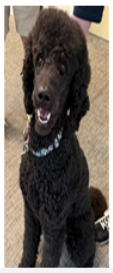
SUN	MON	TUE	WED	THUR	FRI	SAT
1 Daylight Savings Time Ends 8:50 Church Bus to Sacred Heart (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) **4:00 Worship Service (Chapel, TV 1970)**	**2** 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) **3:30 All Saint's Day Service (CH)** 4:00 Westbury Choristers Rehearsal (ABR) 6:15 Canasta (C)	**3** **9:30 Noonday Collection Pop-Up Shop (C)** **10:00 Voting-County (L)** 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) **1:00 Voting-City (L)** 2:00 Bridge (C) **2:00 Tech Tuesday (ActRm)** **7:00 Bob's Sing Along (ActRm)**	**4** **9:30 COFFEE WITH ADMIN (Abbey & TV-1970)** 10:30 Book Study: The Journey: Walking the Road to Bethlehem (CH) **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) **2:00 Death Cafe (CH)** 2:00 Rummikub (5th Floor Winc Hall)	**5** **10:00 Trip: Apple Blossom Mall (L)** **10:30 Episcopal Communion (CH)** **7:00 Thursday Night Resident's Program: Budapest to Prague Travelogue with Ray Leonard (ABR)**	**6** **11:00 Resale Shop is Open! (1st FL Shenandoah Hall)** **4:00 Happy Hour (C)**	**7** **1:00 Trip: Aldi's (L)** 2:00 Mexican Train (Bistro) **5:00 The Cafe Jazz Social (Cafe)**
8 8:50 Church Bus to Sacred Heart (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) **1:30 SU Conservatory Piano Performance: Yichun Sheng (Laurel)** **4:00 Worship Service (Chapel, TV 1970)**	**9** **8:00 Trip: Overnight to Gaylord Opryland Resort, Nashville (L)** **10:00 Residents' Association Meeting (Abbey & TV 1970)** 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 4:00 Westbury Choristers Rehearsal (ABR) 6:15 Canasta (C)	**10** 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) **3:00 Godly Play (CH)** 3:00 Greenhouse Gathering (Greenhouse) **4:00 Lectio Divina w/ Chaplain Heidi (Apple Blossom Room)** **7:00 Bob's Sing Along (ActRm)**	**11** **Veterans Day** **9:30 COFFEE WITH ADMIN (Abbey & TV- 1970)** 10:15 Neuro Chats (Abbey/Channel 1970) 10:30 Book Study: The Journey: Walking the Road to Bethlehem (CH) 11:00 Grief Support Group (Activities Room) **1:00 Trip: Costco (L)** 1:30 Chess (C) 2:00 Rummikub (5th Floor Winc Hall) 2:30 Beltone Hearing (Clinic) **2:30 Poetry & Prose (VCMR)** **3:00 Refreshing Grace with Chaplain Bill (CH)**	**12** 10:00 Optical Services (C) **7:00 Thursday Night Resident's Program: 80-stop Tour Guide of Civil War Sites with Jonathan Noyalas (ABR)**	**13** **10:00 Arts & Crafts Bazaar (C)** **1:00 "Wine-Down" Winery Tour & Tasting: 868 Estate Vineyards (L)**	**14** **1:00 Trip: Trader Joe's & Wegman's (L)** 2:00 Rummikub (Bistro)

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Independent Living
Laura Hager & Marie Ottaviano, Resident Concierge 540-535-1531

SUN	MON	TUE	WED	THUR	FRI	SAT
15 8:50 Church Bus to Sacred Heart (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) **4:00 Worship Service (Chapel, TV 1970)**	**16** 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 6:15 Canasta (C)	**17** **9:00 Resale Shop Christmas Sale (ABR)** 11:00 Living Well with Parkinson's (Activities Room) 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) **2:00 Gentlemen's Group with Jeannie (TA)** **7:00 Bob's Sing Along (ActRm)**	**18** **9:30 COFFEE WITH ADMIN (Abbey & TV-1970)** 10:15 My Life/My Community Lecture Series (Abbey/Channel 970) 10:30 Book Study: The Journey: Walking the Road to Bethlehem (CH) 11:00 Living with Cognitive Loss Group (PDR) 1:30 Chess (C) **2:00 Ladies Group with Jeannie (TA)** 2:00 Rummikub (5th Floor Winc Hall) **3:00 Refreshing Grace with Chaplain Bill (CH)**	**19** **9:00 Trip: Tyson's Corner Center for Shopping (L)** **10:30 Episcopal Communion (CH)** **7:00 Thursday Night Resident's Program: Celtic Dance Music with Jill Hazelbauer-Von der Ohe (ABR)**	**20** 9:30 Plant-Based Diet Social Circle (VCMR) **11:00 Resale Shop is Open! (1st FL Shenandoah Hall)** **11:30 Pizza Bingo (TA)** **1:00 Brew Thru Brewery Tour: Lost Barrel Brewing, Middleburg (L)** **7:30 Bistro Concert: Caleb Nei, Jazz Piano (Bistro)**	**21** **1:00 Pinochle (3rd FL LR Wappa)** **1:00 Trip: Target (L)** **2:00 Artist's Reception (Lawrence Hall Gallery)** 2:00 Mexican Train (Bistro) 6:15 Trip: Arts Chorale Performance (L)
22 8:50 Church Bus to Sacred Heart (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) **1:45 Trip: SU for Shakespeare in Love (L)** **4:00 Worship Service (Chapel, TV 1970)**	**23** 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 4:00 Westbury Choristers Rehearsal (ABR) 6:15 Canasta (C)	**24** 11:00 Weekly Bible Study (CH) 2:00 Bridge (C) **3:00 Godly Play (CH)** 3:00 Greenhouse Gathering (Greenhouse) **4:00 Lectio Divina w/ Chaplain Heidi (Apple Blossom Room)** **7:00 Bob's Sing Along (ActRm)**	**25** **9:30 COFFEE WITH ADMIN (Abbey & TV- 1970)** 10:15 Timely Transitions Lecture Series (Abbey/ Channel 970) 11:00 Grief Support Group (Activities Room) 1:30 Chess (C) 2:00 Rummikub (5th Floor Winc Hall) **3:00 Refreshing Grace with Chaplain Bill (CH)**	**26** **Thanksgiving**	**27**	**28** 2:00 Rummikub (Bistro)
29 8:50 Church Bus to Sacred Heart (L) 10:00 Christ Episcopal (L) 10:45 Braddock St. Methodist/First Presbyterian/Sacred Heart (L) **4:00 Worship Service (Chapel, TV 1970)** **6:15 Trip: Arts Chorale Performance (L)**	**30** 12:30 Fiber Folks (C) 2:00 Lifelong Learning (TA) 3:30 Centering Prayer Group (CH) 4:00 Westbury Choristers Rehearsal (ABR) 6:15 Canasta (C)		**LOCATION KEY** TA - Abbey ActRm - Activity Room ABR - Apple Blossom Rm Bistro - Bistro CH - Chapel C - Commons L - Lobby PDR - Private Dining Rm VCMR - Vitality Center Meeting Room		



Pet of the Month
"Angel"
Owned by
Ralph & Susan
Hardy

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