

August 2020

WC Wellness Center CL Club Room
BT Bistro ES Extended Care
AR Activity Room CP Chapel
MR Media Room \$ Requires Money



Viewed 1500 VOTY Village

AT DOMINION INDEPENDENT LIVING

September 2020

BR BAR ROOM
FR FITNESS ROOM
GR GAME ROOM
DH DINING HALL
BC BISTRO CAFE

SP SWIMMING POOL
GL Chapel
TH Theater

					DISTRO CAPE	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy birthday to our residents celebrating their birthdays this month!	9:30 FR Stand & Stretch Yoga 10:30 SP Water Aerobics 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 2:00 FR Rehab Care Healthy Learning Lectures 3:00 FR Zumba Gold 3:30 TH Tall Tales w/ David Sass 6:00 GR Resident Cards & Games	9:30 CH Catholic Mass with Father Robert & Father George - Everyone is welcome to attend. 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 10:30 FR Line Dancing with Julie 1:00 GR Men & Womens Poker 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 3:00 SP Water Aerobics	9:30 FR Stand & Stretch Yoga 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 TH Trivial Pursuit 3:00 FR Zumba Gold	9:30 FR Sit and Stretch Yoga 10:00 FR a.m. Fitness Class 1:30 GR Let's Play Bunco! 2:00 FR p.m. Fitness Class 4:00 Mobile Happy Hour 7:00 TH Movie: Jerry Maguire	1:00 BC Mexican Train 2:00 TH Matinee Movie: BIG 7:00 BR Bingo 7:00 TH Movie: BIG
6 11:00 DH Sunday Brunch	Labor Day 7 9:30 FR Sit & Stretch Yoga	9:30 FR Stand & Stretch Yoga	9:30 CH Catholic Mass with Father Robert &	9:30 FR Stand & Stretch Yoga	Patriot Day 11 9:30 FR Sit and Stretch Yoga	12 1:00 BC Mexican Train
11:00-2:30pm 3:00 GR 42 Dominoes - Open to all residents.	10:00 FR a.m. Fitness Class 2:00 FR p.m. Fitness class 7:00 TH Matinee Movie: Waiting	10:30 SP Water Aerobics 1:00 BC Blood Pressure Checks 2:00 TH Bible Study	Father George - Everyone is welcome to attend. 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class	10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 TH Trivial Pursuit	10:00 FR a.m. Fitness Class 1:30 GR Let's Play Bunco! 2:00 FR p.m. Fitness Class	2:00 TH Matinee Movie: Bite the Bullet 7:00 BR Bingo
rootente.	For The Barbarians	2:00 FR Rehab Care Healthy Learning Lectures 3:00 FR Zumba Gold 3:30 TH Tall Tales w/ David Sass 6:00 GR Resident Cards & Games	10:30 FR Line Dancing with Julie 1:00 GR Men & Womens Poker 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 3:00 SP Water Aerobics	3:00 FR Zumba Gold	3:00 TH Never Forget - Remembering 9/11 4:00 Mobile Happy Hour 7:00 TH Movie: We Are Marshall	7:00 TH Movie: Bite the Bullet
Grandparents Day 13	14	15	16	17	18	19
11:00 DH Sunday Brunch 11:00-2:30pm 3:00 GR 42 Dominoes - Open to all	9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 2:00 FR p.m. Fitness class	9:30 FR Stand & Stretch Yoga 10:30 SP Water Aerobics 1:00 BC Blood Pressure Checks	9:30 CH Catholic Mass with Father Robert & Father George - Everyone is welcome to attend. 9:30 FR Sit & Stretch Yoga	9:30 FR Stand & Stretch Yoga 10:30 SP Water Aerobics 1:00 BR Mexican Train	9:30 FR Sit and Stretch Yoga 10:00 FR a.m. Fitness Class 1:30 GR Let's Play Bunco!	1:00 BC Mexican Train 2:00 TH Matinee Movie: Lilies of the Field
residents.	7:00 TH Matinee Movie: Gran Torino	2:00 TH Bible Study 2:00 FR Rehab Care Healthy Learning Lectures 3:00 FR Zumba Gold 3:30 TH Tall Tales w/ David Sass 6:00 GR Resident Cards & Games	10:00 FR a.m. Fitness Class 10:30 FR Line Dancing with Julie 1:00 GR Men & Womens Poker 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 3:00 SP Water Aerobics	1:30 TH Trivial Pursuit 3:00 FR Zumba Gold	2:00 FR p.m. Fitness Class 4:00 Mobile Happy Hour 7:00 TH Movie: Grand Isle	7:00 BR Bingo 7:00 TH Movie: Lilies of the Field
20	21	First Day of Autumn 22	23	24	25	26
11:00 DH Sunday Brunch 11:00-2:30pm	9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class	9:30 FR Stand & Stretch Yoga 10:30 SP Water Aerobics	9:30 CH Catholic Mass with Father Robert & Father George - Everyone is welcome	9:30 FR Stand & Stretch Yoga 10:30 SP Water Aerobics	9:30 FR Sit and Stretch Yoga 10:00 FR a.m. Fitness Class	1:00 BC Mexican Train 2:00 TH Matinee Movie: The
3:00 GR 42 Dominoes - Open to all	2:00 FR p.m. Fitness class	1:00 BC Blood Pressure Checks 2:00 TH Bible Study	to attend. 9:30 FR Sit & Stretch Yoga	1:00 BR Mexican Train	1:30 GR Let's Play Bunco!	Alamo
residents.	7:00 TH Matinee Movie: Joker	2:00 FR Rehab Care Healthy Learning Lectures 3:00 FR Zumba Gold	10:00 FR a.m. Fitness Class 10:30 FR Line Dancing with Julie 1:00 GR Men & Womens Poker 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class	1:30 TH Trivial Pursuit 3:00 FR Zumba Gold	2:00 FR p.m. Fitness Class 4:00 Mobile Happy Hour 7:00 TH Movie: The Bucket List	7:00 BR Bingo 7:00 TH Movie: The Alamo
		3:30 TH Tall Tales w/ David Sass 6:00 GR Resident Cards & Games	3:00 DH BINGO! 3:00 SP Water Aerobics			
27	28		30	14 01015	* ***	
11:00 DH Sunday Brunch 11:00-2:30pm	9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class	9:30 FR Stand & Stretch Yoga 10:30 SP Water Aerobics	9:30 CH Catholic Mass with Father Robert & Father George - Everyone is welcome	Happy		= Shuadov do_
3:00 GR 42 Dominoes - Open to all	1:30 3L Book Club: The Banker's	1:00 BC Blood Pressure Checks	to attend. 9:30 FR Sit & Stretch Yoga	Palas Day	9.11	Grandparents
residents.	Wife	2:00 TH Bible Study 2:00 FR Rehab Care Healthy Learning	10:00 FR a.m. Fitness Class 10:30 FR Line Dancing with Julie	Luver Duy	PATRIOT DAY	WWW.W.
	2:00 FR p.m. Fitness class 7:00 TH Matinee Movie: Father	Lectures	1:00 GR Men & Womens Poker 2:00 GR Bridge (Party Bridge)	* * *	★ NEVER FORGET ★	DAY
	Figures	3:00 FR Zumba Gold 3:30 TH Tall Tales w/ David Sass	2:00 FR p.m. Fitness Class 3:00 DH BINGO!	*****	* *	V · · ·
		6:00 GR Resident Cards & Games	3:00 SP Water Aerobics	?** <u>*</u> * <u>*</u> ** <u>*</u> *	***	