

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	2 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)	3  7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	4 10:45am Chaplain's Discussion Group (GR) 4:30pm Happy Hour (GR) 7:00pm Night at the Movies: Miss Pettigrew Lives for A Day (MPR)	5 11:15am Leave for CWA Town & Gown Lunch at W&M 7:00pm Poker (BR) 7:00pm Bridge (GR)	6 11:30am ROMEOs to Green Leaf in New Town 4:30pm Happy Hour (GR)	7 10:00am-2:00pm Party Bridge (GR) 12:45pm Leave for Russian National Ballet: Cinderella at CNU Ferguson Center*	
8 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	9 9:00am Mah Jongg (GR) 10:00am Shopping at Target & Ukrops 2:30pm Colony Chorus Rehearsal (MPR) 6:40pm Leave for Williamsburg Choral Guild's Mendelssohn: Elijah performance at Crosswalk Community Church 7:00pm Poker (BR) 7:00pm Bridge (GR)	10 9:30am Park Walkers to Norfolk Zoo with lunch at Norfolk Surfriders Grill 1:30pm Resident Association Meeting (MPR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	11 9:30am Shopping at Ft. Eustis 10:45am Chaplain's Discussion Group (GR) 1:30pm Workshop: Living and Learning through Loss (MPR) 4:30pm Happy Hour (GR)	12 11:15am-12:00pm—Bookmobile (Lobby) 11:15am Leave for CWA Town & Gown Lunch at W&M 4:00pm Eastern Virginia Brass Trio Performance (MPR) 7:00pm Poker (BR) 7:00pm Bridge (GR)	13 4:30pm Happy Hour (GR) 7:00pm Williamsburg Chamber Players Performance (MPR)	14 	
15 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	16 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)	17  ST. PATRICK'S DAY  10:00am Computer Club (MPR) 10:30am Kitchen Tour (meet in the Bistro) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	18 10:45am Chaplain's Discussion Group (GR) 1:30pm The Update (MPR) 4:30pm Happy Hour (GR) 7:00pm Night at the Movies: The Quiet Man (MPR)	19 11:15am Leave for CWA Town & Gown Lunch at W&M 7:00pm Poker (BR) 7:00pm Bridge (GR)	20 4:30pm Happy Hour (GR) 7:00pm Whitlock Family Music Show (MPR)	21 10:00am-2:00pm Party Bridge (GR) 5:45pm Leave for West Point Founders Day event at Governors Land 7:00pm Presidents and Their First Ladies present Our Major Presidents: The Monroes & McKinleys (MPR)	
22 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	23 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)	24 9:30am Park Walkers to Noland Trail with lunch at Tuscany's 2:00pm Caregivers Support Group (CMR) 7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	25 9:30am Shopping at Ft. Eustis 10:45am Chaplain's Discussion Group (GR) 12:00pm Birthday Lunch (DR) 4:30pm Happy Hour (GR) 7:00pm Don Newberry presents: So You Want to be in the Movies?! (MPR)	26 11:15am Leave for CWA Town & Gown Lunch at W&M 7:00pm Poker (BR) 7:00pm Bridge (GR)	27 11:30am CAMEOs to Green Leaf in New Town 4:30pm Happy Hour (GR) 7:00pm Institute for Dance presents The Tales of Hans Christian Anderson (MPR)	28	
29 7:15am Church bus for Hickory Neck 10:30am Church Bus for St. Bede 4:00pm Vespers (MPR)	30 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)	31  7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)	 March, 2009 Independent Living Events & Fitness Calendar			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	
			*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-11:45 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)
 2:00 PM—Wii Class (MPR)

THURSDAY
 8:30-9:00 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)
 10:30-11:00 AM—Senior Strength Training (MPR)
 11:15 AM-11:45 PM—Yoga (MPR)
 1:30-2:30 PM—Wii (MPR)

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

