

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dear residents, family members and guests, please note that our programs, activities and events are subject to change. For the most updated information, please refer to "Today's Activities" flyer. We appreciate your understanding and continuous support! 	Transportation Day and Shopping 1 9:30 Daily Chronicle 10:00 Catholic Rosary and Communion with Holy Trinity Catholic Church 11:30 About Labor Day 1:30 Live Musical Entertainment with Guitarist Adam Melia 3:00 Rummikub Club with Renee 3:00 Milkshake Monday <small>Labor Day</small>	2 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Table Games 12:00 Lunch Outing to Northside 29 Restaurant, Warrenton, Va 1:00 Movie Matinee- Residents' Choice 3:00 Thirsty Tuesday 3:30 Reading Club- "No Recipe Kneaded"	3 Transportation Day and Shopping 9:30 Daily Chronicle 10:00 Balloon Badminton 11:00 Music and Manicures 1:30 BINGO 3:00 Wednesday Walking Club with Carla (Outdoor) 3:00 Movie Matinee- Residents' Choice 3:00 Rummikub Club with Renee	4 Favorite Team Jersey Day 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Table Games 1:30 Creative Crafting with Carla and Adina 3:00 Thirsty Thursday- NFL Tailgate Party 3:30 NFL Trivia	5 Pearl Salon 9:30 Daily Chronicle 10:00 Seated Cardio with Myra 11:00 Table Games 1:30 BINGO 3:00 Happy Hour and Word Games 4:00 Trivia 6:00 Evening Movie- Residents' Choice	6 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Brain Games 1:30 Sing Along and Karaoke Time with Carla 3:00 MYO Treats with Carla 4:00 Movie Series (Netflix)
Happy Grandparents Day! Favorite Team Jersey Day National Assisted Living Week 10:00 Non-Denominational Sunday Service with Kim Robinson- All residents are welcome to attend. 11:00 Music and Manicures 1:00 Choir Concert with Shepherd of the Hills Singers 2:00 New York Giants at Washington Commanders Game 3:00 Half-Time Game Snacks 3:30 Walking Club with Carla and Tika <small>Grandparents Day</small>	7 Transportation Day and Shopping 8 9:30 Daily Chronicle 10:00 Catholic Rosary and Communion with Holy Trinity Catholic Church 11:30 Armchair Travel 1:30 Sr. Librarian Kelley S. Presentation- "School Days" 2:30 Live Musical Entertainment with Guitarist Annie Stokes 3:00 Rummikub Club with Renee 3:30 Root Beer Floats on the Patio	9 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Play Jeopardy with Friends 12:00 Lunch Outing to Ciao Osteria, Centreville, Va 1:00 Movie Matinee- Residents' Choice 3:00 Table Games with Carla 4:00 Trivia	10 Transportation Day and Shopping Dental Clinic 9:30 Daily Chronicle 10:00 Balloon Badminton 11:00 Music and MANicures 1:30 Therapy Friends and Barnyard Petting Zoo on the Patio 3:00 Rummikub Club with Renee 4:00 Wine Wednesday (Tasting Event)	11 Patriot Day Visiting Eyecare- Dr. Seffens 10:00 Sit and Get Fit 11:00 Table Games 1:00 Movie Matinee- Residents' Choice 1:30 Remembering 9/11 2:30 Memorial with Kim Robinson 3:00 Afternoon Social	12 Pearl Salon 9:30 Daily Chronicle 10:00 Balloon Badminton 11:00 Play Jeopardy with Friends 1:15 Resident Council Meeting 3:00 Happy Hour and Word Games 4:00 Trivia 6:00 Evening Movie- Residents' Choice	13 National Assisted Living Week Ends 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Brain Games 1:30 Movie Matinee- Residents' Choice 3:00 Nature Walk 4:00 Movie Series
9:30 Coffee Latte with Allena 10:00 Non-Denominational Sunday Service with Kim Robinson- All residents are welcome to attend. 11:00 Music and Manicures 1:30 BINGO 3:30 Walking Club with Allena and Tika 4:30 Hydration Station	14 Transportation and Shopping 15 9:30 Daily Chronicle 10:00 Catholic Rosary and Communion with Holy Trinity Catholic Church 11:30 Armchair Travel 1:30 Live Musical Entertainment with Pianist Caleb Nei 3:00 Rummikub Club with Renee 3:30 Milkshake Monday in the Bistro	16 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Table Games 12:00 Lunch Outing to Passion Finn, Gainesville, Va 1:00 Movie Matinee- Residents' Choice 3:00 Festive Table Setting with Allena- Hands on Workshop 4:00 Trivia	17 Transportation Day and Shopping Podiatrist on Site 9:30 Daily Chronicle 10:00 Balloon Badminton 11:00 Music and Manicures 1:30 BINGO 3:00 Movie Serie 3:00 Casino Party in the Pub 3:00 Rummikub Club with Renee	18 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Table Games 1:30 Creative Crafting- MYO Fall Décor with Carla and Adina *7:00* Residents' Outing to Heritage Hunt- "The Battle of the Decades"- Josh Allen Band at Heritage Hunt Ballroom (Please sign up with Carla B. or Concierge.)	19 Pearl Salon 9:30 Daily Chronicle 10:00 Seated Cardio with Myra 11:00 Table Games 1:30 BINGO 3:00 Happy Hour and Word Games 4:00 Trivia 6:00 Evening Movie- Residents' Choice	20 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Brain Games 1:30 Sing Along and Karaoke Time with Carla 3:00 Oktoberfest Kick Off- Afternoon Social 4:00 Movie Series <small>Oktoberfest Begins</small>
Favorite Team Jersey Day 9:30 Coffee Latte with Carla 10:00 Non-Denominational Sunday Service with Kim Robinson- All residents are welcome to attend. 11:00 Music and Manicures 1:00 Las Vegas Raiders at Washington Commanders 3:00 Half-Time Game Snacks 3:30 Walking Club with Carla and Tika 4:30 Hydration Station	21 Transportation Day and Shopping 22 9:30 Daily Chronicle 10:00 Catholic Rosary and Communion with Holy Trinity Volunteers 11:30 Armchair Travel to Israel 1:30 About Rosh Hashanah 3:00 Rummikub Club with Renee 3:30 Monday Sampler <small>Rosh Hashanah Begins Autumn Begins</small>	23 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Play Jeopardy with Friends 12:00 Lunch Outing to Sazon Latina, Gainesville, Va 1:00 Movie Matinee- Residents' Choice 3:00 Table Games with Carla 4:00 Trivia	24 Transportation Day and Shopping 9:30 Daily Chronicle 10:00 Balloon Badminton 11:00 Music and MANicures 1:30 BINGO 3:00 Wednesday Walking Club with Carla (Outdoor) 3:00 Rummikub Club with Renee	25 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Table Games 1:30 Movie Matinee- Residents' Choice 1:30 Residents' Outing to The Winery at Sunshine Ridge (Wine and Cider Tasting) 3:00 Ice Cream Trip to Effee's Frozen Treats (Please sign up with Carla or Concierge.)	26 Pearl Salon 9:30 Daily Chronicle 10:00 Balloon Badminton 11:00 Play Jeopardy with Friends 1:30 BINGO 3:00 September Birthdays Celebration-Happy Hour and Word Games 4:00 Trivia 6:00 Evening Movie- Residents' Choice	27 Dress to Impress Day 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Brain Games 1:30 Table Games in the Bistro 3:00 Tea Party
Favorite Team Jersey Day 9:30 Coffee Latte with Allena 10:00 Non-Denominational Sunday Service with Kim Robinson- All residents are welcome to attend. 11:00 Music and Manicures *1:25* Washington Commanders at Los Angeles Chargers 3:00 Half-Time Game Snacks 3:30 Walking Club with Allena and Tika 4:30 Hydration Station	28 Transportation Day and Shopping 29 9:30 Daily Chronicle 10:00 Catholic Rosary and Communion with Holy Trinity Volunteers 11:30 Armchair Travel 1:30 Live Musical Entertainment with Pianist Ron Howard 3:00 Rummikub Club with Renee 3:00 Monday Sampler	30 9:30 Daily Chronicle 10:00 Sit and Get Fit 11:00 Table Games 12:00 Lunch Outing to Hibachi Japanese Steakhouse, Haymarket, Va 3:00 Thirsty Tuesday 3:30 Reading Club- "No Rhyme Nor Reason" 4:00 Trivia	<div>  <h1>September 2025</h1> <h2>Assisted Living</h2> </div>			