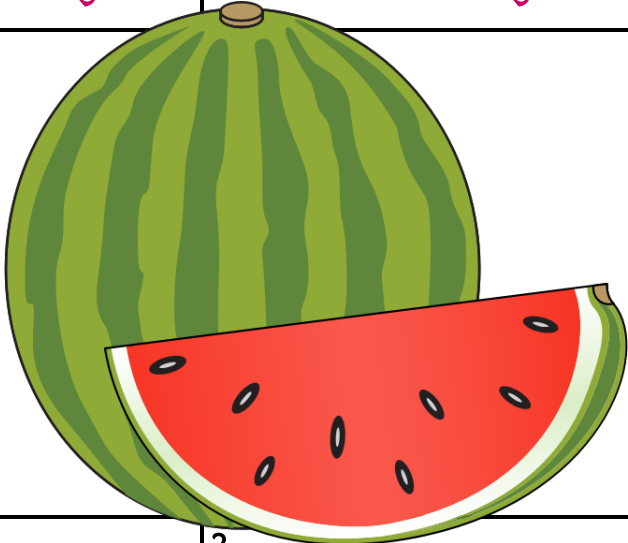
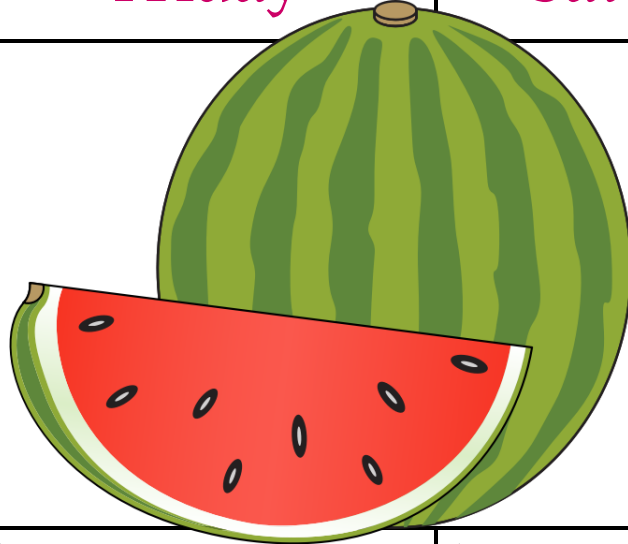


The Crossings at Bon Air Independent Living Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 4em; color: #C00040;">July 2018</h1> 						
<p>1 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 2:00 Mount Pisgah Methodist Church-C 3:00 Bingo - P 5:00 Happy Hour - P 7:00 Sunday Night Movie—GR</p>	<p>2 10:00 Strength Training-D <u>10:15 Kroger-MLR</u> 10:30 Bible Studies-L 11:00 Coloring for Calm-A 1:00 Jeopardy!!- P 2:00 Advanced Balance-P 2:00 From The Heart Knit'rs-L# 3:00 Wii Bowling-AL 3:00 Dominoes-GR# 5:00 Happy Hour-P</p>	<p>3 10:00 Strength Training-D 10:30 Devotions with Krista- C 11:00 Bingo-P <u>1:00 Chesterfield Mall Trip-MLR</u> 1:30 General Store -P 3:00 Bananagrams-GR 5:00 Happy Hour-P</p>	<p>4 Happy 4th of July 10:00 Strength Training—D 11:00 Coloring for Calm-AL 12:00 Fourth of July Cook In-D 1:00 Brain Games-P 2:00 Advanced Balance-P 2:00 Catholic Rosary -L 3:00 This Week in History—L 3:00 Wii Bowling-AL 5:00 Happy Hour - P <i>7:00 Evening Bible Studies-C</i></p>	<p>5 10:00 Strength Training—D <u>10:15 Farmers Market-MLR</u> 10:30 Catholic Communion-C 1:00 Brain Games-GR 2:00 Resident Council- GR 3:00 Board Game Group-GR 5:00 Happy Hour - P 7:00 Poker, Pinochle or Whatever-GR#</p>	<p>6 10:00 Seated Yoga—D <u>10:15 Bank Run-MLR</u> 11:00 Bingo-P 1:00 Jeopardy!!-P 1:30 Bridge—GR# 2:00 Advanced Balance-P 3:00 Team Wii Bowling-AL # 3:00 Coloring for Calm-A 5:00 Happy Hour - P</p>	<p>7 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 3:00 Bingo - P 5:00 Happy Hour - P 7:00 Sat. Night Movie—GR</p>
<p>8 10:30 Strength Training -AL 11:00 Wii Bowling-AL# 3:00 Bingo - P 5:00 Happy Hour - P 7:00 Sunday Night Movie—GR</p>	<p>9 10:00 Strength Training-D <u>10:15 Kroger-MLR</u> 10:30 Bible Studies-L 11:00 Coloring for Calm-A 1:00 Jeopardy!!- P 2:00 Advanced Balance-P 2:00 From The Heart Knit'rs-L# 3:00 Wii Bowling-AL 3:00 Dominoes-GR# 5:00 Happy Hour-P</p>	<p>10 10:00 Strength Training-D 10:30 Devotions with Krista- C 11:00 Bingo-P <u>12:00 Lunch at Arby's-MLR\$</u> 1:30 General Store -P 3:00 Bananagrams-GR 5:00 Happy Hour-P</p>	<p>11 10:00 Strength Training—D <u>10:15 Walmart-MLR</u> 11:00 Coloring for Calm-AL 1:00 Brain Games-P 2:00 Advanced Balance-P <i>2:00 Crafts with Judy-AR</i> 2:00 Catholic Rosary -L 3:00 This Week in History—L 3:00 Wii Bowling-AL 5:00 Happy Hour - P <i>7:00 Evening Bible Studies-C</i></p>	<p>12 10:00 Strength Training—D <u>10:15 Farmers Market-MLR</u> 10:30 Catholic Communion-C 1:00 Brain Games-ML <u>1:00 Wegmans-MLR</u> <i>2:00 Pecan Pie Day Social-ML</i> 2:00 Painter's Studio Hour-A 5:00 Happy Hour - P 7:00 Poker, Pinochle or Whatever-GR#</p>	<p>13 10:00 Strength Training—D 11:00 Bingo-P 1:00 Jeopardy!!-P 1:30 Bridge—GR# 2:00 Advanced Balance-P 3:00 Team Wii Bowling-AL # 3:00 Coloring for Calm-A 5:00 Happy Hour - P</p>	<p>14 10:30 Strength Training -AL 3:00 Bingo - P 5:00 Happy Hour - P 7:00 Sat. Night Movie—GR</p>

The Crossings at Bon Air Independent Living Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>10:30 Strength Training -AL</p> <p>11:00 Wii Bowling-AL#</p> <p>3:00 Bingo - P</p> <p>5:00 Happy Hour - P</p> <p>7:00 Sunday Night Movie—GR</p>	<p>16</p> <p>10:00 Strength Training-D</p> <p>10:15 Kroger-MLR</p> <p>10:30 Bible Studies-C</p> <p>11:00 Coloring for Calm-A</p> <p>1:00 Jeopardy!!- P</p> <p>2:00 Advanced Balance-P</p> <p>2:00 From The Heart Knit'rs-L#</p> <p>3:00 Wii Bowling-AL</p> <p>3:00 Dominoes-GR#</p> <p>5:00 Happy Hour-P</p>	<p>17</p> <p>10:00 Strength Training-D</p> <p>10:30 Devotions with Krista— C</p> <p>11:00 Bingo-P</p> <p>1:00 Kohl's and Target-MLR</p> <p>1:30 General Store —P</p> <p>3:00 Bananagrams-GR</p> <p>5:00 Happy Hour-P</p>	<p>28</p> <p>10:00 Strength Training—D</p> <p>10:15 Walmart-MLR</p> <p>11:00 Coloring for Calm-AL</p> <p>2:00 Advanced Balance-P</p> <p>2:00 Music with Kevin Salyer-D</p> <p>2:00 Catholic Rosary —L</p> <p>3:00 This Week in History—L</p> <p>3:00 Wii Bowling-AL</p> <p>5:00 Happy Hour - P</p> <p>7:00 Evening Bible Studies-C</p>	<p>19</p> <p>10:00 Strength Training—D</p> <p>10:15 Farmers Market-MLR</p> <p>10:30 Catholic Communion-C</p> <p>1:00 Brain Games-GR</p> <p>2:00 Book Presentation- Alzheimer's The Identity Thief of the 21st Century by Robert B. Schaefer —D</p> <p>3:00 Board Game Group-GR</p> <p>5:00 National Daiquiri Day Happy Hour - P</p> <p>7:00 Poker, Pinochle or Whatever-GR#</p>	<p>20</p> <p>10:00 Seated Yoga—D</p> <p>10:15 Library-MLR</p> <p>11:00 Bingo-P</p> <p>1:00 Jeopardy!!-P</p> <p>1:30 Bridge—GR#</p> <p>2:00 Advanced Balance-P</p> <p>3:00 Team Wii Bowling-AL #</p> <p>3:00 Coloring for Calm-A</p> <p>5:00 Happy Hour - P</p>	<p>21</p> <p>10:30 Strength Training -AL</p> <p>11:00 Wii Bowling-AL#</p> <p>3:00 Bingo - P</p> <p>5:00 Happy Hour - P</p> <p>7:00 Sat. Night Movie—GR</p>
<p>22</p> <p>10:30 Strength Training -AL</p> <p>11:00 Wii Bowling-AL#</p> <p>3:00 Bingo - P</p> <p>5:00 Happy Hour - P</p> <p>7:00 Sunday Night Movie—GR</p>	<p>23</p> <p>10:00 Strength Training-D</p> <p>10:15 Kroger-MLR</p> <p>10:30 Bible Studies-C</p> <p>11:00 Coloring for Calm-A</p> <p>1:00 Jeopardy!!- P</p> <p>2:00 Advanced Balance-P</p> <p>2:00 From The Heart Knit'rs-L#</p> <p>3:00 Wii Bowling-AL</p> <p>3:00 Dominoes-GR#</p> <p>5:00 Happy Hour-P</p>	<p>24</p> <p>10:00 Strength Training-D</p> <p>10:30 Devotions with Krista— C</p> <p>1:00 Out to the Movies-MLR\$</p> <p>1:30 General Store —P</p> <p>3:00 Caba Book Club-L</p> <p>3:00 Bananagrams-GR</p> <p>5:00 Happy Hour-P</p>	<p>25</p> <p>10:00 Strength Training—D</p> <p>10:15 Walmart-MLR</p> <p>11:00 Coloring for Calm-AL</p> <p>12:30 Men's Pizza Lunch-PR</p> <p>2:00 Advanced Balance-P</p> <p>2:00 Catholic Rosary —L</p> <p>3:00 This Week in History—L</p> <p>3:00 Wii Bowling-AL</p> <p>5:00 Happy Hour - P</p> <p>7:00 Evening Bible Studies-C</p>	<p>26</p> <p>10:00 Strength Training—D</p> <p>10:15 Farmers Market-MLR</p> <p>10:30 Catholic Communion-C</p> <p>1:00 Brain Games-GR</p> <p>1:00 Wegmans-MLR</p> <p>2:00 Painter's Studio Hour-A</p> <p>2:00 July Birthday Party-ML</p> <p>3:00 Board Game Group-GR</p> <p>5:00 Happy Hour - P</p> <p>7:00 Poker, Pinochle or Whatever-GR#</p>	<p>27</p> <p>10:00 Strength Training—D</p> <p>11:00 Bingo-P</p> <p>1:00 Jeopardy!!-P</p> <p>1:30 Bridge—GR#</p> <p>2:00 Advanced Balance-P</p> <p>2:00 Music with Buzzy Lawler— ML</p> <p>3:00 Team Wii Bowling-AL #</p> <p>3:00 Coloring for Calm-A</p> <p>5:00 Happy Hour - P</p>	<p>28</p> <p>10:30 Strength Training -AL</p> <p>11:00 Wii Bowling-AL#</p> <p>3:00 Bingo - P</p> <p>5:00 Happy Hour - P</p> <p>7:00 Sat. Night Movie—GR</p>
<p>29</p> <p>10:30 Strength Training -AL</p> <p>11:00 Wii Bowling-AL#</p> <p>3:00 Bingo - P</p> <p>5:00 Happy Hour - P</p> <p>7:00 Sunday Night Movie—GR</p>	<p>30</p> <p>10:00 Strength Training-D</p> <p>10:15 Kroger-MLR</p> <p>10:30 Bible Studies-C</p> <p>11:00 Coloring for Calm-A</p> <p>1:00 Jeopardy!!- P</p> <p>2:00 Advanced Balance-P</p> <p>2:00 From The Heart Knit'rs-L#</p> <p>3:00 Wii Bowling-AL</p> <p>3:00 Dominoes-GR#</p> <p>5:00 Happy Hour-P</p>	<p>31</p> <p>10:00 Strength Training-D</p> <p>10:30 Devotions with Krista— C</p> <p>11:00 Bingo-P</p> <p>1:00 VMFA Trip-MLR</p> <p>1:30 General Store —P</p> <p>3:00 Bananagrams-GR</p> <p>5:00 Happy Hour-P</p>	<p>Location Key</p> <p>A—Activity Room</p> <p>AL— AL Lobby</p> <p>C—Chapel</p> <p>D—IL Dining Room</p> <p>GR— Game Room</p> <p>\$- A fee is associated with this Activity.</p> <p>ML— Main Lobby</p> <p>L—Library</p> <p>P—Pub</p> <p>HS— Harmony Square</p> <p>R - Sign Up Required</p> <p>#—Resident Lead Activity</p>		<p>Card Games</p> <p>Bridge is played every Friday @ 1:30 pm and Wednesday @ 2:00pm in the Game Room.</p> <p>Hand and Foot is played on Tuesdays at 2:00pm in the Game Room. If you would like to be added to the Card Players list, or would like to add a game, please contact Tracy in Activities.</p>	