

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Key: AR - Art Room CR - Card Room CR & FS - Card Room and Four Seasons CC - Communication Center DP - Dog Park FS - Four Seasons GR - Game Room IND SA - Independent Living Salon IR - Ivy Room LR - Living Room L - Lounge MR - Meeting Room MR & R - Meeting Room and Reflections R - Reflections S - Shindigz B - The Bistro T - Theater	Wellness Clinic Hours Monday & Friday 9:00 a.m. - 11:00 a.m. Tuesday, Wednesday & Thursday 1:00 p.m. - 3:00 p.m.		Contact Information: Hair Stylist, Amber 804.759.9207 Hair Stylist, Stefanie 804.873.3369 Hair Stylist, Elaine & Salon Ext. 259 Nail Specialist, Marcie - Sign Up in the CC Audiologist 804.818.0000 Podiatrist & Nurses Ext. 203 Dermatologist 877.345.5300 Massage Therapist, Ryan 804.837.4292 Broad River Rehab 804.794.4597 Acupuncturist, Taylor 804.215.6465	New Years Day – Team Member Holiday •No Wellness Nurse, Call 911 in case of emergency. •The Receptionist is on duty from 8:00 a.m. to 6:00 p.m. •The Shuttle will NOT run. •No land or aquatics fitness classes. •No activities. •No housekeeping. •The Bistro hours are 11:00 a.m. to 1:30 p.m. (carry-out and dine-in, reservations required at ext. 405)	Fitness Classes on Video 11:00 AM Target/Dollar Tree (I)** 1:00 PM Duplicate Bridge - IR 2:00 PM CVS (I)** 4:00 PM Happy Hour - L 6:30 PM Movie: Jay Kelly - T	10:00 AM The Geezers - R 11:00 AM IT Help w/ Resident Karen Wells - CC 11:00 AM Yappy Hour - DP 1:00 PM Triple Play Card Game - GR 1:30 PM Movie - Calendar Girls - T 4:00 PM Happy Hour - L
4 9:30 AM The Brandermill Church (I)** 10:00 AM The Brandermill Church (I)** 1:30 PM Movie - Calendar Girls - T 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR	5 Hair Stylist, Stefanie** 8:30 AM Meditation - S 1:00 PM Resident Council - R 1:00 PM Dietician Colleen LaMere - FS 1:00 PM Hand & Foot - GR 1:00 PM Duplicate Bridge - IR 1:00 PM Scrabble - CR 2:15 PM Three Elderly Wisemen - Play - MR 4:00 PM Happy Hour - L 6:45 PM Non Denominational Christian Book Study - FS	6 9:15 AM Woodcarvers - AR 11:00 AM Catholic Service - T 11:30 AM Lunch Bunch: Yen Ching (I)** 1:00 PM Social Bridge - GR 1:30 PM Wii Bowling w/ Chase - S 2:00 PM Rummikub - IR 3:00 PM IT Assistance with Chase - CC 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	7 Massage Therapist** 8:00 AM Chair Yoga - MR 9:30 AM CVS (I)** 11:00 AM Parkinson's Caregivers Support Group - GR 11:00 AM Food Lion (I)** 1:30 PM Billiards with Chase - S 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Food Lion (I)** 1:30 PM Mending Hearts Grief Support - R 3:00 PM Writers Group - CR 4:00 PM Happy Hour - L 6:30 PM Pokeno w/ Mo & Vern - MR	8 9:15 AM Woodcarvers - AR 9:30 AM The Idea Exchange: Planning with the Activities Team - CR 10:30 AM Pottery - AR 1:00 PM Chat with Charmaine - MR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:00 PM Book Club - IR 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 6:30 PM Bingo w/ Chase - MR	9 9:45 AM Banks (I)** 11:00 AM Publix (I)** 1:00 PM Duplicate Bridge - IR 2:00 PM CVS (I)** 3:00 PM Eliot and Friends – Live Music - MR 4:00 PM Happy Hour - L	10 10:00 AM Giant Crosswords with Myra - L 10:00 AM Painting Class - AR 10:00 AM The Geezers - R 11:00 AM Yappy Hour - DP 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Grumpy Old Men - T 4:00 PM Happy Hour - L
11 Name Tag Week Begins 9:30 AM The Brandermill Church (I)** 10:00 AM The Brandermill Church (I)** 1:30 PM Movie: Grumpy Old Men - T 2:00 PM 99 Card Game - FS 2:00 PM Redeemer Lutheran Church Service - MR 2:00 PM Yarn Arts - GR 3:00 PM Hymn Sing-a-long - MR	12 8:30 AM Meditation - S 1:00 PM Hand & Foot - GR 1:00 PM Duplicate Bridge - IR 1:00 PM Scrabble - CR 1:00 PM Krafts w/ Kathy** - AR 1:30 PM History Club - R 3:00 PM iPhone Help w/ Resident Betty Mooney - CC 4:00 PM Happy Hour - L 6:45 PM Non Denominational Christian Book Study - FS 6:45 PM Hunter O'Neill – Live Piano Performance - MR	13 Fitness Classes on Video 9:15 AM Woodcarvers - AR 12:30 PM Lara Robins Gallery at the University of Richmond (III)** 1:00 PM Social Bridge - GR 1:00 PM Introduction to Aquatics Therapy w/ BRR - MR 1:30 PM New Resident Meet & Greet - L 1:30 PM Wii Bowling w/ Chase - S 2:00 PM Rummikub - IR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	14 Hair Stylist, Amber** – Massage Therapist** Aquatics Classes Cancelled 8:00 AM Chair Yoga - MR 9:30 AM CVS (I)** 11:00 AM Movers & Shakers - IR 11:00 AM Food Lion (I)** 1:00 PM Krafts w/ Kathy** - AR 1:30 PM Billiards with Chase - S 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Food Lion (I)** 1:30 PM Mending Hearts Grief Support - R 4:00 PM Happy Hour - L	15 9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 1:00 PM IT Assistance with Corey - CC 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 3:30 PM Resident & Team Member Volleyball - P 4:00 PM Happy Hour - L 4:30 PM Dinner Diners: NAPA Kitchen & Wine (I)**	16 9:00 AM Walgreen's (I)** 11:00 AM Nail Salon Trip, Nail Envy (I)** 1:00 PM Duplicate Bridge - IR 2:00 PM CVS (I)** 3:00 PM Magic by Roy - MR 4:00 PM Happy Hour - L 6:30 PM Movie: The Good House - T	17 10:00 AM Painting Class - AR 10:00 AM The Geezers - R 11:00 AM IT Help w/ Resident Karen Wells - CC 11:00 AM Yappy Hour - DP 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Casablanca - T 4:00 PM Happy Hour - L
18 9:30 AM The Brandermill Church (I)** 10:00 AM The Brandermill Church (I)** 12:45 PM Sunday Symphony Series: Damien Geter's an African American Requiem (II)** - 1:30 PM Movie: Casablanca - T 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR	19 Hair Stylist, Stefanie** 8:30 AM Meditation - S 11:30 AM Women's Club** - MR 1:00 PM Hand & Foot - GR 1:00 PM Duplicate Bridge - IR 1:00 PM Scrabble - CR 1:30 PM Movie: Selma - T 4:00 PM Happy Hour - L 4:30 PM Social Trivia - MR 6:45 PM Non Denominational Christian Book Study - FS	20 Podiatrist** 9:15 AM Woodcarvers - AR 9:30 AM CVS (I)** 10:30 AM Paw Packs Organizational Meeting - CR 11:00 AM Food Lion (I)** 11:00 AM Catholic Service - T 1:00 PM Social Bridge - GR 1:30 PM Wii Bowling w/ Chase - S 1:30 PM Food Lion (I)** 2:00 PM Rummikub - IR 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	21 Hair Stylist, Amber** – Massage Therapist** 8:00 AM Chair Yoga - MR 1:15 PM Ovation Chorus: Let Heaven and Nature Sing (I)** 1:30 PM Billiards with Chase - S 1:30 PM Mending Hearts Grief Support - R 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Mending Hearts Grief Support - R 3:00 PM WWII & Cold War Talk with Gary Powers - MR 4:00 PM Happy Hour - L 6:30 PM Pokeno w/ Mo & Vern - MR	22 9:15 AM Woodcarvers - AR 10:30 AM Don Vaught, Financial Advisor - T 10:30 AM Pottery - AR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 3:00 PM Birthday Anniversary Social - MR 4:00 PM Happy Hour - L 6:30 PM Bingo w/ Chase - MR	23 9:45 AM Banks (I)** 11:00 AM Walmart (I)** 1:00 PM Duplicate Bridge - IR 1:30 PM Tea Drinkers - GR 2:00 PM CVS (I)** 4:00 PM Happy Hour - L	24 10:00 AM Painting Class - AR 10:00 AM The Geezers - R 11:00 AM Yappy Hour - DP 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Bridge of Spies - T 4:00 PM Happy Hour - L
25 Activities Professionals Week Begins 9:30 AM The Brandermill Church (I)** 10:00 AM The Brandermill Church (I)** 1:30 PM Movie: Bridge of Spies - T 2:00 PM Redeemer Lutheran Church Service - MR 2:00 PM 99 Card Game - FS 2:00 PM Yarn Arts - GR	26 Audiologist** 8:30 AM Meditation - S 1:00 PM Hand & Foot - GR 1:00 PM Duplicate Bridge - IR 1:00 PM Scrabble - CR 2:30 PM Annual Residents Association Meeting - MR 4:00 PM Happy Hour - L 6:45 PM Non Denominational Christian Book Study - FS	27 Dermatologist** 9:15 AM Woodcarvers - AR 9:30 AM CVS (I)** 11:00 AM Food Lion (I)** 1:00 PM Social Bridge - GR 1:00 PM One Step Balance Program w/ BRR** - R 1:30 PM Wii Bowling w/ Chase - S 1:30 PM Food Lion (I)** 2:00 PM Rummikub - IR 2:00 PM Therapy Talk w/ BRR: Sleep Strong - 4:00 PM Happy Hour - L 6:30 PM Euchre - CR 7:00 PM Poker - GR	28 Hair Stylist, Amber** – Massage Therapist** 8:00 AM Chair Yoga - MR 9:15 AM Virginia War Memorial & Lunch at Island Shrimp Co. (III)** 11:00 AM Movers & Shakers - IR 1:30 PM Billiards with Chase - S 1:30 PM Spades - GR 1:30 PM History Club Movie - T 1:30 PM Mending Hearts Grief Support - R 4:00 PM Happy Hour - L	29 Aquatics Classes Cancelled 9:15 AM Woodcarvers - AR 10:30 AM Pottery - AR 1:00 PM Hand & Foot - CR 1:00 PM Mah Jongg - GR 1:30 PM Health Care Communities Tour w/ Myki Barnes** 2:00 PM Alzheimer's Caregivers Support Group - R 3:00 PM Dominoes - IR 4:00 PM Happy Hour - L 6:45 PM Bruce & Gail Schoonmaker – Live Music - MR	30 11:00 AM Publix (I)** 1:00 PM Duplicate Bridge - IR 1:30 PM House Plant Swap with Christina - R 2:00 PM CVS (I)** 4:00 PM Happy Hour - L	31 10:00 AM The Geezers - R 11:00 AM Yappy Hour - DP 1:00 PM Triple Play Card Game - GR 1:30 PM Movie: Wicked - T 4:00 PM Happy Hour - L