

SUN	MON	TUE	WED	THUR	FRI	SAT
8:50 Church Bus to Sacred Heart (L) 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service & Communion (Chapel, TV 970)	10:00 Art Class: Gel Printmaking (Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	10:00 Art Class: Watercolor Landscapes (Studio) 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 11:00 Life's Care Partner: A Supportive Hand (Act Rm) 11:00 Living with Cognitive Loss Group (PDR) 12:00 Pet Pals Meeting (4th Floor Winc) 1:30 Chess (C)	10:00 Trip: Apple Blossom Mall (L) 10:30 Episcopal Communion (CH) 3:00 Meet & Greet with Resident Concierge Marie Ottaviano (Cafe) 7:30 Thursday Night Resident's Program: Apple Valley Flute Choir presented by Charlene Romano (ABR)	11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 4:00 Happy Hour (C) 5:00 Trip: Samuels Library, Front Royal for Scottish Ceilidh Fundraiser (L)	1:00 Trip: Aldi's (L)
Daylight Savings Time Begins 8:50 Church Bus to Sacred Heart (L) 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Worship Service (Chapel, TV 970)	10:00 Residents' Association Meeting (Abbey & TV 970) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C) 7:30 Rick Kinsey's Radio Program: Jack Benny & Shadow (ABR & TV 970)	10:00 Art Class: Landscape Weaving (Studio) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:15 Discussing Dementia (Abbey/ Channel 970) 11:00 Grief Support Group (PDR) 1:00 Trip: Costco (L) 1:30 Chess (C) 2:30 Beltone Hearing (Clinic) 2:30 Poetry & Prose (VCMR)	10:00 Art Class: Beginner's Macrame (Studio) 10:00 Optical Services (C) 12:00 Lunch Trip: Ford's Fish Shack (L) 7:30 Thursday Night Resident's Program: Revolutionary War Prisoners from Yorktown presented by Mike Robinson (ABR)	1:00 "Wine-Down" Winery Tour & Tasting: Reitano Vineyards, Front Royal, VA (L) 2:00 Art Class: Open Studio with Instructor \$ (Art Studio)	1:00 Trip: Trader Joe's & Wegman's (L) 4:00 Lawrence Gallery Art Reception (TA) 7:00 Second Saturday Dance Party (Aerobics Room)

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Independent Living

Laura Hager, Resident Concierge 540-535-1531



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8:50 Church Bus to Sacred Heart (L) 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 1:30 SU Student Piano Recital: Erik Robinson (ABR) 4:00 Worship Service (Chapel, TV 970)	10:00 Art Class: Beginner Air Dry Pottery (Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	St. Patrick's Day 10:00 Art Class: Landscape Weaving (Studio) 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 1:00 Low Vision Support Meeting (Activities Room) 2:00 Bridge (C) 7:00 Walt Mullen will be DJing St Patrick's Day Tunes (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:15 My Life/My Community Lecture Series (Abbey/ Channel 970) 11:00 Living with Cognitive Loss Group (PDR) 1:30 Chess (C)	10:00 Art Class: Beginner's Macrame (Studio) 10:30 Episcopal Communion (CH) 12:00 Johnson-Williams Middle School Jazz Band Performance (TA) 2:00 Resident Town Hall (TA) 7:30 Thursday Night Resident's Program: Life with Theatre Parents presented by Tara Bell (ABR)	11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 7:30 Bistro Concert: Red & Murphy Henry & Friends (Bistro)	1:00 Trip: Target (L)
8:50 Church Bus to Sacred Heart (L) 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 2:00 Greenwood Choir! (CH) 4:00 Worship Service (Chapel, TV 970)	12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:15 Timely Transitions Lecture Series (Abbey/ Channel 970) 11:00 Grief Support Group (PDR) 1:30 Chess (C)	9:00 Trip: Dulles Town Center (L) 10:00 Art Class: Beginner's Macrame (Studio) 7:30 Thursday Night Resident's Program: James Wood/Glen Burnie presented by Nick Powers (ABR)	11:30 Pizza Bingo (TA) 2:00 Art Class: Open Studio with Instructor \$ (Art Studio)	3:00 "Loving Vincent" Movie with Art Teacher Maggie (TA) 7:00 Mystery Theater (TA)
Palm Sunday 8:50 Church Bus to Sacred Heart (L) 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 1:30 SU Conservatory Performs Bach (ABR) 4:00 Worship Service (Chapel, TV 970)	10:00 Art Class: Beginner Air Dry Pottery (Studio) 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	10:00 Art Class: Landscape Weaving (Studio) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Mystique Group (CantCafe)	LOCATION KEY TA - Abbey ABR - Apple Blossom Rm Bistro - Bistro CantCafe - Canterbury Cafe CH - Chapel C - Commons L - Lobby PDR - Private Dining Rm Tav - Tavern VCMR - Vitality Center Meeting Room		Pet of the Month Chloe & Brogue Owned by Michael & Linnea Turner	

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