



**HERITAGE OAKS**  
A GRACE MGMT COMMUNITY

# SEPTEMBER 2021

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Richmond, Virginia 23225  
804-323-3800  
[www.heritageoaksseniorliving.com](http://www.heritageoaksseniorliving.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys Atrium -A Jefferson Room [O] Activity Room -AR Cafe-C Chapel -CH Library -L Theater Room - TR Outside -O</p>	<p>CO - Cognitive CR - Creative PY - Physical PR - Purposeful SO - Social SP - Spiritual</p>	<p>National Assisted Living Week Sunday, Sept. 12: "We Are Family Monday, Sept. 13: "We Are Compassion Tuesday, Sept. 14: "We Are Caring Wednesday, Sept. 15: "We Are Community</p>	<p>1 SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] PR 11:00 Bank/Post Office Run (O) SO 12:30 Chesterfield Towne Center (O) SP 2:30 Devotions [C] SO 3:30 Wine Wednesday [A]</p>	<p>2 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 1:30 Veterans of the Month (A) SO 4:00 InnovAge PACE Informational Session/Event (O)</p>	<p>3 SO 9:30 Walmart SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 12:30 Red Lobster (O) CR 3:00 Art Class w/ Jackie (AR)</p>	<p>4 SP 10:30 Communion [CH] SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>5 CR 1:00 Cards [L] CR 1:00 Easy Listening [A]</p>	<p>6 <b>Labor Day</b> SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] CO 1:30 Independent Card Games (AR) SO 3:00 Movie (TR)</p>	<p>7 <b>Rosh Hashanah Begins</b> SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] CO 1:30 5 Cent Bingo (AR)</p>	<p>8 SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] PR 11:00 Bank/Post Office Run (O) SO 12:30 Shopping At Ross (O) SP 2:30 Devotions [C] SO 3:30 Joe Loschiavo performs</p>	<p>9 1:00 Independent Card Games (AR) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 1:00 Performance Art w/ Phil Mckenney (A) SO 3:00 Health Talk (A)</p>	<p>10 SO 9:30 Walmart SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 12:30 Piano Performance by Floyd Andrews (A) SO 12:30 Lunch at Latitude (O)</p>	<p>11 SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>12 <b>Grandparent's Day</b> CR 1:00 Cards [L] CR 1:00 Easy Listening [A]</p>	<p>13 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 1:30 Craig Anders Performs A) CO 3:00 Arts and Crafts: Decorate Canvas Sneaker Keychain</p>	<p>14 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] CO 1:30 Therapeutic Painting SO 3:00 Wine Tuesday (A)</p>	<p>15 <b>Yom Kippur Begins</b> 9:00 Donate Can Goods to Local Shelter SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] PR 11:00 Bank/Post Office Run (O) SO 12:30 Shopping at Target (O) SP 2:30 Devotions [C]</p>	<p>16 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 1:30 Doughnuts and Coffee for our local community partners CO 3:00 Concentration Game (A)</p>	<p>17 SO 9:30 Walmart SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 12:30 Lunch at Golden Corral (O) SO 3:00 Happy Hour [AR]</p>	<p>18 SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>19 CR 1:00 Cards [L] CR 1:00 Easy Listening [A]</p>	<p>20 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 1:30 Health Information Session w/ JenCare (A) CO 3:00 Hangman (A)</p>	<p>21 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] CO 1:30 Corn hole (A) CO 3:00 5 Cent Bingo (AR)</p>	<p>22 <b>Fall Begins</b> SO 10:30 Coffee Chat [C] PY 10:30 Wellness Wednesday w/ Karen (A) PY 10:45 Wii Bowling [AR] PR 11:00 Bank/Post Office Run (O) SO 12:30 Shopping at Dollar Tree (O)</p>	<p>23 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] CO 1:30 Pokeno (AR) SO 5:00 Family Night (O)</p>	<p>24 SO 9:30 Walmart SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 12:30 Cracker Barrel (O) SO 3:00 Happy Hour [AR]</p>	<p>25 SP 10:30 Worship Service w/ Dr. Harbuck [CH] SO 1:00 Easy Listening Music [A]</p>
<p>26 CR 1:00 Cards [L] CR 1:00 Easy Listening [A]</p>	<p>27 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] SO 1:30 Residents Monthly Meeting (A) SO 3:00 Birthday Celebration (O)</p>	<p>28 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] PY 1:30 Boccee Ball (A) CO 3:00 Grab bag Bingo (A)</p>	<p>29 SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] PR 11:00 Bank/Post Office Run (O) PY 12:30 Shopping at Kroger (O) SP 2:30 Devotions [C] SO 3:30 Wine Wednesday [A]</p>	<p>30 PY 10:00 Moving to the Beat (A) SO 10:30 Coffee Chat [C] PY 10:45 Wii Bowling [AR] PY 1:30 Ring Toss (A) SO 3:00 Blood Pressure Clinic (A)</p>	<p>Thursday, Sept. 16: "We Are Good Neighbor Friday, Sept. 17 "We Are Home Saturday, Sept. 18: "We Are Living Gracefully  Residents' Birthday Allen Mohr 9/12 George Turner 9/15</p>	<p>Constance Granes 9/17 Permelia Webb 9/20 Mike Donavon 9/21 Nancy Beach 9/22 Judith Papadakis 9/23 Rober Calegari 9/28 Frances Sanford 9/21</p>

Events are Subject to Change.