

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>CHAMPLAIN VALLEY SENIOR COMMUNITY</p>	<p><b>1</b></p> <p>10am: Seated Exercise(2B) 11:15am: Cornhole (2) 1:30pm: Meaningful 1 on 1's 3:30pm: Happy Hour- Brews &amp; Tattoos (2B) 6pm: YouTube Concert (2B)</p>	<p><b>2</b></p> <p>10am: Seated Exercise(2B) 11:15am: Shuffleboard (2) 1:30pm: Building Tour (1) 2:30pm: Sunshine Social(1) 3pm: Video Calls to Family 6pm: Game Show TV (2B)</p>	<p><b>3</b></p> <p>10am: Seated Exercise(2B) 11am: Protestant Service(1) 1:30pm: Play Jeopardy Game (2BTV) 3:30: Wine-Down Wed. (2B) 6pm: Crime TV (2B)</p>	<p><u>Hair Salon Open @ 9am</u> <b>4</b></p> <p>10am: Seated Exercise(2B) 11am: Catholic Service (1) 1:30pm: Creative Writing(2) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Romance Movie (2B)</p>	<p><b>5</b></p> <p>10am: Seated Exercise(2B) 11:15am: Card Games (2) 2pm: Live Music (2B) 3:30pm: Meaningful 1 on 1's 4pm: Video Calls to Family 6pm: Western Movie (2B)</p>	<p><b>6</b></p> <p>10am: Seated Exercise(2B) 10:30am: Matinee(2B) 1:30pm: News Group (1) 3:30pm: Knitting Group (2) 6pm: Classic TV (2B)</p>
<p><b>7</b></p> <p>10am: Seated Exercise(2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 6pm: Musical Movie (2B) 7pm: "60 Minutes" (1)</p>	<p><b>8</b></p> <p>10am: Seated Exercise(2B) 11:15am: Nail Care (2) 1:30pm: Meaningful 1 on 1's 2pm: Live Music with Wine(2B) 6pm: Comedy Movie (2B)</p>	<p><b>9</b></p> <p>10am: Seated Exercise(2B) 11:15am: Hymn Singalong(2B) 2pm: Live Music (2B) 3pm: Video Calls to Family 6pm: Historical Movie (2B)</p>	<p><b>10</b></p> <p>10am: Seated Exercise(2B) 11am: Protestant Service(1) 1:30pm: Foot Soak (1) 3:30: Wine-Down Wed. (2B) 6pm: Chick Flick Movie(2B)</p>	<p><b>11</b></p> <p>10am: Seated Exercise(2B) 11am: Catholic Service (1) 1:30pm: Arts &amp; Crafts 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Stand Up Comedy (2B)</p>	<p><b>12</b></p> <p>10am: Seated Exercise(2B) 11:15am: Board Games (2) 1:30pm: Meaningful 1 on 1's 2pm: River Walk (1) 4pm: Video Calls to Family 6pm: Classic TV (2B)</p>	<p><b>13</b></p> <p>10am: Seated Exercise(2B) 10:30am: Documentary(2B) 1:30pm: News Group (1) 3:30pm: Sunshine Social(1) 6pm: I Love Lucy(2B)</p>
<p><b>14</b></p> <p>10am: Seated Exercise(2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 6pm: Drama Movie (2B) 7pm: "60 Minutes" (1)</p>	<p><b>15</b></p> <p>10am: Seated Exercise(2B) 11:15am: Flower Vases (2) 1:30pm: Meaningful 1 on 1's 3:30pm: Happy Hour- Sangria (2B) 6pm: Game Show TV (2B)</p>	<p><b>16</b></p> <p><u>Happy Birthday Gerald K!</u></p> <p>10am: Seated Exercise(2B) 11:15am: Bowling (2) 2pm: Live Music (2B) 3pm: Video Calls to Family 6pm: Crime TV (2B)</p>	<p><b>17</b></p> <p>10am: Seated Exercise(2B) 11am: Protestant Service(2B:TV) 2pm: Play Jeopardy Game (2BTV) 3:30: Wine-Down Wed. (2B) 6pm: Historical Film (2B)</p>	<p><u>Hair Salon Open @ 9am</u> <b>18</b></p> <p>10am: Seated Exercise(2B) 11am: Catholic Service (1) 1:30pm: Creative Writing(2) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Western Movie (2B)</p>	<p><b>19</b></p> <p>10am: Seated Exercise(2B) 11:15am: Card Games (2) 1:30pm: Meaningful 1 on 1's c 4pm: Video Calls to Family 6pm: Carol Burnett (2B)</p>	<p><b>20</b></p> <p>10am: Seated Exercise(2B) 10:30am: Matinee(2B) 1:30pm: News Group(1) 3:30pm: Knitting Group (2) 6pm: Stand Up Comedy (2B)</p>
<p><b>21</b></p> <p>10am: Seated Exercise(2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 6pm: Comedy Movie (2B) 7pm: "60 Minutes" (1)</p>	<p><b>22</b></p> <p>10am: Seated Exercise(2B) 11:15am: Nail Care (2) 1:30pm: Meaningful 1 on 1's 3:30pm: Happy Hour- Wine &amp; Cheese (2B) 6pm: Carol Burnett (2B)</p>	<p><b>23</b></p> <p>10am: Seated Exercise(2B) 11:15am: Hymn Singalong(2) 1:30pm: Sunshine Social(1) 3pm: Video Calls to Family 6pm: Classic Movie (2B)</p>	<p><u>Meeting Day</u> <b>24</b></p> <p>10am: Resident Council(2B) 11am: Protestant Service(2B:TV) 1:30pm: Foot Soak (1) 3:30: Wine-Down Wed. (2B) 6pm: Classic TV (2B)</p>	<p><b>25</b></p> <p>10am: Seated Exercise(2B) 11am: Catholic Service (1) 1:30pm: Arts &amp; Crafts (2) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Romance Film(2B)</p>	<p><b>26</b></p> <p>10am: Seated Exercise(2B) 11:15am: Board Games (2) 1:30pm: Meaningful 1 on 1's 2pm: River Walk (1) 4pm: Video Calls to Family 6pm: Game Show TV (2B)</p>	<p><b>27</b></p> <p>10am: Seated Exercise(2B) 10:30am: Documentary(2B) 1:30pm: News Group (1) 3:30pm: Sunshine Social(1) 6pm: Crime TV (2B)</p>
<p><b>28</b></p> <p>10am: Seated Exercise(2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 6pm: Family Movie (2B) 7pm: "60 Minutes" (1)</p>	<p><b>29</b></p> <p>10am: Seated Exercise(2B) 11:15am: Horseshoes (2) 1:30pm: Meaningful 1 on 1's 3:30pm: Happy Hour &amp; "Would you Rather?"(2B) 6pm: I Love Lucy(2B)</p>	<p><b>30</b></p> <p>10am: Seated Exercise(2B) 11:15am: Flower Vases (2) 1:30pm: Building Tour (1) 2:30: Sunshine Social (1) 3pm: Video Calls to Family 6pm: "Grace &amp; Frankie" (2B)</p>	<p><b>31</b></p> <p>10am: Seated Exercise(2B) 11am: Protestant Service(2B:TV) 1:30pm: Play Jeopardy Game (2BTV) 3:30: Wine-Down Wed. (2B) 6pm: Crime TV (2B)</p>	<p><b>August 2022</b></p> <p><b>ASSISTED LIVING UNIT</b></p> <p>Breakfast: 8am-9am   Lunch: 12pm-1pm   Dinner: 5pm-6pm</p> <p>Night Owl Movie: 8pm Nightly (2B: TV)</p> <p>For activity support &amp; information contact 518-817-9108</p> <p><i>*Sign Up Required   Activities are subject to change.</i></p>		