
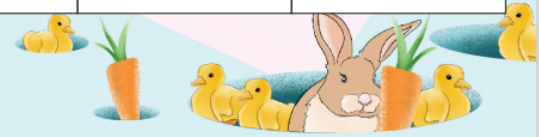



SUN	MON	TUE	WED	THUR	FRI	SAT
 Easter 8:50 Church Bus to Sacred Heart (L) 9:30 Braddock St. Methodist/First Presbyterian/Grace Lutheran (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) 4:00 Easter Worship Service & Communion (Chapel, TV 970)	Pet of the Month "Blizzard" Owned by Gary & Edie Simpson	11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C)	April Fool's Day Passover 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) 11:30 Trip: Piano Recital @ Armstrong Auditorium (L) 12:00 Pet Pals Meeting (4th Floor Winc) 1:30 Chess (C)	10:00 Trip: Apple Blossom Mall (L) 10:30 Episcopal Communion (CH) 4:00 Maundy Thursday Service (CH) 7:30 Thursday Night Resident's Program: Meaning of Maundy Thursday by Tara Bell (ABR)	Good Friday 11:00 Resale Shop is Open! (1st FL Shenandoah Hall) 2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 4:00 Good Friday Service (CH)	1:00 Trip: Aldi's (L) 2:00 Annual Easter Egg Hunt (Courtyard)
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) 1:45 Trip: World of Piano with Olga Kern at SU (L) 2:00 Mennonite Singers (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) 3:00 Mystique Group (CantCafe)	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 Optical Services (C) 4:00 Trip: Ford's Theater in DC to see "1776" (L) 7:30 Thursday Night Resident's Program: Tiffany Lamps presented by Jim Barnard (ABR)	1:00 "Wine-Down" Winery Tour & Tasting: Three Fox Vineyards, Delaplane, VA (L) 2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 2:00 J Jill Pop Up Shop (C) 4:00 Happy Hour (C)	7:00 Second Saturday Dance Party (Aerobics Room)
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) 1:45 Trip: World of Piano with Olga Kern at SU (L) 2:00 Mennonite Singers (CH) 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: Ozzie & Harriet, Ellery Queen plus John Wayne (ABR & TV 970)	11:00 Weekly Bible Study (CH) 2:00 Bridge (C) 3:00 Greenhouse Gathering (Greenhouse) 3:00 Mystique Group (CantCafe)	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 Trip: History Tour of Winchester with Tim Youmans (L) 10:30 Episcopal Communion (CH) 7:30 Thursday Night Resident's Program: The Fuller-Moore House by Brian Daly (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: Szymon Czerniak and his jazz trio (Bistro)	1:00 Trip: Target (L) 7:30 Movie on the Big Screen! (TA)

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Independent Living  
Laura Hager, Resident Concierge 540-535-1531



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) 1:30 SU Student Piano Recital: Erik Robinson (ABR) 2:15 Trip: Blue Ridge Singers at First Baptist Church (L) 4:00 Worship Service (Chapel, TV 970)	12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 6:15 Canasta (C)	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) 3:00 New Group with Marie (Cafe) 7:00 Bob's Sing Along (Tav)	Earth Day 9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 10:15 Timely Transitions Lecture Series (Abbey/Channel 970) 11:00 Earth/Arbor Day: Opening Ceremony (ABR) 11:00 Grief Support Group (PDR) 1:00 Earth./Arbor Day: Geocache (ABR) 1:30 Chess (C) 2:00 Flower Walk (Teresas Garden) 3:00 Earth/Arbor Day: Rides to Pond 4:00 Earth/Arbor Day: Feeder Watch (Bridge - 3rd Floor between Shen & Winc Halls)	9:30 Trip: Earth/Arbor Day: Trip to Frederick County Landfill (L) 10:00 Earth/Arbor Day: Disc Golf (Courtyard) 1:00 Geocache (L) 2:00 Earth/Arbor Day: Dennis McFaden's Geology Walk (L) 3:00 Earth/Arbor Day: Rides to Pond 7:30 Thursday Night Resident's Program: Lord Fairfax Soil & Water Conservation District by Allyson Pond (ABR)	9:30 Noonday Collection Pop-Up Shop (C) 10:00 Earth/Arbor Day: Disc Golf (Courtyard) 10:30 Donut Bingo (TA) 11:00 Earth/Arbor Day: Employee Fishing at Goff Pond 11:00 Earth/Arbor Day: Geocache (ABR) 1:00 Earth/Arbor Day: Bird Watching (Bridge - 3rd Floor between Shen & Winc Halls) 2:00 Art Class: Open Studio with Instructor \$ (Art Studio) 2:00 Earth/Arbor Day: Plant Paw Paw Trees (ABR) 3:00 Earth/Arbor Day: Closing Ceremony 6:45 Trip: SU for "Hansel & Gretel" Opera (L)	10:00 Trip: Historic Garden Week (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) 4:00 Worship Service (Chapel, TV 970)	10:00 Shred Day (Outside Vitality Center) 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) 7:00 Bob's Sing Along (Tav)	9:30 COFFEE WITH ADMIN (Abbey & TV- 970) 1:30 Chess (C)	11:00 Lunch Trip: Bryan Voltaggio's Showroom Restaurant in Frederick, MD (L) 7:30 Thursday Night Resident's Program: Micro Gardening by Harvey Ussery (ABR)		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

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