

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Salon Hours Tuesday & Thursday - Carol 9:00 am-2:00 pm/Windsor Hall Call Carol at 941-3659 to schedule your appointment! Wednesday - Tamara 9:00 am-3:00 pm/Bedford Terrace Call Tamara at 941-3649 to schedule your appointment! Massage Therapist Call Renee Dobbs at 804-694-9303 to schedule your appointment!	Touchtown can be viewed on Channel 1960. Functional Pathways #941-3690	August Birthdays Dee SpenskiAug 1 Barbara BestAug 3 George Callas.....Aug 5 John Lennon.....Aug 5 Rama SkeltonAug 5 Linda BurkeAug 7 Walter FoxAug 7 Bob VadasAug 9 Laurie Krebs.....Aug 10	Jim Waddington.....Aug 10 Jacquie PaulAug 10 Nancy IngrisanoAug 11 Marian DawsonAug 13 Connie Jenkins.....Aug 13 Bob DespresAug 15 Linda BakerAug 16 Gerri RoessnerAug 16 Elaine ChismerAug 17 Sigi Rutherford.....Aug 18 Marilyn Watson.....Aug 19	Virginia Alsup.....Aug 22 Mary Stein.....Aug 22 Scotty BeachumAug 24 Theresa ProsserAug 24 Lester ShotwellAug 26 Mark AndersonAug 27 Becky CrewsAug 27 Barbara BrinkAug 28 Bob HippleAug 29 George McKenzieAug 31 Doris MundoAug 31	1 10:00 am Chair One Fitness - FC 2:00 pm Frozen Friday - WC 3:00 pm Countdown to Downton - KR 5:00 pm TGIF - CR	2 10:00 am-1:00 pm Cornhole - KR 1:30-2:30 pm Ping Pong - FC 2:00 pm Countdown to Downton - KR 4:00 pm Movie Matinee presents: Marley & Me - KR
3 9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro	4 U.S. COAST GUARD BIRTHDAY 12:00 pm Men's Luncheon - Bistro 2:00 pm Chocolate Chip Cookie Competition - WC 3:00 pm Spiritual Life Committee - WC	5 9:30 am Social Committee - WC 11:00 am Supervised Fitness - FC 2:00 pm We Three: The History of Jazz - KR 2:00-4:30 pm Stitch & Chat - AR	6 9:00 am Facilities & Grounds Committee - KR 10:30 am Dining Committee - WC 10:30 am WRL Exhibit & Oceans & Ale - Depart WH 3:30 pm News & Views - WC	7 PURPLE HEART DAY 9:00 am Marketing Committee - WC 11:00 am Supervised Fitness - FC 10:30 am Caregivers Support Group - WC 10:30 am-12:00 pm WRL - WM Library 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 3:00 pm Mary Mikels ~ Broadway Favorites & More - KR 5:30 pm Sounds of Summer Concert Series: Slapnation - Depart WH	8 8:45 am Line Dancing - FC 1:00 pm Margaritas & Music with Karleigh - CH 3:00 pm Countdown to Downton - KR 5:00 pm TGIF - CR	9 10:00 am-1:00 pm Cornhole - KR 1:30-2:30 pm Ping Pong - FC 2:00 pm Countdown to Downton - KR 4:00 pm Movie Matinee presents: An American in Paris - KR
10 9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro	11 9:00 am Emily's Donuts & Café - Depart WH 11:00 am Master Naturalist Talk ~ Bald Eagles - KR 12:00 pm Men's Luncheon - Bistro	12 10:00 am Resident Association Meeting - KR 11:00 am Supervised Fitness - FC 1:00 pm Craft with Renee - WC 1:30 pm WindsorMeade University Presents: Power of Art - KR	13 2:00 pm Quarterly Birthday Celebration - KR 3:30 pm News & Views - WC 6:30 pm Ukulele Chuck - WH Parlor 	14 9:30 am Cycling Without Age - Depart WH 11:00 am Supervised Fitness - FC 11:30 am Colonial Downs - Depart WH 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 5:30 pm Comedy Night with Nate Bargatze - KR	15 12:00 pm Lunch at The Huntsman's Grill - Depart WH 3:00 pm Countdown to Downton - KR 5:00 pm TGIF - CR	16 10:30 am Countdown to Downton - KR 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: Last Breath - KR
17 9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro	18 10:00-11:30 am WM University presents: iPhone/iPad Users Group - KR 12:00 pm Men's Luncheon - Bistro 1:00 pm Well Shucks ~ Oyster Workshop - WC 2:00 pm Armchair Travels ~ Spain - Hadley House 2:30 pm WindsorMeade University presents: Power of Art - KR	19 11:00 am Supervised Fitness - FC 11:00 am Tai Chi for Diabetes - FC 1:00 pm Healthy Shopping on a Budget with Cliff - FC 1:45 pm Silver Hand Meadery Tour & Tasting - Depart WH 2:00-4:30 pm Stitch & Chat - AR	20 9:15 am Health Committee - WC 10:00 am The Branch Museum of Design - Depart WH 3:30 pm News & Views - WC 4:00 pm Wine Down Wednesday - CR	21 11:00 am Supervised Fitness - FC 10:30 am Caregivers Support Group - WC 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 4:00-6:00 pm WM Luau - KR 5:00 pm Third Thursdays - CH 	22 8:45 am Line Dancing - FC 3:00 pm Countdown to Downton - KR 5:00 pm TGIF - CR	23 10:30 am Countdown to Downton - KR 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: Goldfinger - KR
24 9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro 9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro	25 10:00 am Shopping with Lifestyles Ladies - Depart WH 12:00 pm Men's Luncheon - Bistro 3:00 pm Professor Burchett ~ Introduction to Hinduism - KR	26 9:15 am Naval Base Cruise & Surf Rider - Depart WH 11:00 am Supervised Fitness - FC 11:00 am Tai Chi for Diabetes - FC 7:00 pm Don Irwin Concert - KR	27 9:00 am Finance Committee - WC 12:00 pm WindsorMeade University presents: Tech Talks - CH 12:30 pm Library of Virginia Tour - Depart WH 1:30 pm WindsorMeade University presents: Tech Talks - WC 3:30 pm News & Views - WC	28 9:30 am Cycling Without Age - Depart WH 11:00 am Supervised Fitness - FC 11:00 am Dr. Coleman ~ The Golden Triad of Lifestyle Choices: Diet, Exercise & Sleep for Vibrant Aging - KR 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 6:30 pm Thursday Night Movie presents: Some Like it Hot - KR	29 3:00 pm Countdown to Downton - KR 5:00 pm TGIF - Club Room	30 10:30 am Countdown to Downton - KR 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: Becoming Jane - KR 6:15 pm Symphony Under the Stars - Depart WH
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