




2024





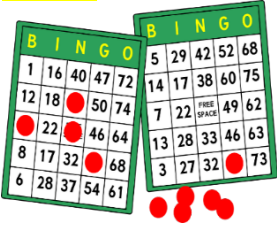
Breakfast is Served Daily Until 9 AM




Lunch Served Daily at 12:00 PM

Snack Served at 2:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
	1			<p>1</p> <p>7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time & Activities</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 AM-12:00 PM GAME DAY & Individual Activities</p>  <p>11:00 AM-12:00 PM Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Daily Exercise</p> <p>2:00 PM Walking Exercise & Activities or Movie Time 2:30 PM Snack</p> <p>3:15 PM Quiet Reflection 3:30 PM Music and Conversation</p> <p>4:00 PM Free Time</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time & Activities</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip - Richmond City Library</p> <p>10:30 AM-12:00 PM News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Daily Exercise 2:00 PM Walking Exercise & Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>5</p> <p>CENTER CLOSED ELECTION DATE</p> 	<p>6 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time & Activities</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 AM-12:00 PM News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM - Arts-on-Wheels</p>  <p>READING ACTIVE</p> <p>ITY OR PERSON-CENTERED ACTIVITIES</p> <p>1:30 PM Afternoon Daily Exercise 2:00 PM Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>7 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>SPA DAY</p> <p>10:30 AM-12:00 PM - News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM 1:30 PM Afternoon Daily Exercise 2:00 PM Walking Exercise Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>8 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00 AM-10:30 AM - Group Yoga/Exercise/Jazzercise or Stretching</p>  <p>10:30 AM-12:00 PM - News & Individual Activities</p>  <p>Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Daily Exercise 2:00 PM Walking Exercise & Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>

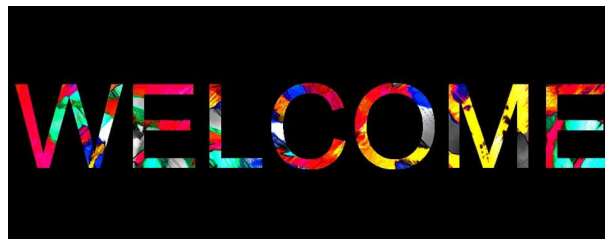
Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p style="text-align: center;">CENTER CLOSED IN OBSERVANCE OF</p> <div style="text-align: center;">  <p>HONORING ALL WHO SERVED VETERANS DAY UNITED STATES OF AMERICA</p> </div>	<p>12</p> <p>7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>SPA DAY</p> <p>10:30 AM-12:00 PM - News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM HEALING SOUNDS</p> <div style="text-align: center;">  </div> <p>1:30 PM Afternoon Daily Exercise 2:00 PM Walking Exercise Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>13</p> <p>7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time & Activities</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 AM-12:00 PM News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM – ARTS ON WHEELS</p> <div style="text-align: center;">  </div> <p>1:30 PM Afternoon Daily Exercise 2:00 PM Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>14</p> <p>7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 AM-12:00 PM – News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM Healing Sounds</p> <div style="text-align: center;">  </div> <p>1:30 PM Afternoon Daily Exercise 2:00 PM Walking Exercise & Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p> <p>5:00 PM - HOBSON LODGE NATIONAL NIGHT OUT – SRADCC EXHIBITING</p>	<p>15</p> <p>7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time & Activities</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 AM-12:00 PM GAME DAY & Individual Activities</p> <div style="text-align: center;">  </div> <p>Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Daily Exercise & Walking Exercise 2:00 PM Activities or Movie Time(Matinee) 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>18 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time & Activities</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Daily Exercise 2:00 PM Walking Exercise & Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>19 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM – News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Exercise 2:00 PM Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>20 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time & Activities</p> <p>10:00AM-10:45AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 PM-12:00 PM News & Individual Activities – Crafts –</p>  <p>11:00 PM-12:00 PM News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM ARTS-ON-WHEEL</p>  <p>2:00 PM Walking Exercise & Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>21 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM – News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM</p> <p>1:30 PM Afternoon Exercise 2:00 PM Activities 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p>22 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p>  <p>10:30 AM-12:00 PM – Group Games & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM & Reading Activity 1:30 PM Afternoon Daily Exercise Walking Exercise & Activities 2:00 PM – MOVIE MATINEE 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>25 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM – News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Exercise</p> <p>2:00 PM Activities Walking Exercise & Activities</p> <p>2:30 PM Snack</p> <p>3:15 PM Quiet Reflection</p> <p>3:30 PM Music and Conversation</p> <p>4:00 PM Free Time</p>	<p>26 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM – News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Exercise</p> <p>2:00 PM Activities</p> <p>2:30 PM Snack</p> <p>3:15 PM Quiet Reflection</p> <p>3:30 PM Music and Conversation</p> <p>4:00 PM Free Time</p>	<p>27 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 AM-12:00 PM - News & Individual Activities</p> <p>Noon Lunch</p> <p>1:00 PM – ARTS-ON-WHEELS</p>  <p>1:30 PM Afternoon Exercise</p> <p>2:00 PM Activities</p> <p>2:30 PM Snack</p> <p>3:15 PM Quiet Reflection</p> <p>3:30 PM Music and Conversation</p> <p>4:00 PM Free Time</p>	<p>28</p> <p>CENTER CLOSED IN OBSERVANCE OF</p> <p><i>Happy Thanksgiving</i></p> 	<p>29</p> <p>CENTER CLOSED IN OBSERVANCE OF</p> 

Join Us At Our New Location

**801 Prince Hall Drive,
Richmond, VA 23224**



THANK YOU,

THE SRADCC FAMILY