

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LIB – Library (2 nd F) ML – Media Lounge (2 nd F) CR – Card Room (1 st F) CY – Courtyard (1 st F) L – Lobby (1 st F) AR – Activity Room(Lower) DR – Dining Room (Lower) MP – Multi-Purpose Room TR – Theatre (Lower)	ML 9:30 Get Movin' 1 w/Kate CY 10:30 Gardening Club L 10:30 Sing Along with Dave and Friends MP 1:30 Bingo	ML 9:30 Sittercise 2 MP 10:30 Ping Pong CR 1:00 Bridge MP 2:00 Armchair Travels: Morocco MP 3:15 Book Club	Lunch Trip to Longhorn 3 Steakhouse ML 9:30 Get Movin' w/Kate MP 10:30 Current events MP 3:00 Philosophy 101 With Professor McGuiness	ML 9:30 Sittercise 4 MP 10:00 Catholic Prayer CR 1:00 Bridge LIB 1:30 Scrabble MP 2:00 Flower Arranging	ML 9:30 Get Movin' 5 w/Kate MP 10:30 Ping Pong MP 1:30 Bingo CR 3:15 Zoom Shabbat	ML 9:30 Sittercise 6 MP 10:30 Catholic Prayer CY 2:30 Courtyard Coloring
ML 9:30 Sittercise 7 L 10:30 YARNing for Hope CR 2:00 Rummikub	ML 9:30 Get Movin' 8 w/Kate CY 10:30 Gardening Club MP 10:30 Ping Pong MP 1:30 Bingo MP 3:00 Magic with Moses	ML 9:30 Sittercise 9 ML 10:30 Yoga with Gale CR 1:00 Bridge MP 1:30 Paint along with Kate L 3:15 Bob Clark Music Bonanza	Shopping Trip to Giant 10 ML 9:30 Get Movin' w/Kate MP 10:30 Current events MP 1:30 Bingo AR 3:15 Create your own Lip Balm	ML 9:30 Sittercise 11 MP 10:00 Catholic Prayer DR 1:15 Food Forum DR 2:00 Resident Council	ML 9:30 Get Movin' 12 w/Kate MP 10:30 Ping Pong MP 2:00 Get to Know the New Staff Social	ML 9:30 Sittercise 13 MP 10:30 Catholic Prayer CY 2:30 Courtyard Coloring
ML 9:30 Sittercise 14 L 10:30 YARNing for Hope CR 2:00 Rummikub	ML 9:30 Get Movin' 15 w/Kate CY 10:30 Gardening Club L 10:30 Sing Along with Dave and Friends MP 1:30 Bingo CR 2:30 Climate Change Discussion	ML 9:30 Sittercise 16 MP 10:30 Ping Pong CR 1:00 Bridge MP 1:30 Meditative Musings ML 3:15 Drum Fit	Movie Trip 17 ML 9:30 Sittercise MP 10:30 Current events MP 3:15 Lewinsville Worship Service	ML 9:30 Sittercise 18 MP 10:00 Catholic Prayer CR 1:00 Bridge LIB 1:30 Scrabble MP 2:00 Happy Hour and Ping Pong	ML 9:30 Get Movin' 19 w/Kate MP 10:30 Ping Pong MP 1:30 Bingo	ML 9:30 Sittercise 20 MP 10:30 Catholic Prayer 11-1 Alpaca Picnic CY 2:30 Courtyard Coloring
ML 9:30 Sittercise 21 L 10:30 YARNing for Hope CR 2:00 Rummikub	ML 9:30 Get Movin' 22 w/Kate CY 10:30 Gardening Club MP 10:30 Ping Pong MP 1:30 Bingo	ML 9:30 Sittercise 23 ML 10:30 Yoga with Gale CR 1:00 Bridge MP 2:00 Sunflower Craft with Loye	ML 9:30 Get Movin' 24 w/Kate MP 10:30 Current events MP 2:00 Emergency Preparedness	ML 9:30 Sittercise 25 MP 10:00 Catholic Prayer CR 1:00 Bridge LIB 1:30 Scrabble MP 1:30 Bingo	Farmers Market Trip 26 ML 9:30 Get Movin' w/Kate MP 10:30 Ping Pong MP 2:00 Paint along with Kate	9-3 Community 27 Yard Sale ML 9:30 Sittercise MP 10:30 Catholic Prayer CY 2:30 Courtyard Coloring
ML 9:30 Sittercise 28 L 10:30 YARNing for Hope CR 2:00 Rummikub	ML 9:30 Get Movin' 29 w/Kate CY 10:30 Gardening Club L 10:30 Sing Along with Dave and Friends MP 1:30 Bingo	ML 9:30 Sittercise 30 MP 10:30 Ping Pong CR 1:00 Bridge L 2:00 Ice Cream Social with Lisa ML 3:15 Drum Fit	Shopping Trip to Aldi 31 ML 9:30 Get Movin' w/Kate MP 10:30 Current events MP 2:00 Endangered Species Spotlight: Rhinceros	<h1>August 2022</h1> <p>Gift Shop: M,W,F: 1:30-3</p>		

At Your Service!

Brenda Paredes
Executive Director
Main Floor (2nd Floor/
Lobby)
bparedes@cri-va.org

Aden Taishe
Director of Nursing
Terrace Level (1st Floor)
don@cri-va.org

Betsy Weixel
Director of Marketing &
Admissions
Main Floor (2nd Floor/
Lobby)
bweixel@cri-va.org

Stephon Hill
Admissions &
Recertification Coordinator
Main Floor (2nd Floor/
Lobby)
admissions@cri-va.org

Kate Burns, CDP, APC
Director of Activities
Main Floor (2nd Floor/
Lobby)
activities@cri-va.org

Lloyd Moss
Food Service Director
Dining Room (1st Floor)
fsd@cri-va.org

Jesus Urutia
Director of Maintenance &
Housekeeping
1st Floor
dom@cri-va.org

Jacque Wise
Administrative Assistant
Front Desk Lobby
receptionist@cri-va.org

Shirly Songco
Receptionist
Front Desk Lobby
adminassistant@cri-va.org



"Chesterbrook Guest"

[chesterbrook](http://chesterbrook.com)



Dickson will be moving on the IT world with a local hospital. We wish you the best! All business office concerns, please ask for Brenda Paredes, Executive Director.



TTE LLC Salon

Tuesday | Thursday | Friday

10AM - 3PM

Please call 703.474.9517 to schedule
an appointment

Closed on Monday & Wednesday

Welcome to the Chesterbrook Family,



Glenda Russell, Room 104



William Charest, Room 102



Dorothy Deutsch room 140



August