

Assisted Living: July 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY AL: Assisted Living Rec Room BC: B Wing Café on AL C*: Commons & Ch. 1971 C1-D: C1 Dining Room on AL C2-L: C2 Living Room on AL MEC: Manor East Central MEE: Manor East Entrance MEL: Manor East Lobby MPR*: Multi-Purpose Room & Ch. 1973 MPR: Multi-Purpose Room R: Room to Room T: Traditions Dining Room			1 10:30 Songs of Praise -MEC 11:00 Seated Exercise - MEC 2:00 Patriotic Music with Christopher Price (1hr)-MEC 3:15 Yankee Doodle to do (45m)-MEC	2 10:00 Magazine Cart (45m)-R 11:00 Seated Exercise - MEC 2:00 Candy Bar Bingo (1hr)-AL 3:00 Piano Music with Peter (1hr)-MEC	3 10:30 Bingo with Angela (1hr)-MEC 7:00 <i>Movie Night: 9 to 5 (2hrs) – MPR*</i> <i>Observed Staff Holiday</i>	4 1:30 Bridge Club (1.5hr)-C1-D Happy 4th of July!
5 4:00 Vespers Service (1 hr) -MPR* 6:15 Hymn Sing (1hr)-MEC	6 10:15 Balloon Volleyball (45m)-AL 11:00 Stronger Memory-AL 11:00 Singalong with Karen - MEC 2:00 Manor East Chorus (1hr)-MEC 7:00 <i>The Liberty Dolls (1hr)- C*</i>	7 10:15 Balloon Volleyball -AL 2:00 Cookie Decorating (45m)-AL 3:00 Sweet & Salty Cart (1hr)-R	8 10:30 Songs of Praise -MEC 11:00 Seated Exercise - MEC 1:30 Joyride (1hr)-MEL 2:30 Baby Love Social (1hr)-MEC 3:15 Aw Shucks (1.5hr)-AL	9 10:00 Magazine Cart (45m)-R 11:00 Seated Exercise - MEC 2:00 Farm to Table (1hr)-BC 3:00 Piano Music with Peter (1hr)-MEC	10 10:15 Balloon Volleyball -AL 2:00 Karaoke with Sierra (1hr)-MEC 7:00 <i>Movie Night: Remarkably Bright Creatures (2hrs) – MPR*</i>	11 10:30 Bingo with Angela (1hr)-MEC 1:30 Bridge Club (1.5hr)-C1-D
12 4:00 Vespers Service (1 hr) -MPR*	13 10:15 Balloon Volleyball (45m)-AL 11:00 Stronger Memory-AL 1:35 Ukulele Music with Eunsung – MEC 2:00 Manor East Chorus (1hr)-MEC 7:00 <i>Jimmy Buffett Tribute (1hr)- C*</i>	14 10:15 Balloon Volleyball -AL 1:30 Joyride (1hr)-MEL 1:45 Shopping at The Ruth Shoppe (1hr) 3:00 Dominoes (1hr) - AL	15 10:30 Songs of Praise -MEC 11:00 Seated Exercise - MEC 12:00 July Birthday Celebration Dessert in AL Dining Rooms 2:00 Music with the Mitchells (1hr)-MEC 3:15 Aw Shucks (1.5hr)-AL	16 9:00 Breakfast Bunch (1hr)-T 11:00 Seated Exercise - MEC 2:00 Candy Bar Bingo (1hr)-AL 3:15 Piano Music with The Stewart Kiddos - C2-L	17 10:15 Balloon Volleyball -AL 2:00 Manor East RAVE (1hr)-MPR 7:00 <i>Movie Night: Song Sung Blue (2hrs) - MPR*</i>	18 10:30 Guild BINGO Club-MEC 1:30 Bridge Club (1.5hr)-C1-D
19 4:00 Vespers Service (1 hr) -MPR* 6:15 Hymn Sing (1hr)-MEC	20 10:15 Balloon Volleyball (45m)-AL 10:30 Catholic Mass (45m)-MPR 11:00 Stronger Memory-AL 10:45 Piano with Dennis (45m)-CL-2 2:30 Caring Canines Pet Therapy Visits (1hr)-C2-L 7:00 <i>Abigail Adams Reenactment (1hr)-C*</i>	21 10:15 Balloon Volleyball -AL 1:45 Shopping at The Ruth Shoppe (1hr) 2:00 Pets on Call - AL 3:00 Sweet & Salty Cart (1hr)-R	22 10:30 Songs of Praise -MEC 11:00 Seated Exercise - MEC 2:00 Watergun Painting (1hr)-MEE 3:15 Aw Shucks (1.5hr)-AL	23 10:00 Magazine Cart (45m)-R 11:00 Seated Exercise - MEC 2:00 Candy Bar Bingo (1hr)-AL 3:00 Piano Music with Peter (1hr)-MEC	24 11:00 Balloon Volleyball 1:30 Milkshake Outing to Cookout (1hr)-MEL 3:00 Christmas in July Mocktail Party (1hr)-MEC 4:00 <i>Casino Night (2hrs) - MPR</i>	25 10:30 Bingo with Angela (1hr)-MEC 1:30 Bridge Club (1.5hr)-C1-D
26 4:00 Vespers Service (1 hr) -MPR*	27 10:15 Balloon Volleyball (45m)-AL 11:00 Stronger Memory-AL 1:30 Movie Matinee “Seabiscuit” (2hr)-C2-L 2:00 Manor East Chorus (1hr)-MEC 7:00 <i>An Evening with Antique Melody Show (1hr)-C*</i>	28 10:15 Balloon Volleyball -AL 2:00 Resident of the Month: Van Williams (45m)-C1-L 3:00 Dominoes (1hr)-AL	29 10:30 Songs of Praise -MEC 11:00 Seated Exercise - MEC 2:00 Music with Kent Alley & Mary Stella (1hr)-MEC 3:15 Aw Shucks (1.5hr)-AL	30 10:00 Magazine Cart (45m)-R 11:00 Seated Exercise - MEC 1:30 Joyride (1hr)-MEL 3:00 Piano Music with Peter (1hr)-MEC	31 10:15 Balloon Volleyball -AL 2:00 2NOMI Book Reveal (1hr)-MEC 7:00 <i>Movie Night: A Man Called Otto (2hrs) - MPR*</i>	Programs are 30 minutes unless otherwise noted. Programs in bold: Outings &/or Programs with a fee <i>Italicized Programs:</i> No Staff Escort/On Your Own

Outing Reminders: The time listed on the calendar is the bus departure time. **Please arrive at least 20 minutes before departure.** A staff escorts all AL trips listed on this calendar.

To register for outings and classes advertised on this calendar and/or grocery outings advertised in Connections, **please register with Tina Abate at 804-417-9189 a minimum of 24 hours prior to the trip unless otherwise** advertised in the **Connections**. Residents who are not preregistered for a trip, will not be able to attend the outing. **Staff escorts are not provided for grocery outings.**

*Schedule Subject to Change

Health Care: July 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
On Unit Healthcare Room Key: MEC: Manor East Central HCR: Healthcare Recreation Room R: Resident Room C*: Commons & Broadcasted on CH. 1971 MPR*: MPR & Broadcasted on CH. 1973	Off Unit Room Key: Escort Provided MPR: Multi-Purpose Room MEL: Manor East Lobby AL C2-L: Assisted Living C2 Living Room MEE: Manor East Entrance <i>Italicized Programs:</i> No Staff Escort/On Your Own Programs in bold: Outings &/or have a fee.					
			10:30 Songs of Praise - MEC 11:00 Exercise- MEC 2:00 Patriotic Music with Christopher Price (1hr) - MEC 3:15 A Yankee Doodle to Do (45m) - MEC	10:00 StrongerMemory (45m) – HCR 11:00 Exercise - MEC 2:00 Candy Bar Bingo (1hr) - MEC 3:00 Piano Music with Peter (1hr) – MEC	10:30 Bingo with Angela (1hr) - MEC 7:00 <i>Movie Night: 9 to 5 (2hrs) – MPR*</i>	
5 11:00 First Baptist on TV (1hr) - R 4:00 <i>Vespers Service (1hr) - MPR*</i> 6:15 Hymn Sing (1hr) - MEC	6 10:00 StrongerMemory (45m) – HCR 11:00 Sing Along with Karen Westbrook - MEC 2:00 Manor East Chorus (45m) – MEC 3:00 Floats & Tunes (45m) - MEC 7:00 <i>Monday Night Program: The Liberty Dolls (1hr) - C*</i>	7 10:00 StrongerMemory (45m) – HCR 11:00 Balloon Volleyball- MEC 2:00 Candy Bar Bingo (1hr) - MEC 2:00 Music Therapy with Rachel (45m) - HCR	8 10:30 Songs of Praise - MEC 11:00 Exercise- MEC 1:30 Joyride (1hr) - MEL 2:30 Baby Love Social (1hr) – MEC	9 10:00 StrongerMemory (45m) – HCR 11:00 Exercise - MEC 2:00 Candy Bar Bingo (1hr) - MEC 3:00 Piano Music with Peter (1hr) – MEC	10 10:00 Java Music Program (45m) – MEC 11:00 Balloon Volleyball - MEC 2:00 Karaoke with Sierra (1hr) – MEC 7:00 <i>Movie Night: Remarkably Bright Creatures (2hrs) – MPR*</i>	11 10:30 Bingo with Angela (1hr) – MEC
12 11:00 First Baptist on TV (1hr) - R 4:00 <i>Vespers Service (1hr) - MPR*</i>	13 10:00 StrongerMemory (45m) – HCR 11:00 Exercise - MEC 1:35 Ukulele Music with Eunsung – MEC 2:00 Manor East Chorus (45m) – MEC 3:00 Melon Monday Social (45m) – MEC 7:00 <i>Monday Night Program: Jimmy Buffett Tribute (1hr)-C*</i>	14 10:00 StrongerMemory (45m) – HCR 11:00 Balloon Volleyball- MEC 1:30 Joyride (1hr) - MEL 2:00 Candy Bar Bingo (1hr) - MEC	15 10:30 Songs of Praise - MEC 11:00 Exercise - MEC 2:00 Music with Bill & Cindy Mitchell (1hr) - MEC	16 10:00 StrongerMemory (45m) – HCR 11:00 Exercise - MEC 2:00 Candy Bar Bingo (1hr) - MEC 3:00 Piano Music with Peter (1hr) – MEC	17 10:00 Java Music Program (45m) – MEC 11:00 Balloon Volleyball - MEC 2:00 Manor East Rave (1hr) - MPR 7:00 <i>Movie Night: Song Sung Blue (2hrs) - MPR*</i>	18 10:30 GUILD Bingo Club (1hr) – MEC
19 11:00 First Baptist on TV (1hr) - R 4:00 <i>Vespers Service (1hr) - MPR*</i> 6:15 Hymn Sing (1hr) - MEC	20 10:00 StrongerMemory (45m) – HCR 10:30 <i>Catholic Mass - MPR</i> 11:00 Exercise - MEC 2:30 Caring Canines Pet Therapy Visits (45m) - AL C2-L 7:00 <i>Monday Night Program: Abigail Adams Reenactment (1hr) - C*</i>	21 10:00 StrongerMemory (45m) – HCR 11:00 Balloon Volleyball- MEC 2:00 Candy Bar Bingo (1hr) - MEC	22 10:30 Songs of Praise - MEC 11:00 Exercise - MEC 11:15 Music Therapy with Rachel (45m) - HCR 2:00 Water Gun Painting (1hr) – MEE	23 10:00 StrongerMemory (45m) – HCR 11:00 Exercise - MEC 2:00 Candy Bar Bingo (1hr) - MEC 3:00 Piano Music with Peter (1hr) – MEC	24 10:00 Java Music Program (45m) – MEC 11:00 Balloon Volleyball - MEC 1:30 Milkshake Outing to Cookout (1hr) - MEL 2:00 Jeopardy (45m) - MEC 3:00 Christmas in July Mocktail Party (1hr) - MEC 4:00 <i>Casino Night (2hrs) - MPR</i>	25 10:30 Bingo with Angela (1hr) – MEC
26 11:00 First Baptist on TV (1hr) - R 4:00 <i>Vespers Service (1hr) - MPR*</i>	27 10:00 Group Crossword (45m) – MEC 11:00 Exercise - MEC 2:00 Manor East Chorus (45m) – MEC 3:00 Build-Your-Own Banana Split (45m) - MEC 7:00 <i>Monday Night Program: An Evening with Antique Melody Show (1hr) - C*</i>	28 10:00 2nomi Program (45m) - HCR 11:00 Balloon Volleyball- MEC 2:00 Candy Bar Bingo (1hr) - MEC	29 10:30 Songs of Praise - MEC 11:00 Exercise- MEC 2:00 Music with Kent Ally & Mary Stella (1hr) - MEC	30 10:00 Alphabet Soup with Angela (45m) - MEC 11:00 Exercise - MEC 1:30 Joyride (1hr) - MEL 2:00 Candy Bar Bingo (1hr) - MEC 3:00 Piano Music with Peter (1hr) – MEC	31 10:00 Java Music Program (45m) – MEC 11:00 Balloon Volleyball - MEC 2:00 2nomi Book Reveal (1hr) – MEC 7:00 <i>Movie Night: A Man Called Otto (2hrs) - MPR*</i>	<i>All programs are 30 minutes unless otherwise noted on the Calendar.</i>

For program questions or to register for outings: Taylor Rollison, Recreation Therapist at (804) 417-9177.

Memory Support: July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Neighborhood Room Key - AL: Activity Room - CY: Courtyard - DR: Dining Room - FR: Family Room (TV) - LR: Living Room - SR: Sunroom All programs are 45 minutes unless otherwise advertised next to the program.	Room Key: Off -Neighborhood - AL: Assisted Living Recreation Room - MEC: Manor East Central - MPR*: Broadcast from MPR on Ch.1973 - O: Leave from MS Entrance Neighborhood Team: RN/LPN and CNA neighborhood team members. All programs and locations are subject.					
5. 9:00 Courtyard Games - CY 10:30 Color & Connect – SR/DR 1:00 Iced Tea & Trivia-LR 4:00 Vesper Service (Ch. 1973)- FR 5:30 After Dinner Stroll - CY 6:00 *Hymn Sing- MEC 7:00 Devotions & Soothing Hymns - FR	6. 9:30 Motions to Music with Tina (30) -AR 10:45 *Piano with Dennis (30)-LR 1:00 1:1 Chaplain Chats (1hr) 3:30 Bingo-DR 5:30 After Dinner Stretch -LR 7:00 Gameshow Classics - FR	7. 9:30 Noodle Fit with Tina (30)– AR 10:15 *Music with Karen (30)-LR 1:00 *Music Therapy with Rachel - AR (30) 2:15 Tea with the Chaplain- RR 3:30 JAVA with Taylor - AR 5:30 After Dinner Stroll – CY 7:00 Stories & Reflections – FR	8. 9:30 Balloon Volleyball with Tina (30) LR 10:30 Decoupage Art with Meghan - AR 1:00 Relax, Refresh & Renew (1hr)- RR 2:00 *Performance by Bill & Cindy(1hr) MEC 3:30 Bingo - DR 5:30 After Dinner Stretch – CY/LR 7:00 Soothing Sounds of Yesteryear – FR	9. 9:30 Legs in Motion with Meghan (30) AR 10:30 *Piano with Haley (30)-LR 10:30 Creative Arts with Meghan-AR 1:00 Pets on Call with Tina - FR 3:30 JAVA with Taylor - AR 7:00 Stories & Reflections – FR	10. 9:30 Noodle Ball with Tina (30) – AR 10:30 Golfcart Campus Tours with Meghan (1hr) - O 1:00 Table Topics- DR 2:00 *Karaoke - MEC 3:00 Mocktails & Music - CY 5:30 After Dinner Stroll - CY 6:00 TGIF Pub Games & Snacks – AR	11. 9:00 Morning Sit & Stretch (30)- FR 10:30 Baking Group -RR 1:00 Water Games – CY 3:30 Colorful Connections- DR 5:30 Cool Treats & Summer Beats (1hr)- CY 7:00 Movie Night (1.5) - FR
12. 9:00 Courtyard Games -CY 10:30 Craft Workshop- AR 1:00 Ice Cream Sunday Bar- DR 4:00 Vesper Service (Ch. 1973)- FR 5:30 After Dinner Stroll - CY 7:00 Devotions & Soothing Hymns - FR	13. 9:30 Motions to Music with Tina (30) -AR 10:30 *Piano with Haley -LR 1:00 *Ukulele Music with Eunsung- LR 3:30 Shake Loose a Memory–AR 5:30 After Dinner Stretch -LR 7:00 Gameshow Classics - FR	14. 9:30 Noodle Fit with Tina (30) -LR 10:30 Craft Workshop - AR 1:30 *The Grand Tones -LR 3:30 JAVA with Taylor– AR 5:30 After Dinner Stroll – CY 7:00 Stories & Reflections – FR	15. 9:30 Balloon Volleyball with Tina (30)- LR 10:00 *Music Therapy with Rachel- AR 1:00 Relax, Refresh & Renew (1hr)- AR 3:30 Bingo - DR 5:30 After Dinner Stretch – CY/ LR 7:00 Soothing Sounds of Yesteryear- FR	16. 9:30 Stretch & Catch with Meghan – (30)-AR 10:30 *Piano with Haley (30) -LR 10:30 Music Trivia- FR 1:00 Word Find- AR 3:30 JAVA with Taylor – AR 5:30 After Dinner Stroll - CY 7:00 Stories & Reflections – FR	17. 9:30 Noodle Ball with Tina (30) - LR 10:30 Golfcart Campus Tours with Meghan (1hr) - O 1:00 Table Topics- DR 2:00 *Manor East Rave – MEC 3:00 Mocktails & Music – CY 5:30 After Dinner Stroll - CY 6:00 TGIF Pub Games - AR	18. 9:00 Balloon Volleyball (30) - LR 10:30 Candy Bar Bingo - DR 1:00 Water Games - CY 3:30 Colorful Connections- DR 5:30 Cool Treats & Summer Beats (1hr)- CY 7:00 Movie Night (1.5) - FR
19 9:00 Courtyard Games -CY 10:30 Color & Connect – SR/DR 1:00 Lemonade & Laughs – CY/FR 4:00 Vesper Service (Ch. 1973)- FR 5:30 After Dinner Stroll - CY 6:00 *Hymn Sing - MEC 7:00 Devotions & Soothing Hymns - FR	20 9:30 Motions to Music with Tina (30) - AR 10:30 *Piano with Haley (30) -LR 1:00 1:1 Chaplain Chats (1hr) 2:30 *Caring Canines Visit- AL 3:30 Bingo -DR 5:30 After Dinner Stretch -LR 7:00 Gameshow Classics - FR	21 9:30 Noodle Fit with Tina (30) - LR 10:30 Watercolor Painting - AR 1:00 Build & Design – DR 2:15 Tea with the Chaplain- RR 3:30 JAVA Music with Taylor - AR 5:30 After Dinner Stroll – CY 7:00 Stories & Reflections – FR	22 9:30 Balloon Volleyball with Tina (30)- LR 10:30 *Rocking with Joe - LR 1:00 Cupcake Bake -DR 2:00 Birthday Party Prep -RR 3:30 David’s Birthday Party – AR 5:30 After Dinner Stretch – CY/LR 7:00 Soothing Sounds of Yesteryear -FR Happy Birthday David!	23. 9:30 Stretch & Catch (30) - AR 10:30 *Piano with Haley (30) -LR 1:00 Birthday Party Prep-AR 2:00 Lois’ Birthday Party- RR 3:30 JAVA with Taylor – AR 5:30 After Dinner Stroll - CY 7:00 Stories & Reflections – FR Happy Birthday Lois!	24. 9:30 Noodle Ball with Tina (30) - LR 10:30 Table Topics- DR 1:00 Golfcart Campus Tours with Carrie (1hr) - O 3:00 *Christmas in July Mocktail Party (1hr)- MEC 5:30 After Dinner Stretch - LR 6:00 TGIF Pub Games - AR	25. 9:00 Morning Sit & Stretch (30) -FR 10:30 Candy Bar Bingo - DR 1:00 Water Games- CY 3:30 Colorful Connections- DR 5:30 Cool Treats & Summer Beats (1hr) CY 7:00 Movie Night (1.5) - FR
26 9:00 Courtyard Games -CY 10:30 Muffins & Mimosas - RR 12:00 Piano with Renae- LR 2:30 Soda Bar & Snacks 4:00 Vesper Service (Ch. 1973)- FR 5:30 After Dinner Stroll 7:00 Devotions & Soothing Hymns - FR	27. 9:30 Motions to Music with Tina (30) - AR 10:30 *Piano with Haley (30) -LR 1:00 1:1 Chaplain Chats (1hr) 3:30 Shake Loose a Memory -DR 5:30 After Dinner Stretch-CY 7:00 Gameshow Classics - FR	28. 9:30 Noodle Fit with Tina (30)-LR 10:30 Picture Prompt Conversations – AR 1:00 Build & Design – DR 3:30 JAVA with Taylor - AR 5:30 After Dinner Stretch & Stroll – CY 7:00 Stories & Reflections – FR	29. 9:30 Balloon Volleyball with Tina (30)- LR 10:30 Rocking with Joe- LR 1:00 Relax, Refresh & Renew (1hr)-AR 3:00 Bingo - DR 5:30 Shake Loose A Memory Cards-DR 7:00 Soothing Sounds of Yesteryear – FR	30. 9:30 Morning Sit & Stretch (30)- FR 10:30 *Piano with Haley (30)-LR 1:00 Table Games - DR 3:30 JAVA with Taylor - AR 6:00 Stories & Reflections – FR	Color Coding Key: - Purple = Led by Campus Team Members *Blue= Led by team members, volunteers or outside group; Neighborhood team assistance needed to gather residents. - Green= Led by the Neighborhood Team. - Highlighted= Neighborhood Team escort required for off neighborhood program	