

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Key: ALCR—Assisted Living Community Room, 2nd 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>	<p><i>August 2007</i> <i>Independent Living</i> <i>Events Calendar</i></p>  		<p>1 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR)</p>	<p>2 10:45am Deep Breathing Exercises (MPR) 1:30pm Movement Unlimited (MPR) 3:00pm Library Committee Meeting (GR) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p>3 9:00am Aqua Aerobics (Pool) 10:00am Leave for tour of Rule Britannia exhibit at VMFA in Richmond with lunch at Acacia 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR)</p>	<p>4 9:00am Tennis 10:00am Party Bridge (MPR)</p> 
<p>5 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)</p>	<p>6 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) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p>7 8:45am Leave for tour of The Valentine Richmond History Center 1:30pm Resident Council Meeting (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p>8 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Shopping at Ft. Eustis 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR) 5:30pm Leave for Summer Breeze Concert at Merchants Square</p>	<p>9 10:45am Deep Breathing Exercises (MPR) 1:30pm Movement Unlimited (MPR) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p>10 9:00am Aqua Aerobics (Pool) 10:30am Dyna Bands (MPR) 10:45am ROMEOS to Colonial Farmhouse Ltd. 4:00pm Happy Hour (GR) 7:00pm Night at the Movies: The Sentinel (MPR)</p>	<p>11 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR)</p> 
<p>12 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)</p>	<p>13 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Farm Fresh, Ace, & Eckerd's 10:30am Dyna Bands (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p>14 8:30am Park Walkers to William & Mary with breakfast or lunch TBA 10:45am Deep Breathing Exercises (MPR) 1:30pm Movement Unlimited (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p>15 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</p>	<p>16 10:45am Deep Breathing Exercises (MPR) 1:30pm The Update & Emergency Preparedness Seminar (MPR) ** 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p>17 9:00am Aqua Aerobics (Pool) 10:30am Dyna Bands (MPR) 10:45am CAMEOS to Colonial Farmhouse Ltd. 4:00pm Happy Hour (GR)</p>	<p>18 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR)</p>
<p>19 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)</p>	<p>20 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Target & Ukrop's 10:30am Dyna Bands (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p>21 10:45am Deep Breathing Exercises (MPR) 1:30pm Movement Unlimited (MPR) 4:15pm Leave for Smith at Kimball Theatre* 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p>22 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Shopping at Ft Eustis 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR) 5:30pm Leave for Summer Breeze Concert at Merchants Square 7:00pm Night at the Movies: To Kill a Mockingbird (MPR)</p>	<p>23 10:45am Deep Breathing Exercises (MPR) 1:30pm Movement Unlimited (MPR) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p>24 9:00am Aqua Aerobics (Pool) 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR)</p>	<p>25 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR)</p> 
<p>26 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)</p>	<p>27 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Food Lion, Marshall's, & Walgreens 10:30am Dyna Bands (MPR) 12:00pm Birthday Lunch (DR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p>28 8:00am Park Walkers to Greensprings Trail with breakfast at Chickahominy House 10:45am Deep Breathing Exercises (CRA) 1:30pm Movement Unlimited (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p>29 9:00am Aqua Aerobics (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR) 5:30pm Leave for Summer Breeze Concert at Merchants Square 7:00pm Author Dora Bell presents The Heroes' Wife (MPR)</p>	<p>30 10:45am Deep Breathing Exercises (MPR) 1:30pm Movement Unlimited (MPR) 5:00pm Leave for Music Under the Stars at Ft. Monroe 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p>31 9:00am Aqua Aerobics (Pool) 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR)</p>	

*closed trip—A trip for which tickets had to be purchased or fees paid in advance. Interested residents have already filled out and returned the information forms.

**This meeting replaces the regularly scheduled Update on August 22nd