

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Please note that all life enrichment programs are subjects to change.</i></p>	<p>10:00 Therapeutic Exercise (CC)</p> <p>1:00 Bingo (CC)*</p> <p>2:30 Ice Cream Cone Social (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Food Lion (Outing)*</b></p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Dean &amp; Don's Farm Market (Outing)</b></p> <p>1:00 Crafts (3<sup>rd</sup> Floor)</p>	<p><b>10:00 Chair One Fitness (CC)</b></p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>1:00 Life Story/Memoir Writing Workshop (CC)*</b></p> <p><b>2:30 to 3:30 Cheese &amp; Wine w/Chef (CC)</b></p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity</p> <p>1:30 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Making Beaded Jewelry (CC)*</b></p> <p>1:00 Bingo (CC)*</p> <p><b>2:00 Art w/ Emily (CC)*</b></p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>9:00 to 10:45 Donuts with your Neighbors (CC)</b></p> <p><b>11:00 Target (Outing)*</b></p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Williamsburg Winery Restaurant (Outing)</b></p> <p>1:00 Crafts (3<sup>rd</sup> Floor)</p> <p><b>2:30 to 3:00 Smoothies w/Chef</b></p>	<p><b>10:00 Chair One Fitness (CC)</b></p> <p><b>12 to 2 Summer Luau w/Music by Up Tempo Entertainment</b></p> <p><b>3:30 Happy Hour (DR)*</b></p>	<p>10:00 Therapeutic Exercise (CC)</p> <p>1:00 Prize Bingo (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity</p> <p>1:30 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p>1:00 Bingo (CC)*</p> <p>2:30 Ice Cream Cone Social (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Walmart (Outing)*</b></p> <p>1:00 Movie &amp; Cookies/Punch (THR)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Virginia Living Museum (Outing)</b></p> <p>1:00 Crafts (3<sup>rd</sup> Floor)</p>	<p><b>10:00 Chair One Fitness (CC)</b></p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>1:00 Newport News Fun Containers Gardening Seminar (CC)</b></p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity</p> <p>1:30 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Making Beaded Jewelry (CC)*</b></p> <p>1:00 Bingo (CC)*</p> <p>2:30 Ice Cream Cone Social (CC)</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Kroger (Outing)*</b></p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p>1:00 Crafts (3<sup>rd</sup> Floor)</p> <p><b>2:00 Monthly Birthday Social w/Music by Lana &amp; Kim (DR)*</b></p>	<p><b>10:00 Chair One Fitness (CC)</b></p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>2:00 Art w/ Emily (CC)*</b></p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity</p> <p>1:30 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p>1:00 Bingo (CC)*</p> <p>2:30 Ice Cream Cone Social (CC)</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>11:00 Dollar Tree (Outing)*</b></p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Therapeutic Exercise (CC)</p> <p><b>12:00 to 2:00 Rosie's Gaming Emporium (Outing)*</b></p> <p>1:00 Crafts (3<sup>rd</sup> Floor)</p>	<h1>August 2022</h1> <h2>The Arbors Independent Living</h2>		
<p>The Arbors Independent Living 1100 William Styron Square South Newport News, VA 23606 (757-595-7767)</p>						