

Heartfields @ Fredericksburg Activities

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 1:00 Hymnal Songs w/ Jane - 3 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	2 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Trivia - 1 1:00 Music w/ Gina Romano- 1 1:15 HeartBeats @ Greenfields of Stafford 3:00 Yahtzee - 3 6:00 Movie - 3	3 9:00 Wegmans Arts & Crafts w/ Kids' Station - 3 10:15 Mindful Movements - 3 1:00 Bean Bag Toss - 3 3:30 Showtime Hour - 3 7:00 Falmouth Men's Choir - 1	4 10:15 Exercise w/ Anysia - 3 11:00 Lunch @ Hibachi Buffet 2:00 Crossword Puzzles - 1 3:00 Bocce Ball- 3 6:00 Evening Movie - 3	5 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Rosary - 3 2:30 Armchair Travels: Northern Europe - 3 6:00 Piano w/ Jane - 1	6 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Bocce Ball - 3 2:00 Music w/ The Flat Run Ramblers - 1 3:00 Wine & Cheese Social-1 6:00 Evening Movie - 3	7 9:00 Chorus - 1 10:15 Reading w/ Jane - 2 11:00 Service In Memory Of Robert Arnold - 3 1:00 Crossword Puzzles - 1 2:00 Afternoon Movie - 3 6:00 Piano
8 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	9 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Trivia - 1 2:15 HeartBeats @ Wilburn Gardens 3:00 Golden Girls - 3 6:00 Evening Movie - 3	10 9:00 Walmart 10:15 Tai Chi w/ Donna - 3 1:00 Bean Bag Toss - 3 2:00 Music w/ Bob Clouse - 1 3:00 Showtime Hour - 3 6:00 Piano w/ Jane - 1	11 10:15 Exercise w/ Anysia - 3 11:00 Riverside Dinner Theater: "Into the Woods" 2:00 Showtime Hour - 3 6:00 Evening Movie - 3	12 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Rosary - 3 1:00 Yahtzee - 3 2:30 Armchair Travels: Mexico - 3 6:00 Piano w/ Jane - 1	13 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Bocce Ball - 3 2:00 Harp w/ Susan Cruse / Wine & Cheese Social-1 6:00 Evening Movie - 3	14 9:00 Chorus - 1 10:15 Reading w/ Jane - 2 11:15 Mindful Movements Exercise DVD-3 1:00 Dance Matrix & Fredericksburg Ballet - 3 6:00 Piano w/ Jane - 1
15 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 1:00 Hymnal Songs w/ Jane - 3 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	16 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Trivia - 1 1:45 HeartBeats @ Chancellors Village 3:00 Yahtzee - 3 6:00 Music w/ the Karppalas-1	17 9:30 Arts & Crafts w/ Kids' Station - 3 10:15 Tai Chi w/ Donna - 3 1:00 Bean Bag Toss - 3 3:30 Showtime Hour - 3 6:00 Piano w/ Jane - 1	18 10:15 Exercise w/ Anysia - 3 11:00 Crossword Puzzles - 1 2:00 Showtime Hour - 3 3:00 Bocce Ball- 3 6:00 Evening Movie - 3	19 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Catholic Mass - 3 11:30 Rosary - 3 1:00 Bible Study w/ the Phillips - 3 2:30 Travels: Arizona to Alaska- 3 6:00 Piano - 1	20 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Yahtzee - 3 2:00 Skits w/ The Falls Run Players - 3 3:00 Wine & Cheese Social-1 6:00 Evening Movie - 3	21 9:00 Chorus - 1 10:15 Reading w/ Jane - 2 11:15 Mindful Movements Exercise DVD-3 1:00 Crossword Puzzles - 1 2:00 Afternoon Movie - 3 6:00 Piano w/ Jane - 1
22 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	23 9:00 Chorus - 1 10:15 Mindful Movements Exercise DVD- 3 11:00 Bingo - 3 1:00 Trivia - 1 2:15 HeartBeats @ Greenfields of F'Burg 3:00 Yahtzee - 3 6:00 Evening Movie - 3	24 9:00 Wegmans 10:15 Tai Chi w/ Donna - 3 1:00 Bean Bag Toss - 3 2:00 Resident Council - 3 3:30 Showtime Hour - 3 6:00 Piano w/ Jane - 1	25 10:15 Mindful Movements Exercise DVD- 3 11:00 Crossword Puzzles - 1 1:00 Yahtzee - 3 2:00 Showtime Hour - 3 3:00 Bocce Ball - 3 6:00 Evening Movie - 3	26 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Rosary - 3 1:00 Bible Study w/ the Phillips - 3 2:30 Armchair Travels: Maine to Key West - 3 6:00 Piano w/ Jane - 1	27 10:15 Mindful Movements Exercise DVD-2 11:00 Bingo - 1 1:00 Bocce Ball - 3 3:00 Resident Birthday Social - 1 6:00 Evening Movie - 3	28 9:00 Chorus - 1 10:15 Reading w/ Jane - 2 11:15 Mindful Movements Exercise DVD-3 1:00 Crossword Puzzles - 1 2:00 Afternoon Movie - 3 6:00 Piano w/ Jane - 1
29 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	30 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:45 HeartBeats @ Madonna House 3:00 Yahtzee - 3 6:00 Movie - 3	31 9:00 Walmart 10:15 Tai Chi w/ Donna - 3 1:00 Bean Bag Toss - 3 3:30 Showtime Hour - 3 6:00 Piano w/ Jane - 1				NOTE: <i>All activities are subject to change. Please contact the Activities Dept. for more info.</i> Updated: 08/23/10