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	9:45 ● 9:45 am Chalis Church Bus 6 11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T] 2:00 🐾 Crafting Creations- Footprints in the Sand (Beach Canvas) [A] 2:00 ● Sunday Bridge Group [4LB] 3:00 ● NEW-Name That Sound [T] 4:30 ● Evening Cinema- Sully PG-13 on MAX [T]	10:00 ● « The Essentials- Food Lion [L] 10:30 ● Health and Wellness- Water Aerobics [P] 10:30 ● Workout with Gina H. [G] 11:15 ● Tech Help [OD] 1:30 ● Afternoon Games: Shuffleboard & Pool [2L] 2:00 ● Card Games - Phase 10 [OD] 2:00 ● Planted Roots- Gardening Club [2L] 2:00 ● « The Essentials- Groceries at Food Lion (\$) 3:00 ● NEW-Circus Trivia [T] 4:00 ● Monday Social Hour with Hors d'oeuvres [B] 5:30 ● Evening Cinema- Serenade TV-G 1956 on MAX [T]	« Medical Shuttle 8 10:00 ● Director Download 10:30 ● 30 Minute Workout [G] 11:00 ● NEW-Apollo 11 Trivia [T] 1:00 ● NEW- How to use your Tablet, Laptop, or Phone? [T] 2:00 ● NEW-Beach Day- (As weather permitting) 5:30 ● Netflix with Popcorn [T]	10:00 🚌 The Essentials- Mary Barnett Store [L] 10:30 ● 30 Minute Workout [G] 1:00 ● Afternoon Poker Club! [2L] 1:00 ● Fiber Arts: Knitting Group [OD] 2:00 ● Card Games: Rummikub [OD] 2:00 🚌 The Essentials-Aldis 4:00 ● Coffee and Companions [L] 4:00 Y Not Wednesday: Wonderland- a wide variety of styles, including modern rock, top 40, pop, alternative... lots of fun tunes ranging from 70's to 2000's that will move your feet. 5:30 ● Evening Cinema- Lucky Me TV-G 1954 on MAX [T]	« Medical Shuttle 10 9:00 ● Spill Tea with Toya [L] 10:30 ● 30 Minute Workout [G] 1:00 ● Ted Talk-Why you shouldn't trust boredom by Kevin H. Gary [T] 2:00 ● NEW- Karaoke Tyme [T] 2:00 ● Pinochle- Play & Learn [OD] 3:00 ● NEW- Spotlight on Sharks	10:00 The Moses Myers House Museum 11 10:30 ● 30 Minute Workout [G] 12:30 ● Out on the Town- Lunch at Volcano Sushi-Grill-Bar (\$) [L] 1:00 ● Friday Bridge Club [4LB] 1:30 ● Card Games -Mexican Train [OD] 4-5 PI ● Friday Night Happy Hour 5:30 ● Evening Cinema- Ziegfeld Follies TV-G 1945 on MAX [T] 5:30 ● Free Slurpee Day- Outing to get Slurpees	10:30 ● 30 Minute Workout [G] 1:00 ● Tabletop Pastimes- Hand & Foot [OD] 2:00 ● Acclaim's Afternoon Documentary- Implosion: The Titanic Sub Disaster on MAX [T] 3:00 ● B I N G O ! [2L] 4:30 ● Evening Cinema- Three Strangers TV-PG 1946 on MAX [T] 6:00 South Pacific Luau & Hangar Dance at Military Aviation Museum
	9:45 ● 9:45 am Chalis Church Bus 13 11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T] 2:00 🐾 Crafting Creations- Decoupage Seashell [A] 2:00 ● Sunday Bridge Group [4LB] 3:00 Church Service at AL [4th] 4:30 ● Movie Afternoon- The Martian PG-13 2015 on MAX [T]	10:00 ● « The Essentials- The Fresh Market 10:30 ● Health and Wellness- Water Aerobics [P] 10:30 ● Workout with Gina H. [G] 11:15 ● Tech Help [OD] 1:00 ● Catholic Rosary and Communion [🙏] [T] 1:30 ● Afternoon Games: Shuffleboard & Pool [2L] 2:00 ● Card Games - Phase 10 [OD] 2:00 The Essentials- Kroger 3:00 ● NEW- Walking Club -First Meeting [A] 4:00 ● Monday Social Hour with Hors d'oeuvres [B] 5:30 ● Evening Cinema- 3:10 to Yuma (2007 PG) on HULU [T]	TOWN HALL MEETING 15 « Medical Shuttle 10:30 ● 30 Minute Workout [G] 11:15 ● New Resident Orientation [L] 2:30 ● Monthly Resident Town Hall Meeting 5:30 ● Netflix with Popcorn [T]	10:00 🚌 Rosie's Casino 16 10:30 ● 30 Minute Workout [G] 11:00 ● Monthly Ambassador Meeting! [T] 1:00 ● Afternoon Poker Club! [2L] 1:00 ● Fiber Arts: Knitting Group [OD] 2:00 ● Card Games: Rummikub [OD] 2:00 ● Mad Hatters Writing Group [A] 2:30 Happy Hour at Hot Tuna at 3-4pm 4:30 ● Activity Planning For Next Month! [T] 5:30 ● Evening Cinema- A Man Called Otto 2022 PG-13 on HULU [T]	« Medical Shuttle 17 10:30 ● 30 Minute Workout [G] 1:00 ● Ted Talk-How to stop languishing and start finding flow by Adam Grant [T] 2:00 ● NEW- Our First Walk- Walking Club 2:00 ● Pinochle- Play & Learn [OD] 3:00 ● NEW- Smoothie Day 7:00 ● Strictly Social, Social Club [2L]	10:00 ● « Library - Post - \$ Store 18 10:30 ● 30 Minute Workout [G] 12:00 ● Out on the Town- Lunch at Rajput Indian Cuisine (\$) [L] 1:00 ● Friday Bridge Club [4LB] 1:30 ● Card Games -Mexican Train [OD] 4-5 PI ● Friday Night Happy Hour 5:30 ● Evening Cinema- Hope Floats PG-13 1998 on HULU [T]	10:30 ● 30 Minute Workout [G] 1:00 ● Norfolk Latino Music Festival at Downtown Norfolk Waterfront (FREE to public) Lots of Walking 1:00 ● Tabletop Pastimes- Hand & Foot [OD] 2:00 ● Acclaim's Afternoon Documentary- Yellowstone Supervolcano: American Doomsday [T] 3:00 ● B I N G O ! [2L] 4:30 ● Evening Cinema- BIG 1988 PG on HULU [T]
	9:45 ● 9:45 am Chalis Church Bus 20 11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T] 2:00 🐾 Crafting Creations- Cork Coasters [A] 2:00 ● Sunday Bridge Group [4LB] 4:30 ● Movie Afternoon- The Secret Life of Bees PG-2008 on HULU [T]	10:00 ● « The Essentials- The Commissary Bring ID [L] 10:30 ● Health and Wellness- Water Aerobics [P] 10:30 ● Workout with Gina H. [G] 11:15 ● Tech Help [OD] 1:30 ● Afternoon Games: Shuffleboard & Pool [2L] 1:30 ● Art Instruction W/ Emily Basto [A] 2:00 ● Card Games - Phase 10 [OD] 2:00 ● Planted Roots- Gardening Club [2L] 2:00 ● « The Essentials- Groceries Harris Teeter (\$) 4:00 ● Monday Social Hour with Hors d'oeuvres [B] 5:30 ● Evening Cinema- The Banger Sisters R 2002 on HULU [T]	« Medical Shuttle 22 10:00 ● Director Download 10:30 ● 30 Minute Workout [G] 11:00 ● NEW- Connections Word Game 2:00 NEW- Funny Videos [T] 3:00 ● NEW- How well you know Social Media? Want to Learn? [T] 5:30 ● Netflix with Popcorn [T]	10:00 The Essentials- Amish Market 23 10:30 ● 30 Minute Workout [G] 1:00 ● Afternoon Poker Club! [2L] 1:00 ● Fiber Arts: Knitting Group [OD] 2:00 ● Card Games: Rummikub [OD] 2:00 Cool Flames Cafe Ice Cream Shop 3:00 🐾 3-6pm Block Party! 4:00 Y Not Wednesday: Michael Christopher Band-guitar-heavy, rock-edged sound intertwines with in-vocative lyrical virtuosity 5:30 ● Evening Cinema- War for the Planet of the Apes 2017 PG-13 on HULU [T]	« Medical Shuttle 24 10:30 ● 30 Minute Workout [G] 11:00 ● Making Sandwiches for the Homelessness 1:00 ● Ted Talk-How to build your confidence -- and spark it in others by Brittany Packnet [T] 2:00 ● Pinochle- Play & Learn [OD] 3:00 ● NEW- Inventions about Airplanes [T] 4:00 ● Putt Putt Golf [L]	10:00 Hermitage Museum and Gardens 25 10:30 ● 30 Minute Workout [G] 12:30 ● Out on the Town- Lunch at Jessy's Restaurant (\$) [L] 1:00 ● Friday Bridge Club [4LB] 1:30 ● Card Games -Mexican Train [OD] 2:30 ● NEW-Inventions on Automobiles [T] 4-5 PI ● Friday Night Happy Hour 5:30 ● Evening Cinema- Harriet PG-13 2019 on HULU [T]	10:30 ● 30 Minute Workout [G] 1:00 ● Tabletop Pastimes- Hand & Foot [OD] 2:00 ● Acclaim's Afternoon Documentary- How It's Made [T] 3:00 ● B I N G O ! [2L] 4:30 ● Evening Cinema- The Guardian 2006 PG-13 on HULU [T]
	9:45 ● 9:45 am Chalis Church Bus 27 11:00 ● First Presbyterian Church Sunday Worship : Live Stream [T] 2:00 🐾 Crafting Creations- Flip Flop Wreaths [A] 2:00 ● Sunday Bridge Group [4LB] 4:00 ● Movie Afternoon- Brooklyn 2015 PG-13 on HULU [T]	9:15 Explorer Dolphin Tour (\$28.95) at Virginia Aquarium 10:00 ● « The Essentials- Wegman's (\$) 28 10:30 ● Health and Wellness- Water Aerobics [P] 10:30 ● Workout with Gina H. [G] 11:15 ● Tech Help [OD] 1:00 ● Catholic Rosary and Communion [🙏] [T] 1:30 ● Afternoon Games: Shuffleboard & Pool [2L] 2:00 ● Card Games - Phase 10 [OD] 2:00 The Essentials- Walmart 4:00 ● Monday Social Hour with Hors d'oeuvres [B] 5:30 ● Evening Cinema- Big Fish 2003 PG-13 on HULU [T]	« Medical Shuttle 29 10:30 ● 30 Minute Workout [G] 2:00 ● Afternoon Delight- High Tea [OD] 5:30 ● Netflix with Popcorn [T]	10:30 ● 30 Minute Workout [G] 30 1:00 ● Afternoon Poker Club! [2L] 1:00 🐾 Chef Demo with Eric- Sign up [DR] 1:00 ● Fiber Arts: Knitting Group [OD] 2:00 ● Card Games: Rummikub [OD] 2:00 🚌 The Essentials- The Painted Tree 5:30 ● Evening Cinema- The Upside 2017 PG-13 on HULU [T]	« Medical Shuttle 31 10:30 ● 30 Minute Workout [G] 1:00 ● Ted Talk-How art transforms brokenness into beauty by Lily Yeh [T] 2:00 ● Pinochle- Play & Learn [OD] 5:00 Sunsets on The River at Hermitage Museum and Gardens 7:00 ● Strictly Social, Social Club [2L]	 <div>4801 Prett Norfolk, V (757)42</div>	