

# Heartfields @ Fredericksburg Activities

# September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:15 Exercise w/ Anysia - 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	<b>2</b> 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Rosary - 3 1:00 Bible Study w/ the Phillips - 3 <b>2:30 Armchair Travels: Lost Treasures of Tibet - 3</b> 6:00 Piano w/ Jane - 1	<b>3</b> 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Bowling - 3 <b>2:00 Music w/ The Flat Run Ramblers - 1</b> <b>3:00 Wine &amp; Cheese Social-1</b> 6:00 Evening Movie - 3	<b>4</b> 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
<b>5</b> 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 <b>1:00 Devotional Service - 3</b> 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	<b>6 Labor Day</b> 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Trivia - 1 <b>1:15 HeartBeats @ Greenfields of Stafford</b> 3:00 Yahtzee - 3 6:00 Evening Movie - 3	<b>7</b> <b>9:00 Target</b> 10:15 Tai Chi w/ Donna - 3 <b>1:00 Music w/ Charlie Lopez-1</b> 2:00 Bean Bag Toss - 3 3:30 Showtime Hour - 3 <b>7:00 Falmouth Men's Choir - 1</b>	<b>8</b> 10:15 Exercise w/ Anysia - 3 <b>11:00 Lunch @ Olive Garden</b> 2:00 Crossword Puzzles - 1 3:00 Bocce Ball - 3 4:00 Showtime Hour - 3 6:00 Movie - 3	<b>9 Rosh Hashanah</b> 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Rosary - 3 1:00 Bible Study w/ the Phillips - 3 <b>2:30 Armchair Travels: Ancient Greece-3</b> 6:00 Piano - 1	<b>10</b> 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Bowling - 3 <b>2:00 Music w/ Gina Romano-1</b> <b>3:00 Wine &amp; Cheese Social-1</b> 6:00 Evening Movie - 3	<b>11 Patriot Day</b> 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 - 1
<b>12 Grandparents Day</b> 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 <b>1:00 Devotional Service - 3</b> 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	<b>13</b> 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Trivia - 1 <b>2:15 HeartBeats @ Wilburn Gardens</b> 3:00 Yahtzee - 3 6:00 Evening Movie - 3	<b>14</b> <b>9:00 Wal-Mart</b> 10:15 Tai Chi w/ Donna - 3 1:00 Bean Bag Toss - 3 2:00 Scrabble - 3 3:30 Showtime Hour - 3 6:00 Piano w/ Jane - 1	<b>15</b> 10:15 Exercise w/ Anysia - 3 <b>11:00 Lunch @ Red Lobster</b> 2:00 Crossword Puzzles - 1 3:00 Bocce Ball - 3 4:00 Showtime Hour - 3 6:00 Evening Movie - 3	<b>16</b> 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 <b>11:00 Catholic Mass/Rosary-3</b> 1:00 Bible Study w/ the Phillips - 3 <b>2:30 Armchair Travels: Dream Trains: Short Hops - 3</b> 6:00 Piano - 1	<b>17</b> <b>10:00 Happy Hour w/ Brian Rudolph - 1</b> 11:00 Bingo - 3 1:00 Bowling - 3 <b>2:00 Skits w/ The Falls Run Players</b> <b>3:00 Wine &amp; Cheese Social-1</b> 6:00 Evening Movie - 3	<b>18 Yom Kippur</b> 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
<b>19</b> 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 <b>1:00 Devotional Service - 3</b> 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	<b>20</b> 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Trivia - 1 <b>1:45 HeartBeats @ Chancellors Village</b> 3:00 Yahtzee - 3 6:00 Evening Movie - 3	<b>21</b> <b>9:00 Wegmans</b> 10:15 Tai Chi w/ Donna - 3 1:00 Bean Bag Toss - 3 2:00 Scrabble - 3 3:30 Showtime Hour - 3 6:00 Piano w/ Jane - 1	<b>22 1st Day of Autumn</b> 10:15 Exercise w/ Anysia - 3 <b>11:00 Men's Lunch Outing @ Hooters</b> 2:00 Crossword Puzzles - 1 3:00 Bocce Ball - 3 4:00 Showtime Hour - 3 6:00 Movie - 3	<b>23</b> 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Rosary - 3 1:00 Bible Study w/ the Phillips - 3 <b>2:30 Armchair Travels: Roadsters Rumbleseats - 3</b> 6:00 Piano w/ Jane - 1	<b>24</b> 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Bowling - 3 <b>3:00 Resident Birthday Party Social - 1</b> 6:00 Evening Movie - 3	<b>25</b> 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
<b>26</b> 9:45 Catholic Communion - 3 11:15 Mindful Movements Exercise DVD-3 <b>1:00 Devotional Service - 3</b> 2:00 Trivia - 1 3:00 Sentimental Reflections DVD - 3	<b>27</b> 9:00 Chorus - 1 10:15 Exercise w/ Anysia - 3 11:00 Bingo - 3 1:00 Trivia - 1 <b>2:15 HeartBeats @ Greenfields of F'Burg</b> 3:00 Yahtzee - 3 6:00 Evening Movie - 3	<b>28</b> <b>9:00 Wal-Mart</b> 10:15 Tai Chi w/ Donna - 3 1:00 Bean Bag Toss - 3 <b>2:00 Resident Council - 3</b> 3:00 Showtime Hour - 3 6:00 Piano w/ Jane - 1	<b>29</b> <b>8:00 Breakfast @ The Forum</b> 10:15 Exercise w/ Anysia - 3 11:00 Crossword Puzzles - 1 1:00 Yahtzee - 3 2:00 Showtime Hour - 3 3:00 Bocce Ball - 3 6:00 Movie - 3	<b>30</b> 9:00 Chorus - 1 10:15 Tai Chi w/ Donna - 3 11:00 Rosary - 3 1:00 Bible Study w/ the Phillips - 3 <b>2:30 Armchair Travels: From Texas to Yellowstone - 3</b> 6:00 Piano w/ Jane - 1	<b>NOTE:</b> <i>All activities are subject to change. Please contact the Activities Dept. for more info.</i>  <b>Updated: 08/25/10</b>	