



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		 <h1 style="color: #FF00FF; text-decoration: underline;">February, 2008</h1> <h2 style="color: #FF00FF; text-decoration: underline;">Independent Living Events</h2> <h3 style="color: #FF00FF; text-decoration: underline;">Calendar</h3>			1 9:00am T.G.I.F. with Noodles with Mel (Pool) 10:30am Dyna Bands with Curtis (MPR) 4:00pm Happy Hour (GR)	2 10:00am-2:00pm Party Bridge (MPR) 10:00am Tennis 1:15pm Leave for Williamsburg Players George M performance at James-York Playhouse
3 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 4:00pm Vespers (MPR) 6:00pm Super Bowl Party (MPR)	4 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 10:00am 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)	5 MARDI GRAS 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)	6 ASH WEDNESDAY 9:00am Shopping at MacArthur Center 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 10:00am Tennis 10:30am Dyna Bands with Mel (MPR) 1:30pm Residents Council (MPR) 4:00pm Happy Hour (GR) 7:00pm Night at the Movies: Tuck Everlasting (MPR)	7 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 10:00am Computer Club (MPR) 10:45am Deep Breathing Exercises with Mel (CRA) 11:15am CWA Town & Gown at W&M 1:30pm Movement Unlimited with Curtis (MPR) 3:00pm Library Committee Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	8 9:00am T.G.I.F. with Noodles with Curtis (Pool) 10:30am Dyna Bands with Curtis (MPR) 11:00am ROMEOs to Charles City Tavern	9 10:00am Tennis 6:45pm Leave for Clean Comedy Night at Kimball Theatre
10 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 4:00pm Vespers (MPR)	11 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 10:00am 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)	12 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Park Walkers to Greensprings Trail with lunch at Cities Grill 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	13 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:30am Shopping at Ft. Eustis 10:00am Tennis 10:30am Dyna Bands with Mel (MPR) 4:00pm Happy Hour (GR)	14 VALENTINE'S DAY 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 10:45am Deep Breathing Exercises with Mel (MPR) 11:15am CWA Town & Gown at W&M 1:30pm Movement Unlimited with Curtis (MPR) 7:00-9:00pm Valentine's Day Dance with The Sounds of Yesteryear (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	15 9:00am T.G.I.F. with Noodles with Mel (Pool) 10:30am Dyna Bands with Curtis (MPR) 2:00pm Leave for John Wayne in Williamsburg at Kimball Theatre 4:00pm Happy Hour (GR)	16 10:00am-2:00pm Party Bridge (MPR) 10:00am Tennis
17 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 4:00pm Vespers (MPR)	18 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 10:00am Shopping at Bloom, Marshall's & Stein Mart 10:30am Dyna Bands with Mel (MPR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (MPR)	19 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)	20 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:30am Genealogy Club (RRR) 10:00am 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 Flags Unfurled: Parade of Nations—Flags of the World (MPR)	21 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 10:45am Deep Breathing Exercises with Mel (MPR) 11:15am CWA Town & Gown at W&M 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	22 9:00am T.G.I.F. with Noodles with Curtis (Pool) 9:00am Leave for Maymont Flower & Garden Show in Richmond 10:30am Dyna Bands with Curtis (MPR) 4:00-5:00pm Before the Last All Clear Book Reception (MPR) (RSVP event) *6:15pm Leave for Moscow Circus at CNU Ferguson Center*	23 10:00am Tennis
24 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 4:00pm Vespers (MPR)	25 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 10:00am 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)	26 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Park Walkers to Warhill Trail with lunch at Guiseppe's 10:45am Deep Breathing Exercises with Mel (MPR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	27 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:30am Shopping at Ft. Eustis 10:00am 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: Nicholas Nickleby (MPR)	28 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 10:45am Deep Breathing Exercises with Mel (MPR) 11:15am CWA Town & Gown at W&M 1:30pm Movement Unlimited with Curtis (MPR) 4:00-5:00pm New Resident Welcome Reception (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	29 9:00am T.G.I.F. with Noodles with Mel (Pool) 10:30am Dyna Bands with Curtis (MPR) 11:00am CAMEOs to Charles City Tavern 4:00pm Happy Hour (GR)	

*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.