






Sun Mon Tue Wed Thu Fri Sat

APRIL, 2015

Independent Living Activities


<p>5 EASTER Church Buses: 8:50, 9:30, 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>6 Easter Monday Arthritis Exercise 9:00 Cms <u>Resale Shop—Closed Today</u> Fit for Life 11:00 Commons In House Movie 1:00 "The Judge" Mat Yoga 1:00 4th Fir Winc H CASH Bingo 1:30 Act Rm Choristers Rehearsal 4:00 Ch Canasta 6:30 Act Rm</p>	<p>7 Shopping: Walmart 10:00 L Bible Study 10:30 Ch Laughter Café 12:00 PDR Flex & Strength 1:00 Cms Shuffleboard 2:00 HC Crtyd Mah Jongg 1:00 4th Fir Winc Parkinson's Pool 2:00 3rd Winc Spirit Song 4:00 Chapel Sing Along 7:30 Tavern</p>	<p>1 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>2 Maunder Thursday Arthritis Exercise 9:00 Abbey Trip: Apple Blossom Mall 10:00 Lobby Episcopal Comm 10:30 Chapel Flex & Strength 1:00 Abbey No Resident Program Maunder Thursday Service 4:00 Chapel</p> 	<p>3 Good Friday Mat Yoga 8:30 Abbey Watercolor Class 10:00 Act Rm Ping Pong 10:00 ABR Fit for Life/Balance 11:00 TA Groceries: FoodLion/ Martin's 1:45 Lobby Good Friday Service 4:00 Chapel</p> 	<p>4 Catholic Mass 10:00 Chapel Bingo 2:00 Act Rm Movie 7:30 Activity Room "The Judge" Starring Robert Downey Jr & Robert Duval</p>
<p>12 Church Buses: 8:50, 9:30, 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>13 Arthritis Exercise 9:00 Cms Residents' Assoc 10:00 Abbey Food Committee 9:00 Act Rm Fit for Life 11:00 Commons In House Movie 1:00 "The Howards of Virginia" Mat Yoga 1:00 Abbey Low Vision Support 1:00 PDR Bingo 1:30 Act Rm Genealogy Group 1:30 5th Win Choristers Rehearsal 4:00 Ch Canasta 6:30 Act Rm</p>	<p>14 Shopping: Walmart 10:00 L History Committee 10:00 PDR Bible Study 10:30 Ch Flex & Strength 1:00 Abbey Shuffleboard 2:00 HC Crtyd Mah Jongg 1:00 4th Fir 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>15 Coffee w/Admin 9:30 Abbey Lecture Series 10:00 Abbey Fit for Life/Balance 11:00 Cms Mat Yoga 1:00 Canceled Painting Class 1:00 Act Rm Chess 1:30 Tavern Ping Pong 2:00 Abbey</p>	<p>16 Arthritis Exercise 9:00 Abbey Trip: Tyson's Comer Center 9:00 Lobby Episcopal Comm 10:30 Chapel Bldg & Grds Comm 10:30 PDR Alzheimer's Support 1:00 Act R Flex & Strength 1:00 Commons Trip: Spelling Bee @ First Presbyterian 5:15 Lobby Resident Program 7:30 TA "Daniel Boone by Elizabeth Harp"</p>	<p>17 Mat Yoga 8:30 Abbey DMV to Go 10a-2p Winc Hall Entrance Watercolor Class 10:00 Act Rm Ping Pong 10:00—Canceled Fit for Life/Balance 11:00 TA Groceries: FoodLion/ Martin's 1:45 Lobby Bistro Concert 7:30 Bistro "DRYMILL ROAD"</p>	<p>18 Basketweavers 10:00 Act Rm Movie 7:30 Abbey "The Imitation Game" Starring Benedict Cumberbatch & Keira Knightley</p>

<p>19 Church Buses: 8:50, 9:30, 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>Trip: Musica Viva Concert at Grace Lutheran 4 pm Leave at 3:15</p>	<p>20 Arthritis Exercise 9:00 TA Fit for Life 11:00 Commons Resale Shop 11a 1st Fir Shen Parkinson's Group 11:00 Act R In House Movie 1:00 "The Imitation Game" Mat Yoga 1:00 4th Fir Winc Hall Bingo 1:30 Act Rm Book Club 3:00 PDR Choristers Rehearsal 4:00 Ch Canasta 6:30 Act Rm</p>	<p>21 Shopping: Walmart 10:00 L Bible Study 10:30 Ch Flex & Strength 1:00 Cms Shuffleboard 2:00 HC Crtyd Mah Jongg 1:00 4th Fir Winc Parkinson's Pool 2:00 3rd Winc Chef Stage Center 2:00 Bistro Spirit Song 4:00 Chapel Sing Along 7:30 Tavern Classical Music Assoc 7:30 TA</p>	<p>22 Coffee w/Admin 9:30 Abbey Fit for Life/Balance—Canceled 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 Poetry & Prose 3:00 PDR</p>	<p>23 Arthritis Exercise 9:00 Abbey Lunch: Bavarian Inn, Shepherdstown, WV 11:00 L Flex & Strength 1:00 Abbey Resident Program 7:30 TA "Mapmaking with Eugene M. Scheel"</p>	<p>24 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 Groceries: FoodLion/ Martin's 1:45 Lobby Arbor Day Event 2:00 held in Winc Greens near Croquet Ct Book Club 3:00 Act Rm</p>	<p>25 Trip: Historic Garden Week Tour 9:45 L—Buy Advanced Tix 4/17/15 Winchester Bridge 12:30 Act R Movie 7:30 TA "Wild" Starring Reese Witherspoon</p>
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<p>26 Church Buses: 8:50, 9:30, 10:00, 10:30 Morning Meditation 10:00 Ch Trip: Arts Chorale Concert 2:15 Lobby Social Hour 2:30 2nd Wappa Sunday Worship 4:00 Ch Board Game Social 6:30 Cms</p>	<p>27 Arthritis Exercise 9:00 TA Library Committee 10:00 PDR Fit for Life 11:00 Abbey In House Movie 1pm "Wild" Mat Yoga 1:00—Canceled Bingo 1:30 Act Rm Choristers Rehearsal 4:00 Ch Canasta 6:30 Act Rm</p>	<p>28 Shopping: Walmart 10:00 L Indian Hollow Elementary Choir performs 10:30 Cms Bible Study 10:30 Ch Flex & Strength 1:00 Abbey Shuffleboard 2:00 HC Crtyd Mah Jongg 1:00 4th Fir Winc Parkinson's Pool 2:00 3rd Winc Hymn Sing 4:00 Chapel Sing Along 7:30 Tavern</p>	<p>29 Coffee w/Admin 9:30 Abbey Fit for Life/Balance 11:00 Abbey Mat Yoga 1:00—Canceled Painting Class 1:00 Act Rm Open Bridge 1:00 Commons Chess 1:30 Tavern Ping Pong 2:00 Abbey</p>	<p>30 Apple Blossom Breakfast Walk 8 am Commons/Abbey</p>  <p>Resident Program 7:30 TA "Cranberry Players"</p>	<p>SAVE THE DATE Saturday, May 2 Kentucky Derby Party 5:00 Abbey</p> 
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APRIL, 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

Pet of the Month
"Eiley"



Owners: Jimmie & Elizabeth Harp