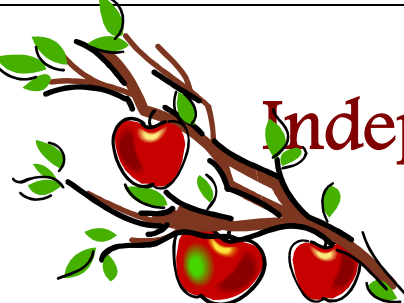
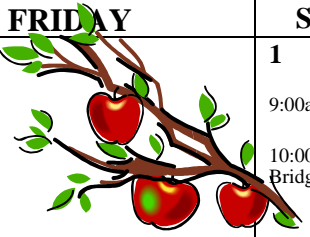

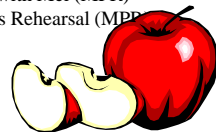



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)	Key: ALCR—Assisted Living Community Room, 2 nd Floor BR—Billiards Room CMR—Chaplain's Meeting Room CRA—Craft Room A DR—Dining Room GR—Game Room MPR—Multi-Purpose Room PDR—Private Dining Room RRR—Resident Resource Room SH--Springhouse	 <h1 style="margin: 0;">SEPTEMBER, 2007</h1> <h2 style="margin: 0;">Independent Living Events Calendar</h2> 				1 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR)
2 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)	3 LABOR DAY No fitness classes No dinner run 11:00am-2:00pm Labor Day Buffet (DR) The Bistro will be closed. Take-out will be available from the buffet 9:00am Mah Jongg (GR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	4 10:45am Deep Breathing Exercises (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	5 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)	6 No fitness classes 7:30am Patriots Fund Golf Tournament at Ft. Eustis 10:30am Computer Club (MPR) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	7 9:00am Aqua Aerobics (Pool) 9:30am Leave for dress rehearsal of Oceana Air Show in VA Beach 10:30am Dyna Bands (MPR) 4:00pm Happy Hour (GR)	8 9:00am Tennis 
9 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)	10 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Wal-Mart 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR) 	11 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Park Walkers to Chickahominy Park with lunch at Blue Herron Restaurant 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 2:00pm Caregiver Support Meeting (CMR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	12 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 1:30pm The Update (MPR) 4:00pm Happy Hour (GR) 7:00pm Movie Night: The Long, Long Trailer (MPR)	13 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Bookmobile (AL Library) 10:45am Deep Breathing Exercises with Mel (MPR) 11:15am Leave for CWA Town & Gown Lunch at W&M 1:30pm Movement Unlimited with Curtis (CRA) 2:45pm Tennis with Curtis (Tennis Court) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	14 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) 10:30am CAMEOS to Showplace Café in Newport News 4:00pm Happy Hour (GR)	15 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR)
16 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)	17 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Target & Ukrops 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	18 9:15am Leave for guided tour of Virginia War Memorial in Richmond with lunch at TJ's in The Jefferson Hotel 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	19 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Shopping at Ft. Eustis 9:30am Genealogy Club (RR) 10:30am Dyna Bands with Mel (CRA) 10:45am Chaplain's Discussion Group (GR) 4:00pm Happy Hour (GR) 7:00-9:00pm Fall Ball with The Sounds of Yesteryear (MPR)	20 10:45am Deep Breathing Exercises with Mel (CRA) 11:15am Leave for CWA Town & Gown Lunch at W&M 1:30pm Movement Unlimited with Curtis (CRA) 2:45pm Tennis with Curtis (Tennis Court) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	21 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) 10:30am ROMEOS to Showplace Café in Newport News 4:00-5:00pm New Resident Welcome Reception (MPR) 6:45pm Leave for Hairspray at the CNU Ferguson Center*	22 9:00am Tennis 10:30am Southern Country Gospel Band (MPR) 1:15pm Leave for Williamsburg Players performance of Baby at James-York Playhouse
23 7:15am Church bus for Hickory Neck 10:40am Church Bus for St. Bede 4:00pm Vespers (MPR)	24 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Farm Fresh & Eckerd's 10:30am Dyna Bands with Mel (MPR) 12:00pm Birthday Lunch (DR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	25 8:30am Park Walkers to First Landing State Park with lunch at Lynnhaven Fish House 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	26 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 4:00pm Happy Hour (GR) 7:00pm Flags Unfurled: State Flags of the United States (MPR)	27 9:30am Bookmobile (AL Library) 10:45am Deep Breathing Exercises with Mel (MPR) 9:00am Tennis 11:15am Leave for CWA Town & Gown Lunch at W&M 1:30pm Movement Unlimited with Curtis (MPR) 2:45pm Tennis with Curtis (Tennis Court) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	28 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR) 6:30pm Movie Night: The Secret Garden (MPR)	29 9:00am Tennis 

*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 appropriate information forms.