

# SEPTEMBER

MON

TUE

WED

THURS

FRI

2)

**LABOR DAY!!**

3) MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
 MOW – NEW POINT  
 BIO - TEA PARTY @ CRYSTAL'S  
 HOUSE  
 LUNCH  
 MGO - LIBRARY  
 MGO - PORT FUN



4) MORNING ROUTINE  
 EXERCISE / PT  
 DOLLAR TREE SHOPPING  
 THRIFT STORE SHOPPING  
 LUNCH  
 NEWSPAPER DAY ACTIVITY

5) MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
 MGO – RIVERSIDE BINGO  
 LUNCH  
 NATIONAL PIZZA DAY ACTIVITY  
 MGO – BEACH



6) MORNING ROUTINE  
 EXERCISE / PT  
 MGO – WALMART  
 LUNCH  
 BIO – LADIES OUTING  
 (WILLIAMSBURG)  
 BIO – MENS OUTING  
 (BEAVERDAM PARK)

9) MORNING ROUTINE  
 EXERCISE / PT  
 MGO – BINGO @ GLOUCESTER  
 HOUSE  
 LUNCH  
 NATIONAL TEDDY BEAR CRAFT  
 ACTIVITY  
 MGO – WALK TO TOWN

10) MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
 BIO – FISHING @ CRYSTAL'S  
 HOUSE  
 LUNCH  
 MGO – DELTAVILLE PARK



11) MORNING ROUTINE  
 EXERCISE / PT  
 DOLLAR TREE SHOPPING  
 THRIFT STORE SHOPPING  
 LUNCH  
 DAY SUPPORT GAMES  
 CRAFT ACTIVITY

12) MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
 MGO – RIVERSIDE BINGO  
 BIO – VA LIVING MUSEUM  
 LUNCH  
 WALK TO TOWN  
 MGO – RICHARDSONS FOR ICE  
 CREAM

13) MORNING ROUTINE  
 EXERCISE / PT  
 MGO – VILLAGE LANES  
 BOWLING  
 DAY SUPPORT Wii BOWLING  
 LUNCH  
 MGO – WALMART  
 DAY SUPPORT MOVIE

16)  
**“WEAR  
 FAVORITE HAT  
 DAY”**

MORNING ROUTINE  
 EXERCISE / PT  
 MGO – BASS PRO SHOP  
 LUNCH

17)  
**“WEAR SAME  
 COLOR DAY”**

MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
 MGO – LIBRARY  
 LUNCH  
 MGO – BRENT & BECKY'S  
 BULBS

18)  
**“WEAR CRAZY  
 SOCK DAY”**

MORNING ROUTINE  
 EXERCISE / PT  
 DOLLAR TREE SHOPPING  
 THRIFT STORE SHOPPING  
 LUNCH  
 MAKE PLAY DOUGH ACTIVITY

19)  
**“WEAR JEANS  
 DAY”**

MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
 BIO – NORFOLK ZOO  
 MGO – RIVERSIDE BINGO  
 PIRATE CRAFT ACTIVITY

20)  
**“FORMAL DAY”**

MORNING ROUTINE  
 EXERCISE / PT  
 MGO – HILLSIDE CINEMA  
 DAY SUPPORT MOVIE  
 MGO – WALMART  
**FORMAL LUNCHEON (NO  
 LUNCHEES NEEDED)**

# SEPTEMBER

MON

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THURS

FRI

23) MORNING ROUTINE  
EXERCISE / PT  
MGO – WATER FOUNTAINS @  
OYSTER POINT  
LUNCH  
MGO – WALK TO TOWN



24) MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
MOW – COBBS CREEK  
MGO – SPCA  
LUNCH  
MGO – WALK TRACK @ MHS  
DUCT TAPE DAY CRAFT  
ACTIVITY

25) MORNING ROUTINE  
EXERCISE / PT  
DOLLAR TREE SHOPPING  
THRIFT STORE SHOPPING  
LUNCH  
DAY SUPPORT BOWLING  
Wii BOWLING

26) MORNING ROUTINE  
**SKILL BUILDING EXERCISE**  
MGO – RIVERSIDE BINGO  
NATIONAL PANCAKE DAY  
ACTIVITY  
LUNCH  
WALK TO TOWN

27) MORNING ROUTINE  
EXERCISE / PT  
MGO – OUT FOR COFFEE  
MGO – WALMART  
LUNCH  
MGO – BEAVERDAM PARK



30) MORNING ROUTINE  
EXERCISE / PT  
MOW – HAVEN  
MGO – OUT FOR COFFEE  
MGO – ANIMAL FARM  
LUNCH  
WALK TO TOWN

## BIRTHDAYS!

**EAH – 19<sup>TH</sup>**  
**WMM – 25<sup>TH</sup>**  
**EB – 22<sup>ND</sup>**  
**YB – 22<sup>ND</sup>**  
  
**CINDY 19<sup>TH</sup>**

MGO – MORNING GROUP  
OUTING  
  
BIO – BY INVITATION  
ONLY  
  
MOW – MEALS ON  
WHEELS



**ARE YOU INTERESTED  
IN VOLUNTEERING? WE  
WOULD LOVE TO HAVE  
YOUR TALENTS!**

**PLEASE CONTACT DAY  
SUPPORT AT  
804-725-4990**

**WE LOVE OUR  
VOLUNTEERS AND  
DONATIONS ARE  
ALWAYS ACCEPTED**