

**SUN MON TUE WED THUR FRI SAT**

**LOCATION KEY**  
 ACT - AL Activities Room  
 GR - AL Game Room  
 MDR - AL Main Dining Room  
 AR - Assembly Room  
 AR-A - Assembly Room-A

Ch 970 - Channel 970  
 C - Chapel  
 Lib - Library  
 LL - Load from Lobby  
 PDR - Private Dining Room  
 TA - Terrace Activity Room

**All activities are subject to change**

New Year's Day  
**9:15 Light Lift Exercise (AR) 1**  
**10:30 Po-Ke-No (ACT)**  
 10:30 Room Exercise (Ch 970)  
 3:30 Room Exercise (Ch 970)

**9:00 Exercise with Katie (ACT) 2**  
**10:30 Errands Around Town (LL)**  
 10:30 Room Exercise (Ch 970)  
**3:15 Rummy (GR)**

10:00 Scrabble (GR) **3**  
**10:30 Book Club (Lib)**  
 10:30 Room Exercise (Ch 970)  
**1:30 Bridge (GR)**  
**2:00 Corn Hole (AR)**  
 2:00 Sewing Group (Lobby)  
 3:30 Room Exercise (Ch 970)

**9:15 Light Lift Exercise (AR) 4**  
**10:30 Bingo (ACT)**  
 10:30 Room Exercise (Ch 970)  
**10:45 Music with Howard Barnett (TA)**  
 3:00 Saturday Feature Game (GR)  
**6:00 Saturday Night Movie: Angels in the Outfield (AR)**

9:30 Culpeper Presbyterian Church Service (Ch 970) **5**  
**9:45 Sunday School (C)**  
**10:30 Live Service with Culpeper Baptist Church (C)**  
 11:00 Culpeper Baptist Church Service (Ch 970)  
 2:00 Culpeper United Methodist Church Service (Ch 970)  
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

**9:00 Exercise with Katie (ACT) 6**  
 10:30 Room Exercise (Ch 970)  
**2:00 Bible Study with Hans (C)**  
 2:00 Walmart (LL)  
 3:30 Room Exercise (Ch 970)

9:10 Catholic Confessions (ACT) **7**  
 9:30 Precious Blood Catholic Mass (C)  
 10:00 Chime Choir (ACT)  
 10:30 Room Exercise (Ch 970)  
**10:30 Trip to Culpeper County Library (LL)**  
 11:00 Yoga with Barbie (AR)  
 2:00 Bingo (MDR)  
 3:15 Canasta (GR)  
 5:00 Trivia Night (AR)

9:15 Light Lift Exercise (AR) **8**  
 10:00 Town Hall (AR)  
 10:15 Therapy Dog Visits (TL/MC/Lobby)  
 10:30 Room Exercise (Ch 970)  
 11:00 Therapy Dog Visits (Lib)  
 11:15 Therapy Dog Visits (GR)  
 12:45 Men's Luncheon (PDR)  
 2:00 Bible Study with Hans (ACT)  
 2:00 Town Hall (AR)  
 3:00 Free-Lance Canvas Painting (ACT)  
 3:30 Room Exercise (Ch 970)

9:00 Exercise with Katie (ACT) **9**  
**10:30 Errands Around Town (LL)**  
**10:30 New Resident Orientation (AR)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Close Knits Sit & Knit (ACT)**  
**2:45 Trip to Play Pickleball (LL)**  
**3:15 Rummy (GR)**

10:00 Mahjong (GR) **10**  
**10:30 Book Club (Lib)**  
**10:30 Craft Class with Crissy from Jewell Tone Music (ACT)**  
 10:30 Room Exercise (Ch 970)  
**1:30 Bridge (GR)**  
 2:00 Sewing Group (Lobby)  
**2:30 Ladies' Tea (MDR)**  
 3:30 Room Exercise (Ch 970)

**9:15 Light Lift Exercise (AR) 11**  
**10:30 Bingo (ACT)**  
 10:30 Room Exercise (Ch 970)  
**10:45 Music with Laura (TA)**  
 3:00 Saturday Feature Game (GR)  
**6:00 Saturday Night Movie: Casablanca (AR)**

9:30 Culpeper Presbyterian Church Service (Ch 970) **12**  
**9:45 Sunday School (C)**  
**10:30 Live Service with Culpeper Baptist Church (C)**  
 11:00 Culpeper Baptist Church Service (Ch 970)  
 2:00 Culpeper United Methodist Church Service (Ch 970)  
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

**9:00 Exercise with Katie (ACT) 13**  
**10:00 TLC Ladies' Group (ACT)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Bible Study with Hans (C)**  
 2:00 Walmart (LL)  
 3:30 Room Exercise (Ch 970)

10:00 Catholic Rosary Service (Cafe) **14**  
 10:00 Chime Choir (ACT)  
**10:30 History Presentation with Rick Britton (AR)**  
 10:30 Room Exercise (Ch 970)  
 11:00 Yoga with Barbie (AR)  
**1:30 Monthly Communion Service (C)**  
 2:00 Bingo (MDR)  
 3:15 Pinochle (GR)

**9:15 Light Lift Exercise (AR) 15**  
**10:30 Po-Ke-No (ACT)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Bible Study with Hans (C)**  
 3:30 Room Exercise (Ch 970)

9:00 Exercise with Katie (ACT) **16**  
**10:30 Errands Around Town (LL)**  
 10:30 Room Exercise (Ch 970)  
**12:45 Birthday Luncheon (PDR)**  
**2:00 Close Knits Sit & Knit (ACT)**  
**3:15 Rummy (GR)**  
**7:00 Lion's Club Bingo (AR)**

10:00 Scrabble (GR) **17**  
**10:30 Book Club (Lib)**  
 10:30 Room Exercise (Ch 970)  
**1:30 Bridge (GR)**  
 2:00 Sewing Group (Lobby)  
 3:30 Room Exercise (Ch 970)

**9:15 Light Lift Exercise (AR) 18**  
**10:30 Bingo (ACT)**  
 10:30 Room Exercise (Ch 970)  
**10:45 Music with Adam Melia performing Nashville Standard (TA)**  
 3:00 Saturday Feature Game (GR)  
**6:00 Saturday Night Movie: Sister Act (AR)**

9:00 Senior Fitness Testing (AR) **19**  
 9:30 Culpeper Presbyterian Church Service (Ch 970)  
**9:45 Sunday School (C)**  
**10:30 Live Service with Culpeper Baptist Church (C)**  
 11:00 Culpeper Baptist Church Service (Ch 970)  
**1:00 Senior Fitness Testing (AR)**  
 2:00 Culpeper United Methodist Church Service (Ch 970)  
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

Martin Luther King Jr. Day **20**  
**9:00 Exercise with Katie (ACT)**  
**10:30 Flower Arranging (ACT)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Bible Study with Hans (C)**  
**2:00 Karen's Line Dancing (AR-A)**  
 2:00 Walmart (LL)  
 3:30 Room Exercise (Ch 970)

10:00 Catholic Rosary Service (Cafe) **21**  
 10:00 Chime Choir (ACT)  
 10:30 Room Exercise (Ch 970)  
**10:30 Trip to Culpeper County Library (LL)**  
 11:00 Yoga with Barbie (AR)  
**12:45 Ladies' Luncheon (PDR)**  
 2:00 Bingo (MDR)  
 3:15 Canasta (GR)

9:15 Light Lift Exercise (AR) **22**  
 10:00 Interest Trip Meeting (AR)  
 10:15 Therapy Dog Visits (TL/MC/Lobby)  
 10:30 Room Exercise (Ch 970)  
 11:00 Therapy Dog Visits (Lib)  
 11:15 Therapy Dog Visits (GR)  
 2:00 Bible Study with Hans (C)  
 3:00 Free-Lance Canvas Painting (ACT)  
 3:30 Room Exercise (Ch 970)

9:00 Exercise with Katie (ACT) **23**  
**10:30 Errands Around Town (LL)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Close Knits Sit & Knit (ACT)**  
**3:00 Baking with Bernie (Cafe)**  
**3:15 Rummy (GR)**

10:00 Mahjong (GR) **24**  
**10:30 Book Club (Lib)**  
 10:30 Room Exercise (Ch 970)  
**11:30 Lunch Trip to Grill 309 (LL)**  
**1:30 Bridge (GR)**  
 2:00 Sewing Group (Lobby)  
 3:30 Room Exercise (Ch 970)

**9:15 Light Lift Exercise (AR) 25**  
**10:30 Bingo (ACT)**  
 10:30 Room Exercise (Ch 970)  
**10:45 Music with Michael Henry (TA)**  
 3:00 Saturday Feature Game (GR)  
**6:00 Saturday Night Movie: Sister Act 2 (AR)**

9:30 Culpeper Presbyterian Church Service (Ch 970) **26**  
**9:45 Sunday School (C)**  
**10:30 Live Service with Culpeper Baptist Church (C)**  
 11:00 Culpeper Baptist Church Service (Ch 970)  
 2:00 Culpeper United Methodist Church Service (Ch 970)  
 6:00 Mitchell's Presbyterian Church Service (Ch 970)

**9:00 Exercise with Katie (ACT) 27**  
**10:00 TLC Ladies' Group (ACT)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Bible Study with Hans (C)**  
 2:00 Walmart (LL)  
 3:30 Room Exercise (Ch 970)

10:00 Catholic Rosary Service (Cafe) **28**  
 10:00 Chime Choir (ACT)  
 10:30 Room Exercise (Ch 970)  
 11:00 Yoga with Barbie (AR)  
 2:00 Bingo (MDR)  
 3:15 Pinochle (GR)  
 4:00 Dinner with Bernie (Cafe)  
 6:00 Music with Cedar Run Homesteaders (AR)

Chinese New Year **29**  
**9:15 Light Lift Exercise (AR)**  
**10:30 Po-Ke-No (ACT)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Bible Study with Hans (C)**  
 3:30 Room Exercise (Ch 970)

9:00 Exercise with Katie (ACT) **30**  
**10:30 Errands Around Town (LL)**  
 10:30 Room Exercise (Ch 970)  
**2:00 Close Knits Sit & Knit (ACT)**  
**2:45 Trip to Play Pickleball (LL)**  
**3:15 Rummy (GR)**

10:00 Scrabble (GR) **31**  
**10:30 Book Club (Lib)**  
 10:30 Room Exercise (Ch 970)  
**1:30 Bridge (GR)**  
 2:00 Sewing Group (Lobby)  
**3:00 Corn Hole (AR)**  
 3:30 Room Exercise (Ch 970)

**\*Outdoor Time is always available, weather permitting, upon request\***

**January 2025**  
 Programming Calendar

