

PORTRAIT INSIGHT

Thursday April 19th

the bus leaves at 10:15 am for a trip to the Portrait gallery for Portrait Insights.

A guided tour is scheduled to begin at 12:00 noon. This is geared for the visually impaired, but all residents can attend.

Hermitage will provide lunch which can be eaten in the gallery's covered courtyard. If you are interested in going, sign up in the trip folder at the Reception desk.

This trip is a Free.

A trip via Pony Express took two days longer in winter than in summer.



Saturday April 7th

Winston-Salem Symphony Youth Orchestras from North Carolina will be performing in the Auditorium for our Wind down program. Winston Salem strive to foster the greatest artistic and personal development of young musicians by providing them with experiences that challenge and develop their musical abilities, inspire imagination and excellence, and create future stewards of the arts. They will also be dining with residents for dinner at 5:00 pm.

CHERRY BLOSSOMS

Monday April 13th at 2:00 pm there will be a Scenic Ride to the Tidal Basin to see the Cherry Blossoms. Please sign up in the "trip folder" if you are interested in going.

MOUNT VERNON

Friday April 20th at 9:00 am join us for a trip to Mount Vernon. Please sign up in the "trip folder" if you are interested in going.

LIBRARY

Thanks to donations by Residents, the Library now has many new books. And some by authors not heretofore represented in our holdings. Check them out! There have been some changes in the holdings of our more prolific authors— those that are currently writing two (or more) books per year and have been for some time. To allow shelf space for other author's new books, we have removed to the Hallway shelves some of their older works. The following directory locates these books in case you want to read them:

AUTHOR	LOCATION
AUEL	4 th Lounge
BALDUCCI	5 TH even
BROWN	5 th even
CORNWELL	5 th even
EVANOVICH	1 ST even
GRAFTON	6 TH Lounge
GRISHAM	6 TH odd
KELLERMAN	1 ST even
PATTERSON	6 th odd
PYM	1 ST even
SHAKESPEARE	3 RD odd
CLASSIC MYSTERY	4 TH odd

April Birthdays

Residents who celebrate their birthday in March can enjoy a luncheon in their honor on **April 25th** in the Dining Room at 12:00 noon. Residents whose name is on the list can bring their spouse along to enjoy this moment with them.

Winifred Silverson	4
Brigitte Guttstadt	27

Hermitage Northern Virginia

ENRICHING LIFE'S JOURNEY

April 2018



5000 Fairbanks Ave. Alex. Va. 22311

*** 703-797-3800 * Fax 703-820-1816**

Celebrating April

Jazz Appreciation Month

Physical Wellness Month

Easter Sunday
April 1

World Party Day
April 3

Barbershop Quartet Day
April 11

Holocaust Remembrance Day
April 12

National Coin Week
April 15–21

Earth Day
April 22

Administrative Professionals Day
April 25

Richter Scale Day
April 26

Helping Hands

Beginning in mid-April two volunteers from Global Center for Refugee Education and Science (GCRES) will be coming to our community Tuesday and Thursday from 9:00 am to 3:00 pm.

The Global Center for Refugee Education and Science (GCRES) is an organization that is devoted to breaking down barriers to refugee integration. They do so through intensive language training. They are a nonprofit organization who have partnered with the City

of Alexandria and local businesses, combining language training and organizational internship for students to capture volunteer hours.

There will be a total of two volunteers. Hermitage enriches life's journey for residents by enhancing lives, GCRES says Language + Experience = Enhanced Lives. Let's welcome them to our community.



LET'S PLAY BRIDGE

Join the Bridge Club of Northern Virginia in the Penthouse every Monday at 6:30 pm. This is a sanctioned game, the American Contract Bridge League recognizes the game and permits them to award Master points to the players.

They will be playing Duplicate Bridge until about 9:30 pm, and there will also be two or three tables for social Bridge players who want to enjoy the game and share the time with them.



Big Ben is the name of the bell and not the clock tower itself, which is named Elizabeth Tower.

A Bell Cast Into History

Big Ben, the famous bell housed in the Clock Tower of London's Palace of Westminster, is a British icon. Tourists flock to the place so they can hear it ring out. Big Ben has rung even during the worst of times, such as the Blitz, Germany's eight-month bombardment of London during World War II.

On April 10, Big Ben will ring out still another milestone, for it will turn 160 years old.

All Around the World Dance

Friday April 13th the bus leaves at 6:00 pm for a dance at T.C. Williams H.S. If you are interested in going, you can sign up by April 6th in the trip folder at the Reception desk.

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PATTERSON	6 th odd
PYM	1 ST even
SHAKESPEARE	3 RD odd
CLASSIC MYSTERY	4 TH odd



Friday April 6th A Matter of Balance begins at 1:30 pm in the Auditorium. This is an 8-week Structured group Intervention that emphasizes practical strategies to reduce fear of falling and increased activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

STRAWBERRY PATCH

Big Bag Sale at the Strawberry Patch on Wednesday April 4th – Friday April 6th and Saturday April 7th.

Fill a bag with all you want and pay only \$1.00 each bag. No limit on the number of bags. The store will be closed

Wednesday April 11th for the staff to restock with spring and summer styles. Grand opening will be Friday April 13th.

The Strawberry Patch is located On the Ground level and opening hours are 10:00 am-2:00 pm, Wednesday, Friday and Saturday.

PS SALON BEAUTY SHOP

The Beauty Shop opens Monday, Wednesday and Friday beginning at 8:00 am. Residents can schedule their beauty shop appointment by calling 703-797-3885.

LUNCH BUNCH

Wednesday April 18th the bus leaves at 11:00 am for lunch trip to Lyon Hall restaurant. This is a bustling trendy French, German brasserie in Clarendon Arlington. Lyon Hall is a modern bistro serves approachable Alsatian-inspired fare, including an extensive selection of house-made charcuterie and sausages. If you are interested in going, you can sign up in the trip folder at the Reception desk.

MUSICAL ENTERTAINMENT

Sunday April 1st at 4:00 pm sing-along with Pianist Agnel Coutinho in the Lobby.

Friday April 6th at 6:30 pm join NiteHawks Swing in the Lobby.

Sunday April 8th Singer Charlie Lopez in the Lobby at 4:00 pm.

Friday April 13th Pianist Jerry Roman at 6:00 pm in the Lobby.

Sunday April 15th at 4:00 pm Coop Town Race with Loye in the Lobby.

Thursday April 19th join St. John's Senior Saints singers at 10:00 am in the Lobby. Also at 2:00 pm Old Dominion Trio singers on the 2nd Floor Lounge.

Friday April 20th Guitarists and singer Chris Edwards in the Lobby at 6:15 pm.

Sunday April 27th at 6:15 pm Keyboardist and Singer Gurda Williams in the Lobby

Sunday April 22nd Bluegrass singers Davis and Bradley in the Lobby at 4:00 pm.

Sunday April 29th join Pianist Natalie Grimmes at 4:00 pm in the Lobby.

DMV CONNECT

Connecting Virginians with Services they need. Wednesday April 18th beginning at 10:00 am through 2:30 pm in the Auditorium, residents, family, team members and community can connect with the Department of Motor Vehicles through their travel team service. DMV's mobile help supplement their service to persons who are in need of assistance but are unable to. This service provides identification cards, driver's licenses, veteran ID cards, vehicle titles and registrations, compliance summaries and more.



PRESIDENTS OWN

Sunday April 29th the bus leaves at 1:00 pm for the Marine Band **Fair Winds and Following Seas** concert at the Schlesinger Hall at Northern Virginia Community College. After 20 years of inspired service, nearly 14 as Assistant Director Major Michelle A. Rakers will make her final appearance with the United States Marine Band. Major Rakers joined "The President's Own" 1998 as a trumpeter/cornetist and was appointed an Assistant Director in 2004, the first female conductor in Marine Band history. This engaging program is filled with some of her favorite works, opening with a new transcription of Joan Tower's Made in America. The program continues with the music of Percy Grainger, Samuel Barber, Leonard Bernstein, and Kent Kennan's Trumpet Sonata.. Don't miss Major Rakers' final performance with "The President's Own" as we wish her fair winds and following seas. If you would like to attend, you can sign up in the trip folder at the Reception desk. **This program is Free.**

THE POST

Friday April 6th the bus leaves at 8:00 am for a 9:45 movie at Cinema Arts Theatre. The name of the movie is The Post. Steven Spielberg directs Meryl Streep and Tom Hanks in The Post, a thrilling drama about the unlikely Partnership between The Washington Post's Katharine Graham, the first female publisher of a major American newspaper, and editor Ben Bradlee, as they race to catch up with The New York Times to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents.



MOVIES

These movies are shown Sunday at 1:15 pm and Wednesday at 1:30 pm in the Lobby.

Sunday-April 1st-How to Train your Dragon-the novel, Hiccup's dragon, Toothless, is a Common or Garden **Dragon**, a small breed. In the **film**, Toothless is a Night Fury, the rarest of all **dragons**, and is large enough to serve as a flying mount for both Hiccup and Astrid.

Wednesday- April 4th-Phenomenon - An ordinary man sees a bright light descend from the sky, and discovers he now has super-intelligence and telekinesis.

Sunday April 8th-Mad Money/ Comedy- Three female employees of the Federal Reserve plot to steal money that is about to be destroyed.

Wednesday April 11th -13 going on 30 is a 2004 American fantasy romantic comedy film, Starring Jennifer Garner. It follows a 13-year-old girl who dreams of being popular. During her birthday party, she is humiliated by classmates and wishes that she was 30 years old. When she eventually does emerge, she finds herself five days shy of her 30th birthday, uncertain how she got there.

Sunday April 15th,-Definitely Maybe/Comedy: A political consultant tries to explain his impending divorce and past relationships to his 11-year-old daughter.

Wednesday April 18th-Meet the Parents: Male nurse Greg focker (Ben stiller) is poised to propose to his girlfriend... but first he has to get past her cat-crazy, ex-CIA father (Robert De Niro) in this uproarious blockbuster comedy.

Sunday April 22-Unfinished Life/Adventure: Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.

Wednesday April 25th-Wild Wild West: The two best hired guns in the West must save President Grant from the clutches of a nineteenth-century inventor-villain.

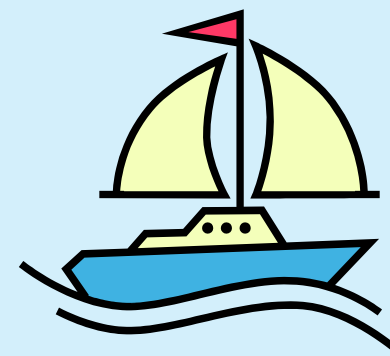
Sunday April 29-The Sixth Sense: is a 1999 American supernatural horror film written and directed by M. Night Shyamalan. The film tells the story of Cole Sear (Haley Joel Osmont), a troubled, isolated boy who is able to see and talk to the dead, and an equally troubled child psychologist named Malcolm Crowe.



Notable Quotable

"I think the reason I was successful is that I was never cynical."

~ Carol Burnett, comedienne



PRESENTATIONS

Monday April 2nd at 1:30 pm join us for Pinnacle Gardening in the Lobby. Residents with green thumbs, join us in the Lobby.

Monday April 9th at 1:30 pm join Jerry Grossman as he presents how TV has affected the Presidency from the Eisenhower years to present in the Lobby.

Monday April 16th at 2:00 pm join us for Artifacts with TerriLee in the Lobby.

Monday April 23rd at 1:30 pm join Burris Insurance-Final Expenses presentation in the Lobby.

Monday April 30th join Emily Cole with a Wildlife Preserve presentation in the Lobby at 1:30 pm. Emily is the Granddaughter of Ms. Gertrude Colegrove.

"Pride goes before destruction, a haughty spirit before a fall." Proverbs 16:18

"No thanks, I've almost got it." I called out as I pulled the cord on motor one more time. Brenda, one of the nurses I worked with and I were coming in from sailing on Lake Ponchatrain. We had dropped the sails, and were using the motor to maneuver the 25 foot sailboat back into the marina when the engine died.

Two guys came along in a power boat and offered to tow us in, but I turned down their offer. I simply hated to admit I needed help, particularly when it came to sailing. So there I was, angrily pulling on the cord again and again trying to start the engine.

Well, they all just sat there and watched me for a few minutes. I kept trying to start the engine and meanwhile, our sailboat was drifting nearer and nearer to the rocks. Brenda, finally said, "Kathy, Give it up! We need to let them tow us in or we're going to end up busting this fiberglass boat on those rocks!"

I had gotten so caught up in doing it by myself, I was willing to end up on the rocks rather than accept help. My pride had nearly caused us to run aground on the rocks. As today's scripture from Proverbs reminds us, the type of pride that prevents us from accepting help when we need it can destroy us. The truth is all human beings need some type of help from one another during their lives. And an even more important spiritual truth is that all of us need a Savior. And if we are too proud to admit that, it will surely lead to our destruction.

~~~Kathy Howell~~~

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 |    |

Earth Day

Arbor Day

**29**  
 9:30 Sunday School Chp.  
 9:30 Devotions HCC3  
 10:00 Fairlington UMC B  
 10:15 Blessed Sacrament B  
 10:30 Mix and Match Games HCC4  
 11:00 Hermitage Worship ISE  
 11:15 Daily Chronicles L  
 11:30 Listening Pleasures 2Lge  
 1:00 Marine Band B  
 Fair Winds and Following Seas  
 1:15 Movie Matinee L  
 2:00 Scenic Ride B  
 4:00 Pianist Natalie Grimmes L  
 6:00 Game Night-Price is Right L

**30**  
 8:30 Juicing Experience DR  
 9:30 Coffee Hour L  
 10:00 Current Events 2Lge  
 10:00 Modified Balancing A  
 10:30 Functional Fitness A  
 11:15 Daily Chronicles L  
 11:30 Prelude to Lunch w/Jim L  
 1:30 20 Questions 2Lge  
 1:30 Presentation by Emily Cole L  
 2:30 Shanghai Rummy 5 Lge  
 3:00 Chicken Soup for the Soul 2 Lge  
 4:00 Mystery Game Central L  
 6:00 Lights/Camera/Action L  
 6:30 Bridge Club of Northern Virginia P

**CODE KEYS**  
 A-Auditorium  
 BN – Book Nook  
 BRW- Breezeway  
 B- Bus Ride  
 BS-Beauty Shop  
 CA-Creative Arts Room  
 Ch.2-Channel 2  
 Chp. –Chapel  
 DR-Dining Room  
 FR-Fitness Room  
 GL-Garden Level  
 GLSW-Garden Level Showcase  
 Window

**April 2018**

L-Lobby  
 Lge-Lounge  
 LG-Laurel Grove  
 Lib-Library 1-1<sup>st</sup> Floor  
 2-2<sup>nd</sup> Floor 3-3<sup>rd</sup> Floor 4-4<sup>th</sup> Floor  
 5-5<sup>th</sup> Floor  
 6-6<sup>th</sup> Floor P -Penthouse  
 OA- Outside Auditorium  
 SE-Solarium Even  
 SO-Solarium Odd  
 PGLE-Patio Garden Level Even Side  
 PRL-Projection in Lobby  
 SDR-Staff Development Room  
 O- Outdoors

9:30 Sunday School Chp.  
9:30 Devotions HCC3  
10:00 Fairlington UMC B  
10:15 Blessed Sacrament B  
10:30 Mix and Match Games HCC4  
11:00 Hermitage Worship 1SE  
11:15 Daily Chronicles L  
11:30 Listening Pleasures 2Lge  
1:15 Movie Matinee L  
4:00 Sing-along with Pianist L  
Agnel Coutinho  
6:00 Game Night-Price is Right L

8:30 Juicing Experience DR  
9:30 Coffee Hour L  
10:00 Current Events 2Lge  
10:00 Modified Balancing A  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
11:30 Prelude to Lunch w/Jim L  
1:30 20 Questions 2Lge  
1:30 Pinnacle Gardening L  
2:00 Shanghai Rummy 5 Lge  
3:00 Chicken Soup for the Soul 2 Lge  
4:00 Mystery Game Central L  
6:00 Lights/Camera/Action L  
6:30 Bridge Club of Northern Virginia P

8:30 Juicing Experience DR  
9:15 Giant Shopping B  
9:30 Food Committee Mtg. DR  
10:00 Let's get Crafty- CA  
10:00 Fall Prevention Exercise 2SE  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
1:30 Film: Madagascar 2Lge  
2:00 Resident/Team Member Interviews L  
3:00 Afternoon Tea L  
3:00 Variety Game 2Lge.  
3:00 Smoothie Social HCC3  
4:00 Brainteasers L  
6:15 Hymn-Sing 1 SE

8:30 The Juicing Experience DR  
9:30 Swimming B  
9:00 Food Committee Mtg. DR  
10:15 Tai Chi GLSE  
10:30 Catholic Mass GR  
11:00 Bible Reflections w/Chris Chp  
11:15 Daily Chronicles L  
1:30 Art Practice A  
1:30 Movie Matinee- L  
2:00 Senior Balance 2SE  
2:30 Activity Committee Mtg. GR  
3:00 Go Fishing 2 Lge  
4:00 Word Phrases/Expressions L  
6:00 Dance Fever L

8:30 Juicing Experience DR  
9:30 Coffee Hour L  
10:00 Current Events 2Lge  
10:00 Fall Prevention Exercise 2SE  
10:30 Music & Nail Painting CA  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
1:30 Happy Hour Sing-along w/David 2Lge  
3:00 Scrabble L  
3:00 Matching Game HCC4  
4:00 Travelogue/Tours - Belgium L  
6:00 After Dinner Board Games L

8:00 Movie Trip: The Post B  
8:30 Juicing Experience DR  
9:30 Mysteries: Hitchcock Favorites L  
9:30 Bank/Pharmacy Friday B  
10:00 Get up and Dance 2 lge  
10:00 Modified Balancing A  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
1:30 Puzzle Time 2Lge  
1:30 A Matter of Balance A  
2:00 Dialogue Forum BN  
3:00 Bingo A  
4:00 Trivia L  
6:30 NiteHawks Swing Band L

9:30 Nail Excel B  
10:00 Movie: The Song of Bernadette L  
10:30 Name That Tune-Let's Dance HCC 4  
11:15 Daily Chronicles L  
1:30 Table Games HCC 3  
2:00 Yoga with Bonnie 3 SO  
2:30 Karaoke HCC 4  
3:30 Connect Four Table game  
5:00 Dining w/Winston Salem Youths DR  
6:00 The Wind-down L  
Winston Salem Youth Symphony A  
6:00 Highway to Heaven Ch.2

9:30 Sunday School Chp.  
9:30 Devotions HCC3  
10:00 Fairlington UMC B  
10:15 Blessed Sacrament B  
10:30 Mix and Match Games HCC4  
11:00 Hermitage Worship 1SE  
11:15 Daily Chronicles L  
11:30 Listening Pleasures 2Lge  
1:15 Movie Matinee L  
4:00 Singer Charlie Lopez L  
6:00 Game Night- Jeopardy L

8:30 Juicing Experience DR  
9:30 Coffee Hour L  
10:00 Current Events 2Lge/  
10:00- Mod. Balancing A  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
11:30 Gentlemen's Gathering 4Lge  
11:30 Prelude to Lunch w/Jim L  
12:00 Gentlemen's Luncheon DR  
1:30 Religious Life Mtg. Chp.  
1:30 Presentation by Jerry Grossman L  
2:30 Shanghai Rummy 5 Lge  
3:00 Scenic Ride B  
3:00 Chicken Soup for the Soul 2 Lge  
4:00 Trivia L  
6:00 Lights/Camera /Action  
6:30 Bridge Club of Northern Virginia P

8:30 Juicing Experience DR  
9:15 Target Shopping B  
9:30 Messiah Menders CA  
10:00 Let's get Crafty- 2Lge  
10:00 Fall Prevention 2SE  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
12:00 Red Hat Luncheon DR  
1:30 Film: National Geographic: 2Lge  
2:00 Resident/Team Member Interviews L  
3:00 Afternoon Tea L  
3:00 Matching Game 2Lge  
3:00 Smoothie Social HCC3  
4:00 Brainteasers L  
6:15 Hymn-Sing 1 SE

8:30 The Juicing Experience DR  
9:30 Swimming B  
10:00 A Matter of Balance A  
10:00 Let's Laugh 2Lge  
10:15 Tai Chi GLSE  
10:30 Catholic Mass GR  
10:30 Crafty Creations HCC3  
11:00 Bible Reflections w/Chris Chp  
11:15 Daily Chronicles L  
1:30 Movie Matinee- L  
2:00 Senior Balance 2SE  
3:00 Go Fishing 2 Lge  
4:00 Word Phrases/Expressions L  
6:00 Dance Fever L

8:30 Juicing Experience DR  
9:30 Coffee Hour L  
10:00 Current Events 2Lge  
10:00 Fall Prevention Exercise 2SE  
10:30 Music & Nail Painting CA  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
1:30 Happy Hour Sing-along w/David 2Lge  
3:00 Scrabble L  
3:00 Matching Game HCC4  
4:00 Travelogue/Tours – Great Britain L  
6:00 After Dinner Board Games L

8:30 Juicing Experience DR  
9:30 Mysteries: Hitchcock Favorites L  
10:00 Cherry Blossom Trip B  
9:30 Bank/Pharmacy Friday B  
10:00 Get up and Dance 2 lge  
10:00 Modified Balancing A  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
1:30 Puzzle Time 2Lge  
1:30 Matter of Balance A  
2:00 Beatley Library Alex. Visit B  
3:00 Bingo A  
4:00 Trivia L  
6:00 Pianist Jerry Roman L  
6:00 All Around the world Dance B

9:30 Hair Cuttery B  
10:00 Movie: Ben-Hur L  
10:30 Name That Tune-Let's Dance HCC 4  
11:15 Daily Chronicles L  
1:30 Music Appreciation L  
w/Victor Golkov  
1:30 Table Games HCC 3  
2:30 Karaoke HCC 4  
3:30 Nascar Racing game L  
6:00 The Wind Down L  
Video: Illusions  
6:00 Highway to Heaven Ch.2

9:30 Sunday School Chp.  
9:30 Devotions HCC3  
10:00 Fairlington UMC B  
10:15 Blessed Sacrament B  
10:30 Mix and Match Games HCC4  
11:00 Hermitage Worship 1SE  
11:15 Daily Chronicles L  
11:30 Listening Pleasures 2Lge  
1:15 Movie Matinee 2Lge  
4:00 Coop Town Race w/ Loye L  
6:00 Clarendon UMC Celebration Singers L

8:30 Juicing Experience DR  
9:30 Coffee Hour L  
10:00 Current Events 2Lge  
10:00 Modified Balancing A  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
11:30 Prelude Lunch w/Jim L  
1:30 20 Questions 2Lge  
2:00 Artifact/TerriLee L  
3:00 Shanghai Rummy 5Lge  
3:00 Scenic Ride B  
3:00 Chicken Soup for the Soul 2 Lge  
4:00 Mystery Game Central L  
6:00 Lights/Camera /Action L  
6:30 Bridge Club of Northern Virginia P

8:30 Juicing Experience DR  
9:15 Safeway Shopping B  
10:00 Let's get Crafty- CA  
10:00 Fall Prevention Exercise 2SE  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
1:30 Film: National Geographic: 2Lge  
2:00 Library Committee Mtg Lib.  
2:00 Resident/Team Member Interviews L  
3:00 Afternoon Tea w/Gideon L  
3:00 Variety Game 2Lge  
3:00 Smoothie Social HCC3  
4:00 Brainteasers L  
6:15 Hymn-Sing 1 SE

8:30 The Juicing Experience DR  
9:30 Swimming B  
10:00 A Matter of Balance 2Lge  
10:00 DMV Connect A  
10:15 Tai Chi GLSE  
10:30 Catholic Mass GR  
11:00 Bible Reflections w/Chris Chp  
11:00 Lunch Bunch –Lyon Hall B  
11:15 Daily Chronicles L  
1:30 Art Practice A  
1:30 Movie Matinee- L  
2:00 Senior Balance 2SE  
2:30 Resident Association Mtg. L  
3:00 Go Fishing 2 Lge  
4:00 Word Phrases/Expressions L  
6:00 Dance Fever L

8:30 Juicing Experience DR  
9:00 Coffee Hour L  
10:00 St. John's Senior Saints L  
10:15 Portrait Insight B  
10:30 Music & Nail Painting CA  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
12:00 International Cuisine-Paris DR  
1:30 Happy Hour Sing-along 2Lge  
Old Dominion Trio Band  
3:00 Scrabble L  
4:00 Travelogue/Tours - Paris L  
6:00 After Dinner Board Games L

8:30 Juicing Experience DR  
9:30 Bank/Pharmacy Friday B  
9:30 Mysteries: Hitchcock Favorites L  
9:00 Mount Vernon Trip B  
10:00 Modified Balancing A  
10:00 Get up and Dance 2 lge  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
1:30 A Matter of Balance A  
3:00 Bingo A  
2:00 Dialogue Forum-Book Review 4 Lge  
4:00 Word Scramble L  
6:15 Guitarist/Singer Chris Edwards L

9:30 Nail Excel B  
10:00 Movie: Joan of Arc L  
10:30 Name That Tune-Let's Dance HCC 4  
11:00 Inga's Items L  
11:15 Daily Chronicles L  
1:30 Table Games HCC 3  
2:00 Yoga w/Bonnie 3SO  
2:30 Karaoke HCC 4  
3:30 Welcome Social L  
6:00 The Wind Down L  
SongBurst Table game  
6:00 Highway to Heaven L

9:30 Sunday School Chp.  
9:30 Devotions HCC3  
10:00 Fairlington UMC B  
10:15 Blessed Sacrament B  
10:30 Mix and Match Games HCC4  
11:00 Hermitage Worship 1SE  
11:15 Daily Chronicles L  
11:30 Listening Pleasures 2Lge  
1:15 Movie Matinee L  
4:00 Bluegrass Singers L  
Davis & Bradley  
6:00 Game Night- Wheel of Fortune L

8:30 Juicing Experience DR  
9:30 Coffee Hour/ L  
10:00 Modified Balancing A  
10:00 Current Events 2Lge  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
11:30 Prelude to Lunch w/Jim L  
1:30 Connect Four 2Lge  
2:00 Shanghai Rummy 5 Lge  
3:00 Scenic Ride B  
4:00 Mystery Game Central L  
6:00 Lights/Camera /Action L  
6:30 Bridge Club of Northern Virginia P

8:30 Juicing Experience DR  
9:15 Walmart/Wegman's Shopping B  
10:00 Let's get Crafty- CA  
10:00 Fall Prevention Exercise 2SE  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
1:30 Film: The Secret Of Antarctica 2Lge  
2:00 Resident/Team Member Interviews L  
3:00 Matching Game 2Lge  
3:00 Smoothie Social HCC3  
3:00 Afternoon Tea L  
4:00 Brainteasers L  
6:15 Hymn-Sing 1 SE

8:30 The Juicing Experience DR  
9:30 Swimming B  
10:00 A Matter of Balance A  
10:00 Let's Laugh 2Lge  
10:15 Tai Chi GLSE  
10:30 Crafty Creations HCC3  
10:30 Catholic Mass GR  
11:00 Bible Reflections w/Chris Chp  
11:15 Daily Chronicles L  
12:00 Birthday Luncheon DR  
1:30 Movie Matinee- L  
2:00 Senior Balance 2SE  
3:00 Go Fishing 2 Lge  
4:00 Word Phrases/Expressions L  
6:00 Dance Fever L

8:30 Juicing Experience DR  
9:30 Coffee Hour L  
10:00 Current Events 2Lge  
10:00 Fall Prevention Exercise 2SE  
10:30 Music & Nail Painting GLSE  
10:30 Functional Fitness 2SE  
11:15 Daily Chronicles L  
1:30 Happy Hour Sing-along w/David 2Lge  
2:00 Poetry Lib.  
3:00 Scrabble L  
3:00 Matching Game HCC4  
4:00 Travelogue/Tours - Netherlands L  
6:00 After Dinner Board Games L

8:30 Juicing Experience DR  
9:30 Bank/Pharmacy Friday B  
9:30 Mysteries: Hitchcock Favorites L  
10:00 Modified Balancing A  
10:00 Get up and Dance 2 lge  
10:30 Functional Fitness A  
11:15 Daily Chronicles L  
1:30 Puzzle Time 2Lge  
2:00 Beatley Library Alex. Visit B  
3:00 Bingo A  
4:00 Word Scramble L  
6:15 Keyboardist/Singer Gurda L

9:30 Hair Cuttery B  
10:00 Movie: Lonesome Dove L  
10:30 Name That Tune-Let's Dance HCC 4  
11:15 Daily Chronicles L  
1:30 Music Appreciation L  
w/Victor/Anne Golkov  
1:30 Table Games HCC 3  
2:30 Karaoke HCC 4  
3:30 Dominoes Table games L  
6:00 The Wind Down L  
Hollywood Hits  
6:00 Highway to Heaven Ch.2