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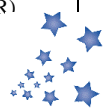



# July 2009

## Independent Living Event Calendar



<p><b>5</b></p> <p>7:15am Church bus for Hickory Neck</p> <p>10:30am Church Bus for St. Bede</p> <p>4:00pm Vespers (MPR)</p>	<p><b>6</b></p> <p>9:00am Tai Chi 9:00am Mah Jongg (GR)</p> <p><b>10:00am Shopping at Wal-Mart</b></p> <p>7:00pm Bridge (MPR)</p>	<p><b>7</b></p> <p><b>1:30pm Resident Council Meeting &amp; Managers Update (MPR)</b></p> <p>7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p><b>1</b></p> <p>9:00am Tai Chi (MPR)</p> <p>4:30pm Happy Hour (GR)</p> <p><b>7:00pm Kalimba Music: Ancient &amp; Contemporary (MPR)</b></p>	<p><b>2</b></p> <p><b>5:00pm Leave for Music Under the Stars at Ft. Monroe: Celebrating America (Concert Band)</b></p> <p>7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p><b>3</b></p> <p><b>3:15pm Freedom Parade through the Health Center (meet in main lobby)</b></p> <p>4:30pm Happy Hour (GR)</p>	<p><b>4</b></p> <p><b>INDEPENDENCE DAY</b></p> <p><b>No dinner run</b></p> <p><b>11:00am-2:00pm July 4<sup>th</sup> Buffet (DR)</b> Take-out will be available from the buffet</p> <p><b>7:30pm Leave for fireworks at Colonial Williamsburg</b></p> 
<p><b>12</b></p> <p>7:15am Church bus for Hickory Neck</p> <p>10:30am Church Bus for St. Bede</p> <p>4:00pm Vespers (MPR)</p>	<p><b>13</b></p> <p>9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR)</p> <p><b>10:00am Shopping at Target &amp; Ukrops</b></p> <p><b>6:00pm Leave for Outdoor Concert at Merchants Square: Army National Guard Band</b></p> <p>7:00pm Bridge (MPR)</p>	<p><b>14</b></p> <p><b>8:00am Park Walkers to Greensprings Trail with breakfast at the Gazebo</b></p> <p>7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p><b>8</b></p> <p>9:00am Tai Chi (MPR)</p> <p><b>9:30am Shopping at Ft. Eustis</b></p> <p>4:30pm Happy Hour (GR)</p> <p><b>7:00pm Dr. Robert Cullom discusses Cataracts: The Disease and Treatment (MPR)</b></p> 	<p><b>9</b></p> <p><b>11:15am-12:00pm—Bookmobile (Lobby)</b></p> <p><b>5:00pm Leave for Music Under the Stars at Ft. Monroe (380<sup>th</sup> Division Band)</b></p> <p>7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p><b>10</b></p> <p><b>11:15am ROMEOs to Baker's Crust</b></p> <p><b>7:00pm Night at the Movies: Taking Chance (MPR)</b></p>	<p><b>11</b></p> <p>10:00am-2:00pm Party Bridge (MPR)</p>
<p><b>19</b></p> <p>7:15am Church bus for Hickory Neck</p> <p>10:30am Church Bus for St. Bede</p> <p><b>4:30pm Leave for West Point Picnic at Kingsmill</b></p> <p>4:00pm Vespers (MPR)</p>	<p><b>20</b></p> <p>9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR)</p> <p><b>10:00am Shopping at Trader Joe's</b></p> <p>7:00pm Bridge (MPR)</p>	<p><b>21</b></p> <p>7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p><b>22</b></p> <p>9:00am Tai Chi (MPR)</p> <p><b>9:00am Facilities Committee Meeting (RRR)</b></p> <p><b>9:30am Shopping at Ft. Eustis</b></p> <p>4:30pm Happy Hour (GR)</p> <p><b>7:00-8:30pm Outdoor Summer Concert Series with <i>The Sounds of Yesteryear</i></b></p>	<p><b>23</b></p> <p><b>9:00am-3:00pm American Red Cross Blood Drive (MPR)</b></p> <p><b>5:00pm Leave for Music Under the Stars at Ft. Monroe : Mardi Gras &amp; Jazz of Yesteryear (Jazz Combo &amp; Dixie Band)</b></p> <p>7:00pm Poker (BR) 7:00pm Bridge (GR)</p>	<p><b>24</b></p> <p>4:30pm Happy Hour (GR)</p>	<p><b>25</b></p> 

<p><b>26</b> 7:15am Church bus for Hickory Neck  10:30am Church Bus for St. Bede  4:00pm Vespers (MPR)</p> 	<p><b>27</b> 9:00am Tai Chi (MPR) 9:00am Mah Jongg (GR)  <b>10:00am Shopping Wal-Mart</b>  7:00pm Bridge (MPR)</p>	<p><b>28</b> <b>8:00am Park Walkers to Ft. Monroe Seawall with lunch at Surf Riders Grill</b>  <b>10:45am Mass (SH)</b> 2:00pm Caregivers Support Group (CMR)  7:00pm Poker (BR) 7:00pm Trivial Pursuit (GR)</p>	<p><b>29</b>  9:00am Tai Chi (MPR)  4:30pm Happy Hour (GR)  <b>7:00pm Night at the Movies: U-571 (MPR)</b></p>	<p><b>30</b>  <b>12:00pm Birthday Lunch (DR)</b>  7:00pm Poker (BR) 7:00pm Bridge (GR)</p> 	<p><b>31</b> <b>9:00am Leave for shopping at The MacArthur Center</b>  4:30pm Happy Hour (GR)  <b>7:00pm Piano Concert with Thomas Pandolfi (MPR)</b></p>	<p><b>Key:</b> 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 SH--Springhouse</p>
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\***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.