

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		 <h2 style="color: blue;">January, 2009</h2> <h1 style="color: blue;">Independent Living Events & Fitness Calendar</h1>			1 Happy New Year's! <u>No Fitness Classes</u> <u>No Dinner Run</u>	2 4:30pm Happy Hour (GR)	3 10:00am-2:00pm Party Bridge (GR)
4 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	5 9:00am Mah Jongg (GR) 9:30am Shopping at Wal-Mart 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	6 9:30am Shopping trip to Patrick Henry Mall 10:00am Computer Club (MPR) 1:30pm Resident Council Meeting (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	7 9:30am Shopping at Ft. Eustis 10:45am Chaplain's Discussion Group (GR) 4:30pm Happy Hour (GR) 7:00pm Coleen and Neal Walters' Acoustic Program (MPR)	8 11:15am-12:00pm—Bookmobile (Lobby) 4:00pm Order of St. Maurice Ceremony for George Johnson & Jack Miley (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	9 4:30pm Happy Hour (GR)	10	
11 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	12 9:00am Mah Jongg (GR) 10:00am Shopping at Target & Ukrops 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	13 9:00am Park Walkers to Ft. Monroe with lunch at The Chamberlain 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	14 10:45am Chaplain's Discussion Group (GR) 4:30pm Happy Hour (GR) 7:00pm Night at the Movies: Lawrence of Arabia, Part 1(MPR)	15 10:00am Clergy Reception (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	16 11:45am ROMEO & CAMEO Luncheon at Keagan's in Newport News 4:30pm Happy Hour (GR) 7:00pm Night at the Movies: Lawrence of Arabia, Part 2(MPR)	17 10:00am-2:00pm Party Bridge (GR) 12:45pm Leave for America Big Band at CNU Ferguson Center*	
18 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	19 9:00am Mah Jongg (GR) 9:30am Shopping at Wal-Mart 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	20 10:30am Young at Heart Choir from Mt. Vernon Baptist Church (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	21 9:30am Shopping at Ft. Eustis 10:45am Chaplain's Discussion Group (GR) 1:30pm The Update (MPR) 4:30pm Happy Hour (GR)	22 7:00pm Poker (BR) 7:00pm Bridge (GR)	23 4:30pm Happy Hour (GR) 7:00pm Institute for Dance performance (MPR)	24	
25 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	26 9:00am Mah Jongg (GR) 10:00am Shopping at Target & Ukrops 12:00pm Birthday Lunch (DR) 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	27 9:30am Park Walkers to White Oak Trail with lunch at The Polo Club 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	28 10:45am Chaplain's Discussion Group (GR) 4:30pm Happy Hour (GR) 7:00pm Night at the Movies: Cleopatra, Part 1 (MPR)	29 11:15am Leave for CWA Town & Gown Lunch at W&M 7:00pm Night at the Movies: Cleopatra, Part 2 (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	30 4:30pm Happy Hour (GR) 7:00pm The Gibsons (MPR)	31	

Fitness Schedule**

MONDAY
 8:00 AM—Low Impact Aerobics (MPR)
 9:00 AM—Aqua Aerobics (Pool)
 9:00-10:00 AM—Tai Chi (MPR)
 10:30-11:15 AM—Dyna Bands (MPR)

TUESDAY
 9:00 AM—Aqua Aerobics (Pool)
 10:30-11:00 AM—Senior Strength Training (MPR)
 1:45-2:30 PM—Movement Unlimited (MPR)

WEDNESDAY
 8:00 AM—Low Impact Aerobics (MPR)
 9:00 AM—Aqua Aerobics (Pool)
 9:00-10:00 AM—Tai Chi (MPR)
 10:30-11:15 AM—Dyna Bands (MPR)
 2:00PM—Wii Class (MPR)

THURSDAY
 9:00 AM—Aqua Aerobics (Pool)
 10:30-11:15 AM—Wii Class (MPR)
 1:45-2:30 PM—Movement Unlimited (MPR)

FRIDAY
 8:00 AM—Low Impact Aerobics (MPR)
 9:00 AM—Aqua Aerobics (Pool)
 10:00-11:00am—Line Dancing (MPR)
 10:30-11:00 AM—Senior Strength Training (CRA)

**** Please note: Fitness classes located in the MPR are subject to change depending on MPR availability. Our apologies for any inconvenience.**

*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.