Happy Hour-LR 6:00 Hallmark Movie– Ch.74</p>
<p>28</p> <p>8:45 Rosary – C 9:30 Sunday Communion–C 12:30 Shuttle to SGG Mass 1:30 All Faith Service- C 2:30 LC Devotion – SR 3:30 LC Hymn Sings – SR 4:00 Happy Hour – TR 6:00 Doug and the Original Super Band – TR 6:30 Bingo-L</p>	<p>29</p> <p>9:00-11:00 Walmart/Bank 9:15 Rosary w/ Elizabeth-C 10:00 LC 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 Prayer Walk – TR 11:00 LC World Tour – SR 11:30 Brunch at Buffalo Wild Wings-O 1:00 Bible Stories for Adults 2:00 Balance In Action w/Maddie-TR 2:00 Arts & Crafts–AR 2:30 Bible Stories w/Pastor Vicki - LC 3:00 Trivia Pursuit w/ Lori-L 4:00 Happy Hour– LR</p>	<p>30</p> <p>International Jazz Day 10:00 1 on 1 Visits 10:00 Morning Exercise w/Peggy – TR 10:30 LC Crafts– SR 10:30 Prayer Walk – TR 1:00-3:00 Bear Stuffing/ Simple Mending-AR 1:00 Bible Study – C 1:00 Virtual Fun -TR 2:00 Jazz Day w/ Chuck Moebus-TR 2:30 Bible Stories w/Vicki - LC 2:30 LC Beautiful Nails w/ Ro-SR 3:00 Theatre Tuesday – L 3:00 LC Paper Shredding – SR 4:00 Happy Hour – LR+ 5:00-6:00 Volunteer Appreciation Dinner- TR 6:30 Monopoly w/ Ruth-L</p>	<h1 style="text-align: center;">April 2024</h1> <p>Legend: Activity Room (AR), Back Patio (BP), Chapel(C), Front Porch (FP), Hallways (H), Library (L), Living Room (LR), Lynnhaven Cove (LC), Lynnhaven Cove Dining Room (LCDR), Main Dining Room (MDR), Private Dining Room (PDR), Salon (S), Sunroom (SR), Terrace Room (TR), TV Room (TVRM) ~ Activities typically run 30min. to 1hr. Please check daily TV bulletins located near the elevators and in Lynnhaven Cove for any updates and/or changes.</p>			

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