

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FRIDAY	SATURDAY
B Bistro CY Courtyard DR All Dining Rooms FL Front Lobby FP Front Porch FR Family Room H Hearth - AL LR Living Room R Reminiscence RV Room Visits					9:45 Exercise Essentials (LR) 1 10:30 Magazine Cart (LR) 11:00 Floral Club (LR) 11:30 Go4Life® Walking Club 2:00 Refreshment Cart (RV) 3:00 Ice Cream Sundae Social (B) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 2 10:15 Morning Mindfulness (LR) 10:30 Morning Concert Series (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 3:30 Drink and Think Social (B) 5:30 New Movie Release: Rock My Heart (Netflix) (LR)	
9:45 Exercise Essentials (LR) 3 10:30 Morning Musicals: LA Land (Amazon Prime) (LR) 11:30 Go4Life® Walking Club 2:00 Brain Games (B) 3:00 Church Service: Eddie Mays (B) 3:45 Sunday Afternoon Refreshments (B) 7:30 House Movie Ch. 64 (LR)	9:45 Exercise Essentials (LR) 4 11:30 Go4Life® Walking Club 1:45 Scenic Ride: Driver's Choice (FL) 2:00 Refreshment Cart (RV) 3:30 Music and Movement w/Lindsay (R) 3:30 Terrific Trivia 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 5 10:30 Living with Generosity Club (LR) 11:30 Diner's Club (FL) 11:30 Go4Life® Walking Club 2:00 SingFit® 3:30 Classic Movie and Popcorn: The Boy In Striped Pajamas (Netflix) (R) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 6 10:15 Mind Matters (LR) 11:00 Lunch Outing: Burton's Grill (FL) 11:30 Go4Life® Walking Club 2:30 Refreshment Cart (RV) 3:00 History Discussion w/Rick (B) 4:00 Birthday Party w/Bill Porter (R) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 7 10:30 Baking Club (LR) 11:00 News Currents Sr. (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 2:00 Hand Massages (RV) 3:30 Peanut Butter Bird Feeder Craft (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 8 10:30 Magazine Cart 11:00 Floral Club (LR) 11:30 Go4Life® Walking Club 2:00 Refreshment Cart (RV) 3:00 Hot Apple Cider Social (B) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 9 10:15 Morning Mindfulness (LR) 10:30 Morning Concert Series (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 3:30 Learning Corner (B) 5:30 New Movie Release: The Lake House (Netflix) (LR)	
9:45 Exercise Essentials (LR) 10 10:30 Morning Musicals: Lullaby Of Broadway (Amazon Prime) (LR) 11:30 Go4Life® Walking Club 2:00 Brain Games (B) 3:00 Church Service: Bj (B) 3:45 Sunday Afternoon Refreshments (B) 7:30 House Movie Ch. 64 (LR)	8:30 Veteran's Day Breakfast (B) 11 9:45 Exercise Essentials (LR) 11:30 Go4Life® Walking Club 1:45 Scenic Ride: Keswick (FL) 2:00 Refreshment Cart (RV) 3:30 Terrific Trivia 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 12 10:30 Living with Generosity Club (LR) 11:00 Hand Massages (RV) 11:30 Go4Life® Walking Club 2:00 SingFit® 3:30 Classic Movie and Popcorn: Yours, Mine and Ours (Amazon Prime) (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 13 10:15 Mind Matters (LR) 11:00 Lunch Outing: Fabio's Pizza (FL) 11:30 Go4Life® Walking Club 2:30 Refreshment Cart (RV) 3:30 Documentaries Series: The Royal House Of Windsor (Netflix) (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 14 10:30 Baking Club (LR) 11:00 News Currents Sr. (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 2:00 Hand Massages (RV) 3:30 Laced Bookmark Craft 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 15 10:30 Magazine Cart 11:00 Floral Club (LR) 11:30 Go4Life® Walking Club 2:00 Refreshment Cart (RV) 4:00 Music w/Renee (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 16 10:15 Morning Mindfulness (LR) 10:30 Morning Concert Series (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 3:30 Drink and Think Social (B) 5:30 New Movie Release: A Fine Step (Amazon Prime) (LR)	
9:45 Exercise Essentials (LR) 17 10:30 Morning Musicals: American In Paris (Amazon Prime) (LR) 11:30 Go4Life® Walking Club 2:00 Brain Games (B) 3:00 Church Service: Victor McCary (B) 3:45 Sunday Afternoon Refreshments (B) 7:30 House Movie Ch. 64 (LR)	9:45 Exercise Essentials (LR) 18 11:00 Musical Memories w/ Mark (R) 11:30 Go4Life® Walking Club 1:45 Scenic Ride: UVA and the Corner (FL) 2:00 Refreshment Cart (RV) 3:30 Music and Movement w/Lindsay (R) 3:30 Terrific Trivia 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 19 10:30 Living with Generosity Club (LR) 11:00 Hand Massages (RV) 11:30 Go4Life® Walking Club 2:00 SingFit® 3:30 Classic Movie and Popcorn: The Brady Bunch Movie (Amazon Prime) (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 20 10:15 Mind Matters (LR) 11:00 Lunch Outing: Plaza Azteca (FL) 11:30 Go4Life® Walking Club 2:30 Refreshment Cart (RV) 3:30 Afternoon Concert Series: Resident's choice (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 21 10:30 Baking Club (LR) 11:00 News Currents Sr. (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 2:00 Hand Massages (RV) 3:30 Peanut Butter Fudge Social 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 22 10:30 Magazine Cart 11:00 Floral Club (LR) 11:30 Go4Life® Walking Club 2:00 Refreshment Cart (RV) 3:30 Stick Scarecrow Craft (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 23 10:15 Morning Mindfulness (LR) 10:30 Morning Concert Series (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 3:30 Learning Corner (B) 5:30 New Movie Release: Loch Ness (Amazon Prime) (LR)	
9:45 Exercise Essentials (LR) 24 10:30 Morning Musicals: The Greatest Show Man (Amazon Prime) (LR) 11:30 Go4Life® Walking Club 2:00 Brain Games (B) 3:00 Church Service Joel Jenkins (B) 3:45 Sunday Afternoon Refreshments (B) 7:30 House Movie Ch. 64 (LR)	9:45 Exercise Essentials (LR) 25 11:30 Go4Life® Walking Club 1:45 Scenic Ride: Hollymead (FL) 2:00 Refreshment Cart (RV) 3:30 Terrific Trivia 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 26 10:30 Living with Generosity Club (LR) 11:00 Resident Council (LR) 11:00 Hand Massages (RV) 11:30 Go4Life® Walking Club 2:00 SingFit® 3:30 Movie and Popcorn: Charlie And The Chocolate Factory (Netflix) (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 27 10:15 Mind Matters (LR) 11:00 Lunch Outing: Mission BBQ (FL) 11:30 Go4Life® Walking Club 2:30 Refreshment Cart (RV) 3:30 Documentaries Series: The Roosevelt's (Netflix) (LR) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 28 11:00 News Currents Sr. (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 3:00 Thanksgiving Social (B) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 29 10:30 Magazine Cart 11:00 Floral Club (LR) 11:30 Go4Life® Walking Club 2:00 Refreshment Cart (RV) 3:00 Happy Hour Social (B) 6:30 Evening News Club (LR)	9:45 Exercise Essentials (LR) 30 10:15 Morning Mindfulness (LR) 10:30 Morning Concert Series (LR) 11:30 Go4Life® Walking Club 2:00 Bingo (B) 3:30 Drink and Think Social (B) 5:30 New Movie Release: Catching Faith (Amazon Prime) (LR)	

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

LIVE WITH PURPOSE



THE COLONNADES
MONOGRAM COLLECTION BY SUNRISE