





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>Key:</b> ALCR—Assisted Living Community Room, 2<sup>nd</sup> 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>	 <h1 style="margin: 0;">November 2007</h1> <h2 style="margin: 0;">Event &amp; Fitness Calendar</h2> <p><b>*Closed trip</b>—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.</p>			<p><b>1</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>10:00am Computer Club (MPR)</b> 10:45am Deep Breathing Exercises with Mel (CRA) <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b> 1:30pm Movement Unlimited with Curtis (MPR) <b>3:00pm Library Committee Meeting (GR)</b> <b>3:15pm Weight Watchers Meeting (PDR)</b> 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p><b>2</b> 9:00am T.G.I.F. Noodles with Mel (Pool) <b>9:00am Shopping at MacArthur Center in Norfolk</b> 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR)</p>	<p><b>3</b> 9:00am Tennis  <b>9:00am Leave for Urbanna Oyster Festival</b>  10:00am-2:00pm Party Bridge (MPR)</p>	
<p><b>4</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  4:00pm Vespers (MPR)</p>	<p><b>5</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) <b>9:30am Shopping at Wal-Mart</b> 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p><b>6</b> <b>ELECTION DAY</b> <b>Election day shuttle bus to JHS 8:30, 10:00, &amp; 11:30</b> 9:00am Aqua Aerobics with Curtis (Pool) 10:45am Deep Breathing Exercises with Mel (MPR) <b>1:30pm Residents Council Meeting (MPR)</b> 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p><b>7</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis <b>9:30am Shopping at Ft. Eustis</b> 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 4:00pm Happy Hour (GR) <b>6:15pm Leave for Cirque Dreams Jungle Fantasy at CNU*</b> <b>7:00pm Ronald Drez presents: The Extraordinary Courage of Ordinary Men in WWII (MPR)</b></p>	<p><b>8</b> 9:00am Aqua Aerobics with Curtis (Pool) 10:45am Deep Breathing Exercises with Mel (MPR) <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b> 1:30pm Movement Unlimited with Curtis (MPR) <b>3:15pm Weight Watchers Meeting (GR)</b> 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p><b>9</b> 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR)  <b>11:15am ROMEOs to Longhorn Steak House</b>  <b>4:00pm Veterans Day Program (MPR)</b></p>	<p><b>10</b> 9:00am Tennis</p> 	
<p><b>11</b> <b>VETERANS DAY</b>  7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  4:00pm Vespers (MPR)</p>	<p><b>12</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) <b>9:30am Shopping at Target &amp; Ukrops</b> 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p><b>13</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>9:30am Park Walkers to Waller Mill Park with picnic lunch</b> 10:45am Deep Breathing Exercises with Mel (MPR) <b>10:45am Mass (SH)</b> 1:30pm Movement Unlimited with Curtis (MPR) 2:00pm Caregiver Support Meeting (CMR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR) <b>6:15pm Leave for Special 2007 lecture at Kimball Theatre</b></p>	<p><b>14</b> 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) <b>1:30pm The Update (MPR)</b> 4:00pm Happy Hour (GR) <b>6:30pm Leave for dress rehearsal of The Good Doctor at Jamestown High School</b> <b>7:00pm Night at the Movies: The Pursuit of Happyness (MPR)</b></p>	<p><b>15</b> 9:00am Aqua Aerobics with Curtis (Pool) 10:45am Deep Breathing Exercises with Mel (MPR) <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b> 1:30pm Movement Unlimited with Curtis (MPR) <b>3:15pm Weight Watchers Meeting (GR)</b> 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p><b>16</b> 9:00am T.G.I.F. Noodles with Mel (Pool) <b>10:30am Williamsburg Christian Academy Elementary Strings Ensemble (MPR)</b>  10:30am Dyna Bands with Mel (CRA)  <b>11:15 CAMEOS to Longhorn Steakhouse</b>  <b>4:00-5:00pm New Resident Welcome Reception (MPR)</b></p>	<p><b>17</b> 9:00am Tennis  10:00am-2:00pm Party Bridge (MPR)  <b>1:15pm Leave for Williamsburg Players Moonlight &amp; Magnolias performance at James-York Playhouse</b></p>	
<p><b>18</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  <b>2:15pm Leave for Williamsburg Choral Guild presents Sing We Thanks at Williamsburg Presbyterian Church</b>  4:00pm Vespers (MPR)</p>	<p><b>19</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) <b>9:30am Shopping at Food Lion &amp; Marshalls</b> 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p><b>20</b> 9:00am Aqua Aerobics with Curtis (Pool) 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p><b>21</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis <b>9:30am Shopping at Ft. Eustis</b> <b>9:30am Genealogy Club (RRR)</b> 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR)</p>	 <p><b>THANKSGIVING</b> <b>No dinner run</b></p>		<p><b>23</b> 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR)</p>	<p><b>24</b> 9:00am Tennis</p> 
<p><b>25</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  4:00pm Vespers (MPR)</p>	<p><b>26</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) <b>9:30am Shopping at Ukrops, &amp; Ross</b> 10:30am Dyna Bands with Mel (MPR) <b>12:00pm Birthday Lunch (DR)</b> 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)</p>	<p><b>27</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>9:30am Park Walkers to JHS &amp; Bike Trail with lunch at Cities Grill</b> 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p><b>28</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Tennis 10:30am Dyna Bands with Mel (CRA) 10:45am Chaplain's Discussion Group (GR) 4:00pm Happy Hour (GR) <b>7:00pm Night at the Movies: Mrs. Brown (MPR)</b></p>	<p><b>29</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>10:00am-2:00pm Gift Wrapping Station (CRA)</b> 10:45am Deep Breathing Exercises with Mel (MPR) <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b> 1:30pm Movement Unlimited with Curtis (CRA) <b>3:15pm Weight Watchers Meeting (GR)</b> 7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p><b>30</b> 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR) <b>1:00pm Tree Trimming Party (MPR)</b> <b>4:00pm Tree Lighting Ceremony &amp; happy hour (MPR)</b></p>	