

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Main Dining Room Hours</b> (7 Days a Week)  <b>Breakfast:</b> 7:30am - 9:30am <b>Lunch:</b> 11:30am - 1:30pm <b>Dinner:</b> 4:30pm - 7:00pm <b>Sunday Buffet:</b> 11:30am - 2:00pm	We provide scheduled transportation for shopping and medical appointments Monday - Friday Check Bulletin Board for further details  <b>* Denotes Departure Time from The Colonnades</b>				10:30 <b>Meditation Group</b> 2:00 <b>American Short Stories with Jim Ferguson</b> 2:00 <b>Bocce</b> 7:00 Party Bridge 7:30 <b>Film Festival: Academy Awards for "Best Picture" (1963)</b>	10:30 <b>Brightsiders Social Group</b> 12:15 <b>*Met Live in HD: "Manon"</b> 1:00 <b>Rummikub</b> 1:30 <b>Saturday Movie</b> 7:30 <b>Saturday Movie</b> 10:00 <b>Saturday Movie</b>
<b>Daylight Savings Time Ends</b> 9:00 *St. Thomas Aquinas 9:35 *Thomas Jefferson Memorial 9:35 *University Baptist 9:35 *St. Paul's Episcopal 10:10 *Meadows Presbyterian 1:30 <b>Stacy's Music Young Musician's Recital</b> 5:00 <b>Vespers</b> 7:30 <b>Sunday Movie</b> 10:00 <b>Sunday Movie</b>	9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Party Duplicate Bridge 1:15 <b>The Colonnades Singers</b> 1:30 Needleworkers 1:30 Water Aerobics and Movement Class 3:00 <b>Videos Series: Regain Your Brain</b> 7:30 <b>Live Performance by Stan Hamrick</b>	8:30 <b>*Voting Shuttle</b> 9:00 Water Aerobics and Movement Class 9:30 Aerobics to Music 10:30 <b>*Voting Shuttle</b> 11:30 <b>*Try Us Out Tuesday at The Center</b> 1:00 Chair, Stand, & Be Fit 1:00 <b>Live Performance by the Charlottesville Ballet</b> 1:00 Party Duplicate Bridge 1:30 <b>*Voting Shuttle</b> 3:00 <b>*Voting Shuttle</b> 3:00 Play Reading Group 7:30 <b>Virginia History with Rick Britton</b>	9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Mexican Train Dominoes 1:00 Party Bridge 1:30 <b>Sara Robinson's Poetry Group</b> 2:00 <b>Brain Boosters: Scrabble</b> 3:00 <b>Video Series: Mozart on Tour</b> 5:30 <b>*Northside Library: Film &amp; Lecture: Steamboat Bill JR.</b> 7:30 Wednesday Movie 10:00 Wednesday Movie	9:00 Bible Study 9:00 Water Aerobics and Movement Class 9:30 <b>*University of Virginia Historical Tour</b> 9:30 Aerobics to Music 10:00 <b>Fitness Room Instruction</b> 10:30 The Writing Group 11:00 Sit To Be Fit 12:00 Stretch, Tone & Core Fitness 1:00 <b>*Book Sale at Gordon Ave. Library</b> 1:00 <b>Mahjong</b> 1:00 Party Bridge 1:30 Torah Study 2:30 - 3:30 <b>"Stroke of Luck" Support Group</b> 3:00 Barbara Grandis Art Display Reception 5:30 <b>*Northside Library: Local Heroes: Veterans and Spouses</b> 7:15 Poker 7:15 Bingo	9:00 <b>*Guided Tour at Taylor and Boody Organ Builders and "Lunch On Your Own" at Red Lobster</b> 10:30 <b>Meditation Group</b> 2:00 <b>American Short Stories with Jim Ferguson</b> 2:00 <b>Bocce</b> 3:00 <b>Live Performance by The Clarinet Ensemble</b> 7:00 Party Bridge 7:30 <b>Film Festival: Academy Awards for "Best Picture" (1963)</b>	10:30 <b>Brightsiders Social Group</b> 12:15 <b>*Met Live in HD: "Madama Butterfly"</b> 1:00 <b>Rummikub</b> 1:30 <b>Saturday Movie</b> 7:30 <b>Saturday Movie</b> 10:00 <b>Saturday Movie</b>
9:00 *St. Thomas Aquinas 9:35 *Thomas Jefferson Memorial 9:35 *University Baptist 9:35 *St. Paul's Episcopal 10:10 *Meadows Presbyterian 1:30 <b>Sunday Movie</b> 5:00 <b>Vespers</b> 7:30 <b>Sunday Movie</b> 10:00 <b>Sunday Movie</b>	<b>Veterans Day</b> 9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Party Duplicate Bridge 1:15 <b>The Colonnades Singers</b> 1:30 <b>"Cookie &amp; Learn"</b> 1:30 Needleworkers 1:30 Water Aerobics and Movement Class 3:00 <b>Veterans Day Thank You Parade</b> 3:00 <b>Videos Series: Regain Your Brain</b> 7:30 <b>Live Performance by Vladimir Svovsky</b>	9:00 Water Aerobics and Movement Class 9:30 Aerobics to Music 9:30 <b>CRA Board Meeting</b> 11:45 Chair, Stand, & Be Fit 1:00 Party Duplicate Bridge 3:00 <b>"Don't Remember What You Forgot? Maximum Attention and Memory" with the Therapy Team</b> 3:00 Play Reading Group 6:45 <b>*Tuesday Evening Concert Series</b> 7:30 <b>Live Performance by William Caldwell</b>	9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Mexican Train Dominoes 1:00 Party Bridge 1:30 <b>Sara Robinson's Poetry Group</b> 2:00 <b>Brain Boosters: Cranium Crunches</b> 3:00 <b>Video Series: Mozart on Tour</b> 4:30 <b>Happy Hour with Joe Tucker</b> 7:30 Wednesday Movie 10:00 Wednesday Movie	9:00 Bible Study 9:00 Water Aerobics and Movement Class 9:30 Aerobics to Music 10:00 <b>Fitness Room Instruction</b> 10:30 The Writing Group 11:00 Sit To Be Fit 11:45 <b>Bookmobile</b> 12:00 Stretch, Tone & Core Fitness 1:00 <b>Mahjong</b> 1:00 Party Bridge 3:00 Barbara Grandis Art Display Reception 3:00 Barbara Grandis Art Display Reception 7:15 Poker 7:15 Bingo	10:00 <b>***Lunch On Your Own" at Best Cafe and Guided Tour of the VMFA - Edward Hopper Exhibit</b> 10:30 <b>Meditation Group</b> 11:30 <b>*Books Sandwiched In: A Woman of No Importance</b> 2:00 <b>American Short Stories with Jim Ferguson</b> 2:00 <b>Bocce</b> 5:00 <b>Shabbat Service</b> 7:00 Party Bridge 7:30 <b>Film Festival: Academy Awards for "Best Picture" (1964)</b>	10:30 <b>Brightsiders Social Group</b> 1:00 <b>Rummikub</b> 1:30 <b>Saturday Movie</b> 3:20 <b>*Charlottesville Ballet</b> 7:30 <b>Saturday Movie</b> 10:00 <b>Saturday Movie</b>
9:00 *St. Thomas Aquinas 9:35 *Thomas Jefferson Memorial 9:35 *University Baptist 9:35 *St. Paul's Episcopal 10:10 *Meadows Presbyterian 1:30 <b>Charlottesville Music Teacher's Music Recital</b> 1:30 <b>Sunday Movie</b> 2:45 <b>*Charlottesville Symphony</b> 5:00 <b>Vespers</b> 7:30 <b>Sunday Movie</b> 10:00 <b>Sunday Movie</b>	9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Party Duplicate Bridge 1:15 <b>The Colonnades Singers</b> 1:30 Needleworkers 1:30 Water Aerobics and Movement Class 3:00 <b>Guatemala Presentation and Holiday Fair Trade Sale by Debbie Lohman</b> 4:00 <b>Videos Series: Regain Your Brain</b>	9:00 Water Aerobics and Movement Class 9:30 Aerobics to Music 11:45 Chair, Stand, & Be Fit 1:00 Party Duplicate Bridge 2:30 <b>Play Reading Group Presents: "The Chalk Garden"</b>	9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Mexican Train Dominoes 1:00 Party Bridge 1:00 <b>Hearing at Home</b> 1:30 <b>"Cookie &amp; Learn"</b> 1:30 <b>Sara Robinson's Poetry Group</b> 2:00 <b>Brain Boosters: Chronology</b> 3:00 <b>Video Series: Mozart on Tour</b> 7:30 Wednesday Movie 10:00 Wednesday Movie	9:00 Bible Study 9:00 Water Aerobics and Movement Class 9:30 Aerobics to Music 10:00 <b>Fitness Room Instruction</b> 10:30 The Writing Group 11:00 Sit To Be Fit 12:00 Stretch, Tone & Core Fitness 1:00 <b>Mahjong</b> 1:00 Party Bridge 1:30 <b>Torah Study</b> 7:15 Poker 7:15 Bingo	10:00 - 2:00 <b>Minda's Boutique</b> 10:30 <b>Meditation Group</b> 11:15 <b>*Out to Lunch at "B.Good"</b> 2:00 <b>*Driving Tour to Route 810 &amp; Route 33</b> 2:00 <b>American Short Stories with Jim Ferguson</b> 2:00 <b>Bocce</b> 7:00 Party Bridge 7:30 <b>Film Festival: Academy Awards for "Best Picture" (1965)</b>	10:30 <b>Brightsiders Social Group</b> 12:15 <b>*Met Live in HD: "Akhnaten"</b> 1:00 <b>Rummikub</b> 1:30 <b>Saturday Movie</b> 7:30 <b>Saturday Movie</b> 10:00 <b>Saturday Movie</b>
9:00 *St. Thomas Aquinas 9:35 *Thomas Jefferson Memorial 9:35 *University Baptist 9:35 *St. Paul's Episcopal 10:10 *Meadows Presbyterian 1:30 <b>Sunday Movie</b> 5:00 <b>Vespers</b> 7:30 <b>Sunday Movie</b> 10:00 <b>Sunday Movie</b>	9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Party Duplicate Bridge 1:15 <b>The Colonnades Singers</b> 1:30 Needleworkers 1:30 Water Aerobics and Movement Class 3:00 <b>Videos Series: Regain Your Brain</b> Monday Night Classical Music: <b>Bix "Ain't None of Them Play Like Him Yet"</b>	9:00 Water Aerobics and Movement Class 9:30 Aerobics to Music 11:45 Chair, Stand, & Be Fit 1:00 Party Duplicate Bridge 3:00 Play Reading Group	9:00 "Well Balanced" Class 10:00 Advanced Fitness 11:00 Sit To Be Fit 1:00 Mexican Train Dominoes 1:00 Party Bridge 1:30 <b>Sara Robinson's Poetry Group</b> 2:00 <b>Brain Boosters: Thanksgiving Trivia</b> 3:00 <b>Video Series: Mozart on Tour</b> 4:30 <b>Happy Hour</b> 7:30 Wednesday Movie 10:00 Wednesday Movie	<b>Thanksgiving</b> 9:00 Bible Study 10:30 The Writing Group 11:45 <b>Bookmobile</b> 1:00 <b>Mahjong</b> 1:00 Party Bridge 4:30 <b>Special Thanksgiving Day Video: An Old Fashioned Thanksgiving</b> 7:15 Poker 7:15 Bingo 7:30 <b>Special Thanksgiving Day Video: An Old Fashioned Thanksgiving</b> 10:00 <b>Special Thanksgiving Day Video: An Old Fashioned Thanksgiving</b>	10:30 <b>Meditation Group</b> 2:00 <b>American Short Stories with Jim Ferguson</b> 2:00 <b>Bocce</b> 7:00 Party Bridge 7:30 <b>Film Festival: Academy Awards for "Best Picture" (1966)</b>	10:30 <b>Brightsiders Social Group</b> 1:00 <b>Rummikub</b> 1:30 <b>Saturday Movie</b> 6:15 <b>*The Paramount Presents: The Flying Karamozov Brothers</b> 7:30 <b>Saturday Movie</b> 10:00 <b>Saturday Movie</b>

**NOVEMBER 2019**  
**Independent Living**  
 The Colonnades  
 2600 Barracks Rd, Charlottesville,  
 VA 22901; (434) 963-4198

LIVE WITH PURPOSE



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