




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 7:15am Church bus for Hickory Neck  10:30am Church Bus for St. Bede  4:00pm Vespers (MPR)	<b>2</b> 9:00am Mah Jongg (GR)  <b>9:30am Shopping at Wal-Mart</b>  2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>3</b> <b>1:30pm Resident Council Meeting (MPR)</b>   7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	<b>4</b> <b>10:30am Winter Discussion Group: Chuck McGinnis presents <i>Join the Army: See the World</i> (MPR)</b>  4:30pm Happy Hour (GR)  <b>7:15pm Leave for Williamsburg Players: <i>The Man Who Came To Dinner</i> at James-York Playhouse</b>	<b>5</b> <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b>  <b>3:00pm Library Committee Meeting (GR)</b>  7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>6</b> <b>11:40am ROMEOS &amp; CAMEOS to Food For Thought</b>  4:30pm Happy Hour (GR)  <b>7:00pm Teri Toepke presents <i>Dressing Down: Women's Clothing in the Civil War</i> (MPR)</b>	<b>7</b> 10:00am-2:00pm Party Bridge (GR) 
<b>8</b> 7:15am Church bus for Hickory Neck  10:30am Church Bus for St. Bede  4:00pm Vespers (MPR)	<b>9</b> 9:00am Mah Jongg (GR) <b>10:00am Shopping at Target &amp; Ukrops</b> 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>10</b> <b>9:30am Park Walkers to the CW Stables with lunch at The Blue Talon Bistro</b>  7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	<b>11</b> <b>9:30am Food Service Committee Meeting (RRR)</b>  <b>9:30am Shopping at Ft. Eustis</b>  <b>10:30am Winter Discussion Group: Rev. Patrick Wilson and Father Rob Cole (MPR)</b>  4:30pm Happy Hour (GR)	<b>12</b> <b>11:15am-12:00pm—Bookmobile (Lobby)</b>  <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b>  7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>13</b> 4:30pm Happy Hour (GR)  <b>7:00-9:00pm Valentine's Day Dance with <i>The Sounds of Yesteryear</i> (MPR)</b>	<b>14</b> <b><u>VALENTINE'S DAY</u></b> 
<b>15</b> 7:15am Church bus for Hickory Neck  10:30am Church Bus for St. Bede  4:00pm Vespers (MPR)	<b>16</b> <b>9:00am Leave for tour of Casemate Museum &amp; Chapel of Centurion with lunch at The Chamberlain</b> 9:00am Mah Jongg (GR) <b>10:00am Shopping at Trader Joe's</b> 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>17</b> <b>10:00am Computer Club (MPR)</b>  7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR) 	<b>18</b> <b>10:30am Winter Discussion Group: Nick Waytowich shares his lifetime career shifts (MPR)</b>  <b>1:30pm The Update (MPR)</b>  4:30pm Happy Hour (GR)  <b>7:00pm Night at the Movies: <i>Suspicion</i> (MPR)</b>	<b>19</b> <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b>  7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>20</b> <b>4:00-5:00pm New Resident Welcome Reception (MPR)</b>	<b>21</b> 10:00am-2:00pm Party Bridge (GR)
<b>22</b> 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede  <b>2:15pm Leave for Virginia Chorale: <i>A Romantic Celebration</i></b>  4:00pm Vespers (MPR)	<b>23</b> 9:00am Mah Jongg (GR) <b>9:30am Shopping at Wal-Mart</b> <b>12:00pm Birthday Lunch (DR)</b> 2:30pm Colony Chorus Rehearsal (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>24</b> <b>MARDI GRAS</b> <b>9:30am Park Walkers to Bike Trail from Jamestown Settlement to JHS with lunch at Cities Grille</b>  10:45am Mass (SH) 2:00pm Caregivers Support Group (CMR)  <b>3:30pm Mardi Gras Parade (Meet in Main Lobby)</b> 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	<b>25</b> <b>ASH WEDNESDAY</b> <b>9:30am Shopping at Ft. Eustis</b>  <b>10:30am Winter Discussion Group: Dick Henry: Farmer, Pilot, and More (MPR)</b>  4:30pm Happy Hour (GR)  <b>7:00pm Night at the Movies: <i>Sweet Home Alabama</i> (MPR)</b>	<b>26</b> <b>11:15am Leave for CWA Town &amp; Gown Lunch at W&amp;M</b>  7:00pm Poker (BR) 7:00pm Bridge (GR)	<b>27</b> 4:30pm Happy Hour (GR)	<b>28</b> 



**Key:**  
 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

## February, 2009

# Independent Living Events & Fitness Calendar

\*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.

### Fitness Schedule\*\*

**MONDAY**  
 9:00 AM—Aqua Aerobics (Pool)  
 9:00-10:00 AM—Tai Chi (MPR)  
 10:30-11:15 AM—Dyna Bands (CRA)  
 11:15 AM-12:00 PM—Yoga (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**  
 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**  
 8:30-9:15 AM—Balance Class (MPR)  
 9:00 AM—Aqua Aerobics (Pool)  
 10:30-11:15 AM—Wii Class (MPR)  
 1:45-2:30 PM—Movement Unlimited (MPR)

**FRIDAY**  
 9:00 AM—Aqua Aerobics (Pool)  
 10:00-11:00am—Line Dancing (MPR)  
 10:30-11:00 AM—Senior Strength Training (CRA)  
 11:15 AM-12:00 PM—Yoga (MPR)

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