

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: #e91e63;">May 2008</h1> <h2 style="color: #e91e63;">Independent Living</h2> <h3 style="color: #e91e63;">Events & Fitness Calendar</h3> 		1 9:00am Aqua Aerobics with Curtis (Pool) 3:00pm Library Committee Meeting (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	2 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands with Curtis (MPR) 10:45am ROMEOs to Salsa's Mexican Grill in Newport News 4:30pm Happy Hour (GR)	3 10:00am-2:00pm Party Bridge (MPR)
4 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 3:15pm Leave for Williamsburg Choral Guild concert at Williamsburg Presbyterian Church 4:00pm Vespers (MPR)	5 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 Dress Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	6 9:00am Aqua Aerobics with Curtis (Pool) 10:30am Deep Breathing Exercises with Mel (MPR) 10:45am Mass (SH) 1:30pm Resident Council (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR) 7:15pm Colony Chorus Spring Performance (MPR)	7 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:15am Leave for strawberry picking at College Run Farms 10:30am Dyna Bands with Mel (CRA) 10:45am Chaplain's Discussion Group (MPR) 3:00pm Eleni Venieris presents: Debunking Hospice Myths (MPR) 4:30pm Happy Hour (GR) 7:00pm Night at the Movies: August Rush (MPR)	8 8:00-9:30am Spring Breakfast—all residents invited! (Bistro & MPR) 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	9 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands with Curtis (MPR) 4:30pm Happy Hour (GR)	10 12:45pm Leave for Evita at CNU Ferguson Center*
11 MOTHERS DAY 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 4:00pm Vespers (MPR)	12 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) 7:00pm Poker (BR) 7:00pm Bridge (GR)	13 9:00am Aqua Aerobics with Curtis (Pool) 9:00am Park Walkers to York River State Park with lunch at Guiseppes 10:30am Deep Breathing Exercises with Mel (CRA) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	14 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 4:30pm Happy Hour (GR) 7:00-9:30pm Spring Fling with The Sounds of Yesteryear (MPR)	15 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 1:30pm Movement Unlimited with Curtis (CRA) 7:00pm Poker (BR) 7:00pm Bridge (GR)	16 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands with Curtis (MPR) 10:45am CAMEOs to Salsa's Mexican Grill in Newport News 4:30pm Happy Hour (GR) 4:45pm Leave for Relay for Life Dinner & Survivor Lap	17 10:00am-2:00pm Party Bridge (MPR)
18 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 4:00pm Vespers (MPR)	19 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 10:00am Shopping at Bloom (on Rt. 199) 10:30am Dyna Bands with Mel (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	20 9:00am Aqua Aerobics with Curtis (Pool) 10:00am Computer Club (MPR) 10:30am Deep Breathing Exercises with Mel (CRA) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	21 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 9:30am Shopping at Ft. Eustis 9:30am Genealogy Club (RRR) 10:30am Dyna Bands with Mel (CRA) 10:45am Chaplain's Discussion Group (GR) 4:30pm Happy Hour (GR) 1:30pm The Update (MPR) 7:00pm Jim Love presents: Battle of the Bulge Revisited (MPR)	22 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	23 9:00am T.G.I.F. with Noodles (Pool) 10:30am Dyna Bands with Curtis (MPR) 4:00-5:00pm New Resident Welcome Reception (MPR)	24 7:15pm Leave for The Count Basie Orchestra performance*
25 7:15am Church Bus to Hickory Neck Episcopal 10:40am Church Bus to St. Bede 4:00pm Vespers (MPR) 6:15pm Leave for Festival Finale*	26 MEMORIAL DAY OBSERVED No Dinner Run 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	27 8:30am Park Walkers to Ginter Botanical Gardens with lunch on site 9:00am Aqua Aerobics with Curtis (Pool) 10:30am Deep Breathing Exercises with Mel (MPR) 12:00pm Birthday Lunch (DR) 1:30pm Movement Unlimited with Curtis (MPR) 2:00pm Caregivers Support Group (CMR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	28 9:00am Aqua Aerobics with Mel (Pool) 9:00am Tai Chi (MPR) 10:30am Dyna Bands with Mel (MPR) 10:45am Chaplain's Discussion Group (GR) 4:30pm Happy Hour (GR) 7:00pm Night at the Movies: The Big Sleep (MPR)	29 9:00am Aqua Aerobics with Curtis (Pool) 9:30am Yoga for Seniors (ALCR) 1:30pm Movement Unlimited with Curtis (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	30 MEMORIAL DAY 9:00am T.G.I.F. with Noodles (Pool) 10:30am Leave for Greek Festival in Newport News 10:30am Dyna Bands with Curtis (MPR) 4:00pm Memorial Day program (MPR)	31 1:15pm Leave for Williamsburg Players Driving Miss Daisy performance at James-York Playhouse

*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.