

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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		1 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) 	2 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Shopping at Patrick Henry Mall 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Residents Council Meeting (MPR) 2:00pm Caregiver Support Meeting (CMR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	3 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 Night at the Movies: Alfred Hitchcock's Rear Window (MPR)	4 9:00am Aqua Aerobics with Curtis (Pool) 10:00am Computer Club (MPR) 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) 3:00pm Blessing of the Animals (Portico) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR) 	5 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) 10:45am ROMEOS to Rivers Inn 4:00pm Happy Hour (GR)	6 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR) 6:15pm Leave for Williamsburg Choral Guild & Williamsburg Symphonia's 400th Celebration Concert at Williamsburg Community Building	
7 7:15am Church bus for Hickory Neck (IL) 10:40am Church Bus for St. Bede (IL) 4:00pm Vespers (MPR)	8 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	9 8:45am Park Walkers to Chippokes State Park with lunch at Smithfield Station 9:00am Aqua Aerobics with Curtis (Pool) 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)	10 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Shopping at Ft. Eustis 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 1:30pm The Update (MPR) 4:00pm Happy Hour (GR) 	11 9:00am Aqua Aerobics with Curtis (Pool) 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 (MPR) 2:45pm Tennis with Curtis (Tennis Court) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	12 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) 10:45am CAMEOS to Rivers Inn 4:00pm Happy Hour (GR)	13 9:00am Tennis 10:45am Leave for Italian Festival at Walsingham Academy in Williamsburg 6:45pm Leave for Clean Comedy Night at Kimball Theatre		
14 7:15am Church bus for Hickory Neck (IL) 10:40am Church Bus for St. Bede (IL) 4:00pm Vespers (MPR)	15 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Target 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MI) 7:00pm Poker (BR) 7:00pm Bridge (MPR) 	16 9:00am Aqua Aerobics with Curtis (Pool) 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)	17 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Genealogy Club (RRR) 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR) 7:00pm Night at the Movies: Frankenstein (MPR)	18 9:00am Aqua Aerobics with Curtis (Pool) 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 (MPR) 2:45pm Tennis with Curtis (Tennis Court) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	19 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (CRA) 4:00pm Happy Hour (GR)	20 9:00am Tennis 10:00am-2:00pm Party Bridge (MPR) 		
21 7:15am Church bus for Hickory Neck (IL) 10:40am Church Bus for St. Bede (IL) 4:00pm Vespers (MPR)	22 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Marshall's & Food Lion 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	23 9:00am Park Walkers to Noland Trail with lunch at Tuscany's 9:00am Aqua Aerobics with Curtis (Pool) 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)	24 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 9:30am Shopping at Ft. Eustis 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 4:00pm Happy Hour (GR) 7:00pm Sauerkraut Symphony Band (MPR)	25 9:00am Aqua Aerobics with Curtis (Pool) 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 (MPR) 2:45pm Tennis with Curtis (Tennis Court) 3:15pm Weight Watchers Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	26 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR)	27 9:00am Leave for Plantation Christmas at Chippokes State Park 9:00am Tennis		
28 7:15am Church bus for Hickory Neck (IL) 10:40am Church Bus for St. Bede (IL) 4:00pm Vespers (MPR)	29 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 9:30am Shopping at Farm Fresh 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)	30 9:00am Aqua Aerobics with Curtis (Pool) 10:45am Deep Breathing Exercises with Mel (CRA) 1:30pm Movement Unlimited with Curtis (CRA) 2:00pm Caregiver Support Meeting (CMR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	31 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) 4:00-5:00pm Halloween Themed Happy Hour (MPR)				<h1 style="text-align: center;">October 2007</h1> <h2 style="text-align: center;">Independent Living</h2> <h3 style="text-align: center;">Events & Fitness Calendar</h3>	

*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.