

Sun

Mon

Tue

Wed

Thu

Fri

Sat



MARCH, 2015

Independent Living Activities

Room Key

ACT—Activities Room
 ABR—Apple Blossom Room
 B—Bistro
 C/Cms—Commons
 CH—Chapel
 CDR—Cathedral Dining Rm
 ELC—Employee Learning Ctr
 HC—Health Care


L—Main Lobby (Lawrence Hall)
 PDR—Private Dining Rm
 TA—The Abbey
 TAV—Tavern
 WINC—Winchester Hall
 WH—Wappacono Hall

Pet of the Month

“Missy”



Owner: Edwina Apostole


<p>1 Church Buses: 8:50,10:00,10:30 Morning Meditation 10:00 Ch Trip: Capital Steps 2:30 Lobby High School 2:30 Lobby Social Hour 2:30 2nd Wappa Sunday Worship 4:00 Ch Board Game Social 6:30 Cms</p>	<p>2 Arthritis Exercise 9:00 Cms Resale Shop 11am 1st flr Shen Fit for Life 11:00 Cms In House Movie 1:00 “Life Itself” Mat Yoga 1:00 4th Flr Winc H CASH Bingo 1:30 Act Rm Choristers Rehearsal 4:00 Ch Canasta 6:30 Act Rm</p>	<p>3 Bible Study 10:30 Ch Laughter Café 12:00 Act Rm Flex & Strength 1:00 Cms Mah Jongg 1:00 4th Flr Winc Parkinson’s Pool 2:00 3rd Winc Spirit Song 4:00 Chapel Sing Along 7:30 Tavern</p>	<p>4 Coffee w/Admin 9:30 Abbey Optical Services 10:00 Cms Fit for Life/Balance 11:00 Cms Mat Yoga 1:00 Abbey Painting Class 1:00 Act Rm Chess 1:30 Tavern Ping Pong 2:00 Abbey</p>	<p>5 Arthritis Exercise 9:00 Abbey Trip: Apple Blossom Mall 10:00 Lobby Episcopal Comm 10:30 Chapel Flex & Strength 1:00 Abbey Resident Program 7:30 TA “The Cranberry Players”</p>	<p>6 Mat Yoga 8:30 Abbey Watercolor Class 10:00 Act Rm Ping Pong 10:00 ABR Fit for Life/Balance 11:00 TA Trip: Braddock St UMC Organ Recital 11:15 Lobby Busabout (Groceries) 1:00 L Busabout (Walmart) 1:30 Happy Hour 4:30 pm Cms</p>	<p>7 Catholic Mass 10:00 Chapel Bingo 2:00 Act Rm Movie 7:30 TA “My Old Lady” Starring Kevin Kline, Kristin Scott Thomas & Maggie Smith</p>
<p>8 Daylight Savings Time Begins—Spring Forward Church Buses: 8:50,10:00,10:30 Morning Meditation 10:00 Ch Social Hour 2:30 2nd Wappa Sunday Worship 4:00 Ch Board Game Social 6:30 Cms</p> 	<p>9 Arthritis Exercise 9:00 Cms Residents’ Assoc 10:00 Abbey Fit for Life 11:00 Commons Food Committee 11:00 Act Rm In House Movie 1:00 “My Old Lady” Mat Yoga 1:00 Abbey Low Vision Support 1:00 PDR Bingo 1:30 Act Rm Choristers Rehearsal 4:00 Ch Canasta 6:30 Act Rm</p>	<p>10 History Committee 10:00 PDR Bible Study 10:30 Ch Flex & Strength 1:00 Cms Mah Jongg 1:00 4th Flr Winc Trip: Talbott’s @ Creekside 1:30 Lobby Parkinson’s Pool 2:00 3rd Winc Spirit Song 4:00 Chapel Sing Along 7:30 Tavern</p>	<p>11 Coffee w/Admin 9:30 Abbey Fit for Life/Balance 11:00 Abbey Mat Yoga 1:00 Abbey Painting Class 1:00 Act Rm Open Bridge 1:00 Commons Chess 1:30 Tavern Ping Pong 2:00 Abbey</p>	<p>12 Arthritis Exercise 9:00 Abbey Flex & Strength 1:00 Abbey Evening Star Quilters 7:00 Act R Resident Program 7:30 TA “Johann Sebastian Bach”</p>	<p>13 Mat Yoga 8:30 Abbey Watercolor Class 10:00 Act Rm Ping Pong 10:00 ABR Fit for Life/Balance 11:00 TA Busabout (Groceries) 1:00 L Busabout (Walmart) 1:30 Lawrence Gallery Reception 5:00 Lobby “Winter’s Duo”</p>	<p>14 Winc Bridge 12:30 Cms Bingo 2:00 Act Rm Movie 7:30 TA “Field of Lost Shoes” Starring David Arquette, Keith David & Lauren Holly</p>

<p>15 Church Buses: 8:50,10:00,10:30 Morning Meditation 10:00 Ch Social Hour 2:30 2nd Wappa Sunday Worship 4:00 Ch Board Game Social 6:30 Cms</p>	<p>16 Arthritis Exercise 9:30 TA Fit for Life 11:00 Commons Resale Shop 11a 1st Flr Shen Parkinson’s Group 11:00 Act R In House Movie 1:00 “Field of Lost Shoes” Mat Yoga 1:00 4th Flr Winc-Hall Bingo 1:30 Act Rm Book Club 3:00 PDR Choristers Rehearsal 4:00 Ch Canasta 6:30 Act Rm</p>	<p>17 St Patrick’s Day  Bible Study 10:30 Ch Flex & Strength 1:00 Abbey Mah Jongg 1:00 4th Flr Winc Parkinson’s Pool 2:00 3rd Winc Spirit Song 4:00 Chapel Sing Along 7:30 Tavern Classical Music Assoc 7:30 TA</p>	<p>18 Coffee w/Admin 9:30 Abbey Lecture Series 10:00 Abbey Fit for Life/Balance 11:00 Cms Mat Yoga 1:00 4th Flr Winc Act Rm Chess 1:30 Tavern Ping Pong 2:00 Abbey “Apples & Bits” Perform 7:30 Commons Children ages 9-15 from Horse & Service 4-H Club</p>	<p>19 Arthritis Exercise 9:00 Abbey Episcopal Comm 10:30 Chapel Bldg & Grds Comm 10:30 PDR Lunch: Tea Cart Berryville 10:30 Lobby for 11am Tea Alzheimer’s Support 1:00 Act R Flex & Strength 1:00 Commons Chef Stage Center 2:00 Bistro Resident Program 7:30 Abbey “An Apple a Day...”</p>	<p>20 1st Day of SPRING Mat Yoga 8:30 Abbey Watercolor Class 10:00 Act Rm Ping Pong 10:00 ABR Fit for Life/Balance 11:00 TA Busabout (Groceries) 1:00 L Busabout (Walmart) 1:30 Lawrence Gallery Opening 5:00 L “Life’s Reflections” Bistro Concert 7:30 Bistro “Celtic Marc”</p>	<p>21 Basketweavers 10:00 Act Rm Movie 7:30 TA “A Birder’s Guide to Everything” Starring Ben Kingsley</p>
<p>22 Church Buses: 8:50,10:00,10:30 Morning Meditation 10:00 Ch Social Hour 2:30 2nd Wappa Sunday Worship 4:00 Ch Board Game Social 6:30 Cms</p>	<p>23 Arthritis Exercise 9:30 TA Library Committee 10:00 PDR Fit for Life 11:00 Abbey In House Movie 1pm “A Birder’s Guide to Everything” Mat/Chair Yoga 1:00 TA Bingo 1:30 Act Rm Choristers Rehearsal 4:00 Ch</p>	<p>24 Bible Study 10:30 Ch Flex & Strength 1:00 Cms Mah Jongg 1:00 4th Flr Winc Parkinson’s Pool 2:00 3rd Winc Spirit Song 4:00 Chapel Sing Along 7:30 Tavern</p>	<p>25 Coffee w/Admin 9:30 Abbey Fit for Life/Balance—Canceled Matt Yoga 1:00 Abbey Painting Class 1:00 Act Rm Open Bridge 1:00 Commons Chess 1:30 Tavern Ping Pong 2:00 Abbey Poetry & Prose 3:00 PDR</p>	<p>26 Arthritis Exercise 9:00 Abbey Lunch: Wayside Inn 11:00 L Flex & Strength 1:00 Abbey Resident Program 7:30 Abbey “Saxophone Quartet”</p>	<p>27 Mat Yoga 8:30 Abbey Watercolor Class 10:00 Act Rm Ping Pong 10:00 ABR Fit for Life/Balance 11:00 Cms Pizza Bingo 11:30 Abbey Busabout (Groceries) 1:00 L Busabout (Walmart) 1:30 Book Club 3:00 Act Rm</p>	<p>28 Winchester Bridge 12:30 Act R Movie 7:30 TA “The Theory of Everything” Starring Eddie Redmayne & Felicity Jones</p>

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<p>29 Palm Sunday Church Buses: 8:50,10:00,10:30 Morning Meditation 10:00 Ch Social Hour 2:30 2nd Wappa Sunday Worship 4:00 Ch Board Game Social 6:30 Cms</p> 

<p>30 Arthritis Exercise 9:30 TA Fit for Life 11:00 Abbey In House Movie 1pm “The Theory of Everything” Mat/Chair Yoga 1:00 TA Bingo 1:30 Act Rm Choristers Rehearsal 4:00 Ch</p>
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<p>31 Bible Study 10:30 Ch Flex & Strength 1:00 Abbey Mah Jongg 1:00 4th Flr Winc Parkinson’s Pool 2:00 3rd Winc Hymn Sing 4:00 Chapel Sing Along 7:30 Tavern</p>
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