

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# AUGUST 2024

	<p>10am Exercise Class 5 (CC) 1pm to 2pm Bingo (MC)* ~Independent Activity~</p>	<p>10am Exercise Class 6 (CC) 1pm Root Beer Floats (Cafe)* 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class (CC) 7 10:40am Aldi/ Lidl Outing 1pm Knitting group (3rd Floor) 1pm to 2pm Country Side Candle Making (CC)*</p>	<p>10am Exercise Class 8 (CC) 1pm to 2pm Bingo (MC)* 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class 9 (CC) 12pm to 2pm Art with Emily (CC)* ~Independent Activity~</p>	<p>~Independent Activity~ 6:30pm Bingo (CC)*</p>
<p>2pm Church Service with Communion (CC) ~Independent Activity~</p>	<p>10am Exercise Class 12 (CC) 12pm to 1pm Bingo (MC)* 1:30pm Acrylic Marble Painting with Vanessa (CC)*</p>	<p>10am Exercise Class 13 (CC) 2pm Birthday Social (DR)* ~The Earthtones Band~ 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class (CC) 14 10:40am Food Lion Outing 1pm Knitting group (3rd Floor)* 2pm Support Group (CC)*</p>	<p>10am Exercise Class 15 (CC) 1pm to 2pm Bingo (MC)* 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class (CC) 16 11am Schoolhouse Museum *Outing to Smithfield* Sign up required :followed by a trip to Yummaries Bakery ~Independent Activity~</p>	<p>~Independent Activity~ 6:30pm Bingo (CC)*</p>
<p>2pm Church Service (CC) ~Independent Activity~</p>	<p>10am Exercise Class 19 (CC) 1pm to 2pm Bingo (MC)* 2pm Dollar Tree (Outing)*</p>	<p>10am Exercise Class 20 (CC) 12pm Lunch Outing *sign up required* Al Fresco 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class (CC) 21 10:40am Walmart Outing 1pm Knitting group (3rd Floor)* 2pm Health &amp; Wellness Event *Immunization Awareness*</p>	<p>10am Exercise Class 22 (CC) 1pm to 2pm Bingo (MC)* 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class 23 (CC) 12pm to 2pm Art with Emily (CC)* ~Independent Activity~</p>	<p>~Independent Activity~ 6:30pm Bingo (CC)*</p>
<p>2pm Church Service (CC) ~Independent Activity~</p>	<p>10am Exercise Class 26 (CC) 1pm to 2pm Bingo (MC)* ~Independent Activity~</p>	<p>10am Exercise Class 27 (CC) 11am Scenic Historical Sites (Outing) Newport News/Hampton 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class 28 (CC) 10:40am Harris Teeter Outing 1pm Knitting group (3rd Floor)* 2pm Support Group (CC)*</p>	<p>10am Exercise Class (CC) 29 11:30am to 12:30pm Bingo (MC)* 12:45pm Rock Painting Project with Emily (CC)* 3:30pm Happy Hour (CC)*</p>	<p>10am Exercise Class 30 (CC) 1pm End of Summer Social (DR)* Hawaiian Luau ~Independent Activity~</p>	<p>~Independent Activity~ 6:30pm Bingo (CC)*</p>