

























Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>September 2010</h1>			<b>1</b> 10-10:20 Devotions FP 10:30-11 Exercise/Juice (M) AR 11:10-11:30 St Bridget/Comm. <b>2-2:45 Book Club</b> FP <b>3-3:30 Tai Chi w/J. Fuller</b> AR <b>7:00 Movie: T. B. A.</b>  AR	<b>2</b> <b>8:00 Guys &amp; Gals Breakfast</b> <b>Debbie's Restaurant</b> FL 10-10:30 Word In A Word AR <b>10:30 Therapy Dog; Lilly</b> 10:30-11 Exercise/Juice (M) AR <b>2-3:30 Shopping at Target</b> FL	<b>3</b> <b>10-10:30 Trivia Time</b> AR 10:30-11 Exercise/Juice (M) AR 1:30-3 Bridge Babes FP 2-3 Bingo Buddies AR <b>3:15-4 Ice Cream Soda's</b> CY	<b>4</b> 10-10:30 Morning Walk FL <b>10:30-11:15 Activity with MOD</b> AR <b>2-4 Movie: T.B.A.</b> AR 7-8 Lawrence Welk Show AR Channel 23
<b>5</b> 10-10:30 Morning Walk FL 11-12 Church Service Channel 8 AR & JR <b>2-2:30 Skipwith UMC/Comm</b> FP <b>2:30-4 Movie: T.B.A.</b> AR 	<b>6 Labor Day</b> 10-10:30 Crossword Club AR 10:30-11 Exercise/Juice (M) AR 1:30-3 Bridge Babes FP 2-3 Bingo Buddies AR  	<b>7</b> 10-11 Bible discussion with Pam FP 10:30-11 Exercise/Juice (M) AR 11-11:30 St Bridget/Comm. AR <b>11:30-1:30 Lunch Bunch to</b> FL <b>George's Steakhouse</b> <b>2-3 Building of the Flag</b> AR <b>3:15-4 Show &amp; Tell</b> FP	<b>8</b> 10-10:20 Devotions FP <b>10:30 Therapy Dog; C.J.</b> 10:30-11 Exercise/Juice (M) AR <b>1:45-2 Bookmobile</b> FL <b>2:30-3:30 Healthy Heart Game</b> AR <b>7-8 Innsbrook BINGO</b> AR	<b>9 Nat'l Football League Season Starts</b> 10-10:30 Word In A Word AR 10:30-11 Exercise/Juice (M) AR <b>2-3:30 Trip to</b> FL <b>Three Lakes Nature Center</b> 	<b>10</b> 10-10:30 Hangman AR 10:30-11 Exercise/Juice (M) AR 1:30-3 Bridge Babes FP 2-3 Bingo Buddies AR <b>3-4 Southern Gospel w/Lindsey</b> AR <b>7-8 Sing-Along w/Lisa/Woody</b> AR  	<b>11</b> 10-10:30 Morning Walk FL <b>10-12 Sewing Guild Meeting:</b> AR <b>Clothes mending for residents</b> <b>10:30-11:15 Activity with MOD</b> FP <b>2-4 Movie: T.B.A.</b> AR 7-8 Lawrence Welk Show AR Channel 23
<b>12 Grandparent's Day</b> 10-10:30 Morning Walk FL <b>10:30-11:15 Patsy Butler</b> AR <b>Worship with Song</b> <b>2-4 Movie: T.B.A.</b> AR <b>3-4 Bible Study with</b> FP <b>Westhampton Baptist Church</b>	<b>13</b> 10-10:30 Crossword Club AR 10:30-11 Exercise/Juice (M) AR 1:30-3 Bridge Babes FP 2-3 Bingo Buddies AR <b>6:30-8:30 Toastmasters Mtg</b> AR  	<b>14</b> <b>9:00-4:30 Trip-"Spirit of Norfolk"</b> <b>Cruise Ship</b> 10-11 Bible discussion with Pam FP 10:30-11 Exercise/Juice (M) AR <b>2-3 The Magic of Kirtley</b> AR 	<b>15</b> 10-10:20 Devotions FP 10:30-11 Exercise/Juice (M) AR 11:10-11:30 St Bridget/Comm. AR <b>2:30-3:30 Dancing Grannies</b> AR <b>7:00 Movie: T.B.A.</b> AR 	<b>16</b> 10-10:30 Word In A Word AR <b>10:30 Therapy Dog Visit; Lilly</b> 10:30-11 Exercise/Juice (M) AR <b>Family Night</b> <b>5-6:30 Buffet Dinner</b> <b>6:30-7:30 Drum w/C. Ralston</b>	<b>17</b> 10-10:30 Hangman AR 10:30-11 Exercise/Juice (M) AR <b>2:30-3:30 Resident &amp; Staff</b> AR <b>Pizza Party-Music w/Betsy C.</b> 1:30-3 Bridge Babes FP 2-3 Bingo Buddies FP	<b>18</b> 10-10:30 Morning Walk FL <b>10:30-11:15 Activity with MOD</b> FP <b>3-4 Southern Gospel Music</b> AR <b>with JoAnn/George Fowler</b> 7-8 Lawrence Welk Show AR Channel 23
<b>19</b> 10-10:30 Morning Walk FL 11-12 Church Service Channel 8 AR & JR <b>2-4 Movie: T.B.A.</b> AR 	<b>20</b> 10-10:30 Crossword Club AR 10:30-11 Exercise/Juice (M) AR 1:30-3 Bridge Babes FP 2-3 Bingo Buddies AR <b>3-3:30 Sept. Birthday Party</b> AR <b>6:30-8:30 Toastmasters Mtg.</b> AR  	<b>21 Nat'l Pecan Cookie Day</b> 10-11 Bible discussion with Pam FP 10:30-11 Exercise/Juice (M) AR <b>2-3 Happy Hour</b> AR <b>Music with Craig Anders</b> <b>7-7:45 Prayer Service</b> FP <b>"Reckless Trust"</b>	<b>22 Autumn Begins</b> 10-10:20 Devotions FP <b>10:30 Therapy Dog; C.J.</b> 10:30-11 Exercise/Juice (M) AR 11:10-11:30 St Bridget/Comm. AR <b>1:45-2 Bookmobile</b> FL <b>2:15-3 Resident Council</b> AR <b>7:00 Movie: T.B.A.</b>  AR	<b>23 Full Moon</b> 10-10:30 Word In A Word AR 10:30-11 Exercise/Juice (M) AR <b>2-3 Wii Bowling</b> AR <b>7-8 Ron Gentry &amp; Friends</b> AR  	<b>24</b> 10-10:30 Hangman AR 10:30-11 Exercise/Juice (M) AR 1:30-3 Bridge Babes FP 2-3 Bingo Buddies AR  	<b>25</b> 10-10:30 Morning Walk FL <b>10:30-11:15 Activity with MOD</b> FP <b>2-4 Movie: T.B.A.</b> AR 7-8 Lawrence Welk Show AR Channel 23
<b>26 Nat'l Good Neighbor Day</b> 10-10:30 Morning Walk FL 11-12 Church Service Channel 8 AR & JR <b>2-4 Movie: T.B.A.</b> AR <b>3-4 Bible Study with</b> FP <b>Westhampton Baptist Church</b>	<b>27</b> 10-10:30 Crossword Club AR 10:30-11 Exercise/Juice (M) AR 1:30-3 Bridge Babes FP 2-3 Bingo Buddies AR <b>6:30-8:30 Toastmasters Mtg</b> AR  	<b>28</b> 10-11 Bible discussion with Pam FP 10:30-11 Exercise/Juice (M) BR <b>2-3:30 Mystery Van Ride</b> FL 	<b>29</b> 10-10:20 Devotions FP 10:30-11 Exercise/Juice (M) AR 11:10-11:30 St Bridget/Comm. AR <b>2-3 Food Service Meeting</b> FP <b>7:00 Movie: T.B.A.</b> AR 	<b>30</b> 10-10:30 Word In A Word AR <b>10:30 Therapy Dog Visit; Lilly</b> 10:30-11 Exercise/Juice (M) AR <b>2-3 Music with</b> AR <b>David Aldrich</b> 	<b>Monday, Wednesday &amp; Friday</b> <b>Medical Appointments</b>  <b>Tuesday &amp; Thursday</b> <b>Beauty Shop Appointments</b>	<b>Calendar Key</b> <b>AR-Adams Room</b> <b>FP-Fireside Parlor</b> <b>JR-Jefferson Room</b> <b>FL-Front Lobby</b> <b>BR-Billiards Room</b> <b>CY-Courtyard</b>

(M) = Montessori Program

Activities are subject to change as needed