

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AR Activity Room B Bistro - AL CY Courtyard DR All Dining Rooms FL Front Lobby FP Front Porch FR Family Room - SN H Hearth - AL LR Living Room - SN LR Living Room - SN					9:45 Go4Life® Walking Club 1 10:00 Bible Study 11:00 Morning Stretch 11:30 Floral Club 2:00 Shakes N Tunes 3:00 Baking Club 4:00 Music Social w/Nick (CY) 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 2 10:00 Exercise Essentials 11:00 Baking Time 2:00 Bingo (B) 3:00 Saturday Refreshments 4:00 Trivia Social 6:30 Evening Movie: Residents' Choice
9:45 Go4Life® Walking Club 3 10:00 Exercise Essentials 11:00 Baking Time 2:00 Brain Games (B) 4:00 Church Services w/Barbara Rea 6:30 Evening Musical	9:45 Go4Life® Walking Club 4 10:00 Exercise Essentials 11:30 Pictionary 2:00 Baking Club 2:30 Music and Movement w/Lindsay 3:00 Living with Generosity Club 4:00 Quizmania TriviaTime 6:30 Evening News Club	9:45 Go4Life® Walking Club 5 10:00 Exercise Essentials 11:00 Resident Council 11:30 Diner's Club (FL) 1:45 Out and About: Driver's Choice (FL) 3:00 Baking Club 4:30 Reminiscing(Family) 6:30 Evening News Club	9:30 Yoga w/Carol 6 10:15 Brain Stretch 11:00 Lunch Outing: Burton's Grill (FL) 2:00 Volley-Ball (AR) 2:30 SingFit® 4:00 Birthday Party w/Bill Porter 4:30 Evening Mindfulness 6:30 Evening News Club	9:45 Go4Life® Walking Club 7 10:00 Yoga w/Carol 11:00 History Class (AR) 11:30 News Currents Sr. 2:00 Mani's/Hand Massages 3:00 Baking Club 3:30 Ice Cream Social 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 8 10:00 Bible Study 11:00 Morning Stretch 11:30 Floral Club 2:00 Giving Thanks/ Social 3:00 Live with Generosity Baking 4:00 Music Social w/Renee 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 9 10:00 Exercise Essentials 11:00 Baking Time 2:00 Bingo (B) 3:00 Saturday Refreshments 3:30 Learning Corner 4:00 Let's Dance 6:30 Evening Movie: Residents' Choice
9:45 Go4Life® Walking Club 10 10:00 Exercise Essentials 11:00 Baking Time 2:00 Brain Games (B) 4:00 Church Services w/Barbara Rea 6:30 Evening Musical	9:45 Go4Life® Walking Club 11 10:00 Exercise Essentials 10:30 Meditation 11:30 ID Star 2:00 ID Cars 2:00 Book Club 3:00 Live with Generosity Baking 4:00 Quizmania TriviaTime 6:30 Evening News Club	9:45 Go4Life® Walking Club 12 10:00 Exercise Essentials 11:30 SingFit® 1:45 Out and About: Keswick (FL) 3:00 Baking Club 4:30 Turkey History Tuesdays 6:30 Evening News Club	9:30 Yoga w/Carol 13 10:15 Brain Stretch 11:00 Lunch Outing: Fabio's Pizza (FL) 2:00 Volley-Ball (AR) 2:30 SingFit® 3:00 Chef Class 4:00 Art Discussion 4:30 Evening Mindfulness 6:30 Evening News Club	9:45 Go4Life® Walking Club 14 10:00 Yoga w/Carol 11:00 History Class (AR) 11:30 News Currents Sr. 2:00 Mani's/Hand Massages 3:00 Baking Club 3:30 Tray Play w/Nicole 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 15 10:00 Bible Study 11:00 Morning Stretch 11:30 Floral Club 2:00 Shakes N Tunes 3:00 Baking Club 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 16 10:00 Exercise Essentials 11:00 Baking Time 2:00 Bingo (B) 3:00 Saturday Refreshments 4:00 Trivia Social 6:30 Evening Movie: Residents' Choice
9:45 Go4Life® Walking Club 17 10:00 Exercise Essentials 11:00 Baking Time 2:00 Brain Games (B) 4:00 Church Services w/Barbara Rea 6:30 Evening Musical	9:45 Go4Life® Walking Club 18 10:00 Exercise Essentials 11:00 Musical Memories w/Mark 11:30 Pictionary 2:00 Baking Club 2:30 Music and Movement w/Lindsay 3:00 Living with Generosity Club 4:00 Quizmania TriviaTime 4:30 Reminiscing (Inventions) 6:30 Evening News Club	9:45 Go4Life® Walking Club 19 10:00 Exercise Essentials 11:30 SingFit® 1:45 Out and About: UVA and the Corner (FL) 3:00 Baking Club 4:00 Book Club Hour 6:30 Evening News Club	9:30 Yoga w/Carol 20 10:15 Brain Stretch 11:00 Lunch Outing: Plaza Azteca (FL) 2:00 Volley-Ball (AR) 2:30 SingFit® 3:30 Connecting Creatively w/Sandra 4:30 Evening Mindfulness 6:30 Evening News Club	9:45 Go4Life® Walking Club 21 10:00 Yoga w/Carol 11:00 History Class (AR) 11:30 News Currents Sr. 2:00 Mani's/Hand Massages 3:00 Baking Club 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 22 10:00 Bible Study 11:00 Morning Stretch 11:30 Floral Club 2:00 Disney Social 3:00 Baking Club 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 23 10:00 Exercise Essentials 11:00 Baking Time 2:00 Bingo (B) 3:00 Saturday Refreshments 3:30 Learning Corner 4:00 Let's Dance 6:30 Evening Movie: Residents' Choice
9:45 Go4Life® Walking Club 24 10:00 Exercise Essentials 11:00 Baking Time 2:00 Brain Games (B) 4:00 Church Services w/Barbara Rea 6:30 Evening Musical	9:45 Go4Life® Walking Club 25 10:00 Exercise Essentials 11:30 ID Star 2:00 Book Club 3:00 Live with Generosity Baking 4:00 Quizmania TriviaTime 6:30 Evening News Club	9:45 Go4Life® Walking Club 26 10:00 Exercise Essentials 11:30 SingFit® 1:45 Out and About: Hollymead (FL) 3:00 Baking Club 4:00 Reminiscing (Cars) 4:30 Turkey History Tuesdays 6:30 Evening News Club	9:30 Yoga 27 10:15 Brain Stretch 11:00 Lunch Outing: Mission BBQ (FL) 2:00 Volley-Ball (AR) 2:30 SingFit® 3:00 Chef Class 4:30 Evening Mindfulness 6:30 Evening News Club	9:45 Go4Life® Walking Club 28 10:00 Yoga 11:00 History Class (AR) 11:30 News Currents Sr. 2:00 Mani's/Hand Massages 3:00 Baking Club 3:30 Ice Cream Social 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 29 10:00 Bible Study 11:00 Morning Stretch 11:30 Floral Club 2:00 Shakes N Tunes 3:00 Baking Club 4:00 Art Class(Patterns) 6:30 Evening News Club 7:30 Evening Meditation	9:45 Go4Life® Walking Club 30 10:00 Exercise Essentials 11:00 Baking Time 2:00 Bingo (B) 3:00 Saturday Refreshments 4:00 Trivia Social 4:00 Cheese+Wine Social (AR) 6:30 Evening Movie: Residents' Choice

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

LIVE WITH PURPOSE



THE COLONNADES
MONOGRAM COLLECTION BY SUNRISE