

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR) 	2 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Wal-Mart 10:30am Dyna Bands (MPR) 6:00pm Leave for USAF Heritage of America Band Concert at Merchants Square 7:00pm Poker (BR) 7:00pm Bridge (MPR)	3 9:00am Aqua Aerobics (Pool) 10:45am Deep Breathing Exercise with Mel (MPR) 1:30pm Movement Unlimited (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	4 INDEPENDENCE DAY  <p style="text-align: center;">No fitness classes No dinner run</p>  <p style="text-align: center;">11:00am-2:00pm July 4th Buffet (DR) The Exchange will be closed. Take-out will be available from the buffet</p> 7:30pm Leave for fireworks at Colonial Williamsburg	5 9:00am Aqua Aerobics (Pool) 10:30am Deep Breathing with Mel (MPR) 1:30pm Movement Unlimited (MPR) 2:45pm Tennis with Curtis (Tennis Court) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)	6 8:15am Leave for Aviation Museum in Richmond with lunch at Uno Chicago Grill 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR) 7:00-9:00pm Independence Day Dance with The Sounds of Yesteryear (MPR)	7 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR) 
8 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR) 	9 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi 9:00am Mah Jongg (GR) 9:30am Shopping at Belk 10:30am Dyna Bands (CRA) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	10 8:00am Park Walkers to William & Mary campus with breakfast at The Gazebo 9:00am Aqua Aerobics (Pool) 10:45am Deep Breathing Exercise with Mel (MPR) 1:30pm Resident Council Meeting (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	11 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Shopping at Langley 10:30am Dyna Bands (MPR) 11:00am Funeral Pre-Planning Seminar (GR) 4:00pm Happy Hour (GR) 5:30pm Leave for Summer Breeze Concert at Merchants Square	12 9:00am Aqua Aerobics (Pool) 10:30am Deep Breathing with Mel (MPR) 1:30pm Movement Unlimited (MPR) 2:45pm Tennis with Curtis (Tennis Court) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)	13 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands (MPR) 11:30am ROMEOS to Corner Pocket 4:00pm Happy Hour (GR) 7:00pm Night at the Movies: The Patriot (MPR)	14 9:00am Tennis 
15  7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR) 	16 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Target 10:30am Dyna Bands (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	17 9:00am Leave for tour of Virginia House in Richmond with lunch at Baker's Crust 9:00am Aqua Aerobics (Pool) 10:45am Deep Breathing Exercise with Mel (MPR) 1:30pm Movement Unlimited (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	18 9:00am Shopping trip to Short Pump Mall in Richmond 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Genealogy Club (CRA) 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR) 5:30pm Leave for Summer Breeze Concert at Merchants Square	19 9:00am Aqua Aerobics (Pool) 10:30am Deep Breathing with Mel (MPR) 1:30pm Movement Unlimited (MPR) 2:45pm Tennis with Curtis (Tennis Court) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)	20 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR)	21  9:00am Tennis 10:00am-2:00pm Party Bridge (MPR)
22  7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR) 	23 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Ukrop's & Ross (across from the new Sentara Hospital) 10:30am Dyna Bands (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	24 8:00am Park Walkers to Yorktown City with breakfast at Duke of York Hotel 9:00am Aqua Aerobics (Pool) 10:45am Deep Breathing Exercise with Mel (MPR) 1:30pm Movement Unlimited (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	25 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Shopping at Ft. Eustis 10:30am Dyna Bands (MPR) 11:00am Funeral Pre-Planning Seminar (GR) 1:30pm The Update (MPR) 4:00pm Happy Hour (GR) 5:30pm Leave for Summer Breeze Concert at Merchants Square 7:00pm Night at the Movies: Mr. Smith Goes to Washington (MPR)	26 9:00am Aqua Aerobics (Pool) 10:30am Deep Breathing with Mel (MPR) 1:30pm Movement Unlimited (MPR) 2:45pm Tennis with Curtis (Tennis Court) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)	27 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands (MPR) 11:30am CAMEOS to Corner Pocket 4:00-5:00pm Red, White, and Blue Meet & Greet Happy Hour (MPR)	28  9:00am Tennis
29 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR) 4:45pm Leave for West Point Picnic at Kingsmill Pavilion	30 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Food Lion, Marshall's, & Walgreen's 10:30am Dyna Bands (MPR) 12:00pm Birthday Lunch (DR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	31 8:30am Leave for tour of Virginia Historical Society in Richmond with lunch at Baker's Crust 9:00am Aqua Aerobics (Pool) 10:45am Deep Breathing Exercise with Mel (CRA) 1:30pm Movement Unlimited (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	Key: ALCR—Assisted Living Community Room, 2 nd Floor BR—Billiards Room CMR—Chaplain's Meeting Room CRA—Craft Room A DR—Dining Room GR—Game Room MPR—Multi-Purpose Room PDR—Private Dining Room RRR—Resident Resource Room SH--Springhouse	 <p style="font-size: 2em; color: blue;">July 2007</p> <p style="font-size: 3em; color: blue;">Independent Living</p> <p style="font-size: 3em; color: blue;">Fitness & Event Calendar</p> 		