






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  4:00pm Vespers (MPR)	<b>31</b> <p style="text-align: center;"><b>NEW YEARS EVE</b></p> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 10:30am Dyna Bands with Mel (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR) <b>7:00-9:00pm—New Year's Eve Party (MPR)</b>	<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 style="font-size: 2em; color: red; text-decoration: underline;">December 2007</p> <p style="font-size: 3em; color: red; text-decoration: underline;">Independent Living</p> <p style="font-size: 3em; color: red; text-decoration: underline;">Events &amp; Fitness Calendar</p> 			<b>1</b>  10:00am-2:00pm Party Bridge (GR)  <b>12:00pm Army vs. Navy Football Game (MPR)</b>
<b>2</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  4:00pm Vespers (MPR)  <b>5:30pm Leave for Grand Illumination at CW</b>	<b>3</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 Dress Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	<b>4</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>9:00am Shopping at Short Pump Mall in Richmond</b> 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) <b>7:15pm Colony Chorus presents: With A Song In My Heart: The Music of Richard Rogers (MPR)</b>	<b>5</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) <b>9:30am Shopping at Ft. Eustis</b> 10:00am Tennis 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 4:00pm Happy Hour (GR) <b>7:00pm Kingsmill Choraliers Christmas Concert (MPR)</b>	<b>6</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>10:00am Computer Club (MPR)</b> <b>10:00am-2:00pm Gift Wrapping Station (CRA)</b> <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b> 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>7</b> 9:00am T.G.I.F. Noodles with Mel (Pool) <b>10:45am Leave for lunch and tour of Look Here: Mystery at VMFA in Richmond</b> 10:30am Dyna Bands with Mel (MPR) <b>2:00-4:00pm Staff Gift Campaign Party (MPR)</b> 4:00pm Happy Hour (GR) <b>6:45pm Leave for The Virginia Handbell concert at Williamsburg Baptist Church</b>	<b>8</b>  <b>6:30-9:00pm Holiday Social</b> 
<b>9</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  <b>1:45pm Leave for A Christmas Carol at CNU*</b>  4:00pm Vespers (MPR)	<b>10</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) <b>9:30am Shopping at JC Penny</b> 10:30am Dyna Bands with Mel (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	<b>11</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>9:30am Park Walkers to Duke of Gloucester Street with lunch at Seasons Restaurant</b> 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)	<b>12</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 10:00am Tennis 10:30am Dyna Bands with Mel (CRA) 10:45am Chaplain's Discussion Group (GR) <b>10:45am JHS Yuletide Tales (MPR)</b> <b>1:30pm The Update (MPR)</b> 4:00pm Happy Hour (GR) <b>7:00pm Night at the Movies: A Christmas Carol (MPR)</b>	<b>13</b> 9:00am Aqua Aerobics with Curtis (Pool) <b>9:00am Shopping at Norfolk Naval Base 10:00am-2:00pm Gift Wrapping Station (CRA)</b> 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR) <b>7:00pm Accordionist Tom Fudala (MPR)</b>	<b>14</b> 9:00am T.G.I.F. Noodles with Mel (Pool) 10:30am Dyna Bands with Mel (MPR)  <b>11:00am ROMEOS to Eagles at Kingsmill</b>  4:00pm Happy Hour (GR)	<b>15</b> 10:00am-2:00pm Party Bridge (GR)  <b>1:45pm Leave for Your Light Has Come at Williamsburg Community Chapel</b> 
<b>16</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  <b>2:15pm Leave for Williamsburg Choral Guild performance at King of Glory Lutheran Church</b>  4:00pm Vespers (MPR)	<b>17</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) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	<b>18</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)	<b>19</b> 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) <b>9:30am Shopping at Ft. Eustis</b> <b>9:30am Genealogy Club (RRR)</b> 10:00am Tennis 10:30am Dyna Bands with Mel (CRA) <b>10:30am Clara Byrd Baker Children's Program (MPR)</b> 10:45am Chaplain's Discussion Group (GR) 4:00pm Happy Hour (GR)	<b>20</b>  <p style="text-align: center;"><b>No Fitness Classes</b></p> <b>10:00am-2:00pm Gift Wrapping Station (CRA)</b>  7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>21</b> 9:00am T.G.I.F. Noodles with Mel (Pool) <b>10:00am-1:00pm Gift Wrapping Stag Day (CRA)</b> 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR)	<b>22</b> 
<b>23</b> 7:15am Church bus for Hickory Neck  10:40am Church Bus for St. Bede  4:00pm Vespers (MPR)	<b>24</b> <p style="text-align: center;"><b>CHRISTMAS EVE</b></p> <p style="text-align: center;"><b>No Fitness Classes</b> <b>No Dinner Run</b></p> 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 7:00pm Poker (BR)	<b>25</b> <p style="text-align: center;"><b>CHRISTMAS DAY</b></p> <p style="text-align: center;"><b>No Fitness Classes</b> <b>No Dinner Run</b></p> 	<b>26</b> 9:00am Aqua Aerobics with Curtis (Pool) 9:00am Tai Chi (MPR) 10:00am Tennis 4:00pm Happy Hour (GR)	<b>27</b> <b>12:00pm Birthday Lunch (DR)</b> 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>28</b> 9:00am T.G.I.F. Noodles with Curtis (Pool) 10:30am Dyna Bands with Curtis (MPR)  <b>11:30am CAMEOs to The Glass Pheasant in Yorktown</b>  4:00pm Happy Hour (GR)  <b>7:00pm Night at the Movies: The Lion, The Witch, and The Wardrobe (MPR)</b>	<b>29</b> 

\*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.