

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
<p>8:00 Nursing Hours (WC) <b>1</b></p> <p>11:00 St. Charles Catholic Church (MR)</p> <p>3:00 Afternoon Piano with Jeff Pace (LR)</p> <p>7:30 Classic Cinema: Norman Rae (M67)</p>	<p>8:00 Nursing Hours (WC) <b>2</b></p> <p>11:00 Labor Day All American Buffet (DR)</p> <p>3:00 Movie Matinee: The Firm (M67)</p> <p>7:30 Evening Movie: Pretty Woman (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>9:30 Shop: Giant (MIL)</p> <p>10:00 Wii Bowling (MON)</p> <p>10:00 Functional Ceramics (AC)</p> <p>10:00 Advanced Hearing Clinic (WC)</p> <p>10:15 Chair Yoga VIDEO (MR)</p> <p>11:15 Advance Total Body Strength (MR)</p> <p>13:30 Shop: Safeway &amp; Arlington Library (MIL)</p> <p>13:30 Recreation Roundtable with the Director of Lifestyle &amp; Leisure (MON)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>1:30 The Jefferson Needle Crafters (AC)</p> <p>2:00 Aqua ABCs (CAN)</p> <p>2:00 Jefferson Chorus Rehearsal (MR)</p> <p>4:00 Theatre Workshop (CAN)</p> <p>7:00 Poker (MR)</p> <p>7:00 Social Bridge (MR)</p> <p>7:30 Classic Comedy: The Mary Tyler Moore Show - Season 1, Episodes 1-8 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:15 Aqua Blast (P)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Mixed Media Watercolor (CAN)</p> <p>10:30 Catholic Mass (CAN)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>12:00 Depart: Washington Nationals vs. New York Mets (MON)</p> <p>2:00 Fairfax Opticians (WC)</p> <p>2:30 Functional Balance (MR)</p> <p>3:00 Spanish Refresher Course (AC)</p> <p>4:00 Resident Reception with Jeff Roman (LR)</p> <p>4:00 Politics &amp; Issues (MR)</p> <p>7:30 Documentary: Chasing the Moon, Episode 2 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:15 Aqua Blast (P)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Mixed Media Watercolor (CAN)</p> <p>10:30 Catholic Mass (CAN)</p> <p>11:15 Stand, Sit &amp; Be Fit VIDEO (MR)</p> <p>12:00 Depart: Senior Mass and Luncheon at St. Charles Catholic Church (MIL)</p> <p>11:15 St. Charles Catholic Mass &amp; Senior Luncheon (MIL)</p> <p>1:30 Line Dancing with Gloria (MR)</p> <p>2:30 Functional Balance (CAN)</p> <p>3:00 Spanish Refresher Course (AC)</p> <p>3:00 Ballroom Dancing with Garry Stinson (MON)</p> <p>4:00 Resident Reception with Jemy Roman (LR)</p> <p>4:00 Politics &amp; Issues (MR)</p> <p>7:30 Classic Comedy: Not So Macho Man Show (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>9:30 Shop: Giant (MIL)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Functional Ceramics (AC)</p> <p>10:15 Chair Yoga (MR)</p> <p>11:15 Advance Total Body Strength (MR)</p> <p>13:30 Chair Total Body Strength VIDEO (MR)</p> <p>1:30 The Jefferson Needle Crafters (AC)</p> <p>2:00 Aqua ABCs (P)</p> <p>2:30 JHA Hall Committee Meeting (MON)</p> <p>3:00 Jefferson Chorus Rehearsal (MR)</p> <p>4:30 Theatre Workshop (MON)</p> <p>6:45 Depart: Assassins at the Signature Theatre (THO)</p> <p>7:00 Poker (MR)</p> <p>7:00 Social Bridge (MR)</p> <p>7:30 Classic Comedy: The Mary Tyler Moore Show Season 1, Episodes 17 - 24 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>10:00 Functional Ceramics (CAN)</p> <p>10:00 Wii Bowling (MON)</p> <p>10:15 Chair Yoga (MR)</p> <p>11:15 Advance Total Body Strength (MR)</p> <p>1:00 Arlington National Cemetery (CAN)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>2:00 Aqua ABCs (P)</p> <p>2:30 Jefferson Chorus Rehearsal (CAN)</p> <p>4:30 Theatre Workshop (MON)</p> <p>5:00 Dinning Out: Nostalgic Greek Restaurant (MIL)</p> <p>7:00 Poker (MR)</p> <p>7:00 Social Bridge (MR)</p> <p>7:30 Classic Comedy: The Best of the Carol Burnett Show: Vol 3 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:15 Aqua Blast (P)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Mixed Media Watercolor (AC)</p> <p>10:30 Catholic Mass (4LR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>12:00 Elegant Affordable Jewelry (LR)</p> <p>1:30 Line Dancing with Gloria (MR)</p> <p>2:00 Health PRO-Heritage Rehab presents Defying Gravity: What's Your Balance Like? (MON)</p> <p>2:30 Functional Balance (MR)</p> <p>3:00 Presentation: Rachel Beal presents Normal vs Non-Normal Aging (MR)</p> <p>3:00 Spanish Refresher Course (AC)</p> <p>4:00 Resident Reception with Deana Javor (LR)</p> <p>4:00 Politics &amp; Issues (MR)</p> <p>7:30 Documentary: Apollo 11 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>9:30 Shop: Ballston Mall (MIL)</p> <p>9:45 Shop: Ft. Myer Commissary &amp; PX (MIL)</p> <p>10:00 Estate Liquidator Mini - Makeovers - postponed to October 4th</p> <p>10:00 Wii Bowling (MON)</p> <p>10:00 Message with Don (WC)</p> <p>10:15 Advance Total Body Strength (MR)</p> <p>12:30 Shop: Giant &amp; Trader Joe's (MIL)</p> <p>1:00 Mahjong (CR)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>3:00 Community Meeting (MR)</p> <p>4:00 Sports Talk (MON)</p> <p>4:00 Afternoon Piano with John Spaulding (LR)</p> <p>5:00 Dinning Out: The Stillman (MIL)</p> <p>7:00 Duplicate Bridge (MR)</p> <p>7:00 Canasta (AC)</p> <p>7:30 Classic Comedy: The Best of the Carol Burnett Show: Vol 2 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:15 Aqua Blast (P)</p> <p>9:30 Shop: Harris Teeter/Sun Trust/CVS/BB&amp;T (MIL)</p> <p>10:15 Classical Stretch (MR)</p> <p>10:30 Mexican Train Dominoes (CR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>11:15 Mindfulness Meditation (MON)</p> <p>1:30 Chair Fit (MR)</p> <p>3:00 BINGO (MR)</p> <p>4:00 Bear &amp; Wings with the Boys (LR)</p> <p>7:30 In House Concert: Pianist Jerry Roman (MR)</p>	<p>8:00 Nursing Hours (WC) <b>7</b></p> <p>9:00 Aqua Mix (CAN)</p> <p>9:30 Encore Learning Fall Course Preview at NRECA Building - Meet at NRECA</p> <p>10:30 Rosary Group (CR)</p> <p>11:00 The Great Courses (MR)</p> <p>1:00 Canasta (CR)</p> <p>4:00 Team Trivia (MR)</p> <p>4:45 Depart: St. Charles Catholic Church (MIL)</p> <p>5:15 Depart: St. Thomas More Catholic Church (MIL)</p> <p>7:30 Modern Movie: Rocketman (M67)</p>
<p>8:00 Nursing Hours (WC) <b>8</b></p> <p>11:00 St. Charles Catholic Church (MR)</p> <p>3:00 Movie Matinee: Fever Pitch (M67)</p> <p>7:30 Classic Cinema: Chapter Two (MR)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:00 Aqua Fit &amp; Tone (P)</p> <p>9:00 Classical Stretch (MR)</p> <p>9:00 Swimming (P)</p> <p>9:30 Shop: Giant (MIL)</p> <p>9:45 Tai Chi (MR)</p> <p>11:00 Shop: Westover Shopping Center (MIL)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>1:00 Duplicate Bridge (MR)</p> <p>1:30 Watercolor for Beginners (CAN)</p> <p>1:30 Chair Fit (MR)</p> <p>1:30 Shop: Safeway &amp; Arlington Library (MIL)</p> <p>4:00 Martinis &amp; Manicures (LR)</p> <p>7:30 In House Concert: Pianist and Vocalist with Deena Javor (MR)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>10:00 Functional Ceramics (AC)</p> <p>10:15 Chair Yoga (MR)</p> <p>11:15 Advance Total Body Strength (MR)</p> <p>1:30 Chair Total Body Strength VIDEO (MR)</p> <p>2:00 Aqua ABCs (P)</p> <p>3:00 Marketing Committee Meeting (MON)</p> <p>3:00 Jefferson Chorus Rehearsal (MR)</p> <p>4:00 Theatre Workshop (MON)</p> <p>5:00 Dinning Out: Outback Steakhouse (MIL)</p> <p>7:00 Poker (MR)</p> <p>7:00 Social Bridge (MR)</p> <p>7:30 Classic Comedy: The Mary Tyler Moore Show Season 1, Episodes 17 - 24 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:15 Aqua Blast (P)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Mixed Media Watercolor (AC)</p> <p>10:30 Catholic Mass (4LR)</p> <p>11:15 Stand, Sit &amp; Be Fit VIDEO (MR)</p> <p>1:00 Free Blood Pressure Clinic (WC)</p> <p>2:30 Functional Balance (CAN)</p> <p>3:00 Ballroom Dancing with Garry Stinson (MON)</p> <p>3:00 Spanish Refresher Course (AC)</p> <p>4:00 Resident Reception with Dale Allen Jarrett (LR)</p> <p>4:00 Art Opening: Calling All Pets (CR)</p> <p>4:00 Politics &amp; Issues (MR)</p> <p>7:30 Documentary: Chasing the Moon, Episode 3 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>9:30 Shop: Ballston Mall (MIL)</p> <p>9:45 Shop: Ft. Myer Commissary &amp; PX (MIL)</p> <p>10:00 Estate Liquidator Mini - Makeovers - postponed to October 4th</p> <p>10:00 Wii Bowling (MON)</p> <p>10:00 Message with Don (WC)</p> <p>10:15 Advance Total Body Strength (MR)</p> <p>12:30 Shop: Giant &amp; Trader Joe's (MIL)</p> <p>1:00 Mahjong (CR)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>3:00 Community Meeting (MR)</p> <p>4:00 Sports Talk (MON)</p> <p>4:00 Afternoon Piano with John Spaulding (LR)</p> <p>5:00 Dinning Out: The Stillman (MIL)</p> <p>7:00 Duplicate Bridge (MR)</p> <p>7:00 Canasta (AC)</p> <p>7:30 Classic Comedy: The Best of the Carol Burnett Show: Vol 2 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:15 Aqua Blast (P)</p> <p>9:30 Shop: Harris Teeter/Sun Trust/CVS/BB&amp;T (MIL)</p> <p>10:15 Classical Stretch (MR)</p> <p>10:30 Mexican Train Dominoes (CR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>11:15 Mindfulness Meditation (MON)</p> <p>1:30 Chair Fit VIDEO (MR)</p> <p>3:00 Arlington Partnership for Affordable Housing presents Volunteer Programs &amp; Opportunities (MR)</p> <p>7:30 In House Concert: Pianist Steve Baddour (MR)</p>	<p>8:00 Nursing Hours (WC) <b>14</b></p> <p>9:00 Aqua Mx (P)</p> <p>10:30 Rosary Group (CR)</p> <p>11:00 The Great Courses (MR)</p> <p>1:00 Canasta (CR)</p> <p>3:15 Depart: Alexandria Harmonizers Concert: The Circle of Life (MIL)</p> <p>4:00 Team Trivia (MR)</p> <p>4:45 Depart: St. Charles Catholic Church (MIL)</p> <p>5:15 Depart: St. Thomas More Catholic Church (MIL)</p> <p>7:30 Modern Movie: Tolkien (MR)</p>				
<p>8:00 Nursing Hours (WC) <b>15</b></p> <p>11:00 St. Charles Catholic Church (MR)</p> <p>2:00 Depart: Washington Metropolitan Philharmonic Association Chamber Music Series at the Lyceum (MIL)</p> <p>3:00 Movie Matinee: A Midsummer Night's Dream (M67)</p> <p>7:30 Classic Cinema: The Four Seasons (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:00 Aqua Fit &amp; Tone (P)</p> <p>9:00 Classical Stretch (MR)</p> <p>9:00 Swimming (P)</p> <p>9:30 Shop: Giant (MIL)</p> <p>9:45 Tai Chi (MR)</p> <p>11:00 Out to Lunch: Original Pancake House (MIL)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>1:00 Duplicate Bridge (MR)</p> <p>1:30 Watercolor for Beginners (CAN)</p> <p>1:30 Chair Fit (MR)</p> <p>1:30 Shop: Safeway &amp; Arlington Library (MIL)</p> <p>3:00 Meditation: Samatha - The First Powerful Tool (MON)</p> <p>4:00 Martinis &amp; Manicures with Jeff Pace (LR)</p> <p>7:30 Concert: Back to Broadway Duo (MR)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>10:00 Functional Ceramics (AC)</p> <p>10:15 Chair Yoga (MR)</p> <p>11:15 Advance Total Body Strength (MR)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>2:00 Aqua ABCs (P)</p> <p>2:30 JHA Hall Committee Meeting (MON)</p> <p>3:00 Jefferson Chorus Rehearsal (MR)</p> <p>4:30 Theatre Workshop (MON)</p> <p>6:45 Depart: Assassins at the Signature Theatre (THO)</p> <p>7:00 Poker (MR)</p> <p>7:00 Social Bridge (MR)</p> <p>7:30 Classic Comedy: The Mary Tyler Moore Show Season 1, Episodes 17 - 24 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:15 Aqua Blast (CAN)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Mixed Media Watercolor (AC)</p> <p>10:30 Catholic Mass (4LR)</p> <p>11:15 Stand, Sit &amp; Be Fit VIDEO (MR)</p> <p>1:00 Free Blood Pressure Clinic (WC)</p> <p>2:30 Functional Balance (CAN)</p> <p>3:00 Ballroom Dancing with Garry Stinson (MON)</p> <p>3:00 Spanish Refresher Course (AC)</p> <p>4:00 Resident Reception with Dale Allen Jarrett (LR)</p> <p>4:00 Art Opening: Calling All Pets (CR)</p> <p>4:00 Politics &amp; Issues (MR)</p> <p>7:30 Documentary: Chasing the Moon, Episode 3 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>9:30 Shop: Ballston Mall (MIL)</p> <p>9:45 Shop: Ft. Myer Commissary &amp; PX (MIL)</p> <p>10:00 Estate Liquidator Mini - Makeovers - postponed to October 4th</p> <p>10:00 Wii Bowling (MON)</p> <p>10:00 Message with Don (WC)</p> <p>10:15 Advance Total Body Strength (MR)</p> <p>12:30 Shop: Giant &amp; Trader Joe's (MIL)</p> <p>1:00 Mahjong (CR)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>3:00 Community Meeting (MR)</p> <p>4:00 Sports Talk (MON)</p> <p>4:00 Afternoon Piano with John Spaulding (LR)</p> <p>5:00 Dinning Out: The Stillman (MIL)</p> <p>7:00 Duplicate Bridge (MR)</p> <p>7:00 Canasta (AC)</p> <p>7:30 Classic Comedy: The Best of the Carol Burnett Show: Vol 2 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:15 Aqua Blast (P)</p> <p>9:30 Shop: Harris Teeter/Sun Trust/CVS/BB&amp;T (MIL)</p> <p>10:15 Classical Stretch (MR)</p> <p>10:30 Mexican Train Dominoes (CR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>11:15 Mindfulness Meditation (MON)</p> <p>1:30 Chair Fit VIDEO (MR)</p> <p>3:00 Arlington Partnership for Affordable Housing presents Volunteer Programs &amp; Opportunities (MR)</p> <p>7:30 In House Concert: Pianist Steve Baddour (MR)</p>	<p>8:00 Nursing Hours (WC) <b>21</b></p> <p>9:00 Aqua Mx (P)</p> <p>10:30 Rosary Group (CR)</p> <p>11:00 The Great Courses (CAN)</p> <p>1:00 Canasta (CR)</p> <p>4:00 Team Trivia (MON)</p> <p>4:45 Depart: St. Charles Catholic Church (MIL)</p> <p>5:15 Depart: St. Thomas More Catholic Church (MIL)</p> <p>6:45 Depart: Virginia Grand Military Band Concert (MR)</p> <p>7:30 Modern Movie: A Dog's Journey (M67)</p>				
<p>8:00 Nursing Hours (WC) <b>22</b></p> <p>11:00 St. Charles Catholic Church (MR)</p> <p>2:00 Depart: A Few Good Men at Little Theatre of Alexandria (THO)</p> <p>3:00 Movie Matinee: The Importance of Being Earnest (M67)</p> <p>7:30 Classic Cinema: The King &amp; I (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:00 Aqua Fit &amp; Tone (P)</p> <p>9:00 Classical Stretch (MR)</p> <p>9:00 Swimming (P)</p> <p>9:30 Shop: Giant (MIL)</p> <p>9:45 Tai Chi (MR)</p> <p>11:00 Heron's African Art &amp; Jewelry (LR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>1:00 Northern Virginia Senior Olympics Canasta (MR)</p> <p>1:00 Duplicate Bridge (MON)</p> <p>1:30 Chair Fit (CAN)</p> <p>1:30 Watercolor for Beginners (AC)</p> <p>1:30 Shop: Safeway &amp; Arlington Library (MIL)</p> <p>3:00 Meditation: Samatha - The First Powerful Tool (PDR)</p> <p>4:00 Martinis &amp; Manicures (LR)</p> <p>7:30 Living History Presentation: Gary Robertson as Mark Twain (MR)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>10:00 Functional Ceramics (CAN)</p> <p>10:00 Wii Bowling (MON)</p> <p>10:15 Chair Yoga (MR)</p> <p>11:15 Advance Total Body Strength (MR)</p> <p>1:00 Arlington National Cemetery (CAN)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>2:00 Aqua ABCs (P)</p> <p>2:30 Jefferson Chorus Rehearsal (CAN)</p> <p>4:30 Theatre Workshop (MON)</p> <p>5:00 Dinning Out: Nostalgic Greek Restaurant (MIL)</p> <p>7:00 Poker (MR)</p> <p>7:00 Social Bridge (MR)</p> <p>7:30 Classic Comedy: The Best of the Carol Burnett Show: Vol 3 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:15 Aqua Blast (P)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Mixed Media Watercolor (AC)</p> <p>10:30 Catholic Mass (4LR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>12:00 Elegant Affordable Jewelry (LR)</p> <p>1:30 Line Dancing with Gloria (MR)</p> <p>2:00 Health PRO-Heritage Rehab presents Defying Gravity: What's Your Balance Like? (MON)</p> <p>2:30 Functional Balance (MR)</p> <p>3:00 Presentation: Rachel Beal presents Normal vs Non-Normal Aging (MR)</p> <p>3:00 Spanish Refresher Course (AC)</p> <p>4:00 Resident Reception with Deana Javor (LR)</p> <p>4:00 Politics &amp; Issues (MR)</p> <p>7:30 Documentary: Apollo 11 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>9:30 Shop: Ballston Mall (MIL)</p> <p>9:45 Shop: Ft. Myer Commissary &amp; PX (MIL)</p> <p>10:00 Estate Liquidator Mini - Makeovers - postponed to October 4th</p> <p>10:00 Wii Bowling (MON)</p> <p>10:00 Message with Don (WC)</p> <p>10:15 Advance Total Body Strength (MR)</p> <p>12:30 Shop: Giant &amp; Trader Joe's (MIL)</p> <p>1:00 Mahjong (CR)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>3:00 Community Meeting (MR)</p> <p>4:00 Sports Talk (MON)</p> <p>4:00 Afternoon Piano with John Spaulding (LR)</p> <p>5:00 Dinning Out: The Stillman (MIL)</p> <p>7:00 Duplicate Bridge (MR)</p> <p>7:00 Canasta (AC)</p> <p>7:30 Classic Comedy: The Best of the Carol Burnett Show: Vol 4 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:15 Aqua Blast (P)</p> <p>9:30 Shop: Harris Teeter/Sun Trust/CVS/BB&amp;T (MIL)</p> <p>10:15 Classical Stretch (MR)</p> <p>10:30 Mexican Train Dominoes (CR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>11:15 Mindfulness Meditation (MON)</p> <p>1:30 Chair Fit (MR)</p> <p>3:00 BINGO (MR)</p> <p>4:00 Bear &amp; Wings with the Boys (LR)</p> <p>7:30 In House Concert: Windsong Chamber Ensemble (MR)</p>	<p>8:00 End of the Month Breakfast (DR)</p> <p>8:00 Nursing Hours (WC) <b>28</b></p> <p>9:00 Aqua Mix (P)</p> <p>10:30 Rosh Hashanah Services (MR)</p> <p>10:30 Rosary Group (CR)</p> <p>11:00 The Great Courses (CAN)</p> <p>1:00 Canasta (CR)</p> <p>4:00 Team Trivia (MR)</p> <p>4:45 Depart: St. Charles Catholic Church (MIL)</p> <p>5:15 Depart: St. Thomas More Catholic Church (MIL)</p> <p>7:30 Modern Movie: A Dog's Journey (M67)</p>				
<p>8:00 Nursing Hours (WC) <b>29</b></p> <p>11:00 St. Charles Catholic Church (MR)</p> <p>3:00 Movie Matinee: Funny Girl (M67)</p> <p>7:30 Classic Cinema: The Producers (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:00 Aqua Fit &amp; Tone (P)</p> <p>9:00 Classical Stretch (MR)</p> <p>9:00 Swimming (P)</p> <p>9:30 Shop: Giant (MIL)</p> <p>9:45 Tai Chi (MR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>12:45 Depart: Whistler's World Tour at the Freer Gallery (MIL)</p> <p>1:00 Duplicate Bridge (MR)</p> <p>1:30 Chair Fit (MR)</p> <p>1:30 Watercolor for Beginners (AC)</p> <p>1:30 Shop: Safeway &amp; Arlington Library (MIL)</p> <p>3:00 Meditation: Samatha - The First Powerful Tool (MON)</p> <p>4:00 Martinis &amp; Manicures with Dale Allen Jarrett (LR)</p> <p>7:30 September Birthday Party with Dale Allen Jarrett (MR)</p>	<p>2LR 2nd Floor Living Room</p> <p>4AR 4th Floor Activity Room</p> <p>4LR 4th Floor Living Room</p> <p>67 Channel 67</p> <p>AC Arts &amp; Crafts Room</p> <p>CAN Canceled</p> <p>CR Card Room</p> <p>DR Dining Room</p> <p>GR Game Room</p> <p>LR Living Room</p> <p>M67 Monticello Room &amp; Ch. 67</p> <p>M67 Monument Room &amp; Ch. 67</p> <p>MIL Meet in Lobby</p> <p>MON Monument Room</p> <p>MR Monticello Room</p> <p>P Pool</p> <p>PDR Private Dining Room</p> <p>THO Ticket Holders Only</p> <p>WC Wellness Center</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:15 Aqua Blast (P)</p> <p>9:45 Tai Chi (MR)</p> <p>10:00 Mixed Media Watercolor (AC)</p> <p>10:30 Catholic Mass (4LR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>12:00 Elegant Affordable Jewelry (LR)</p> <p>1:30 Line Dancing with Gloria (MR)</p> <p>2:00 Health PRO-Heritage Rehab presents Defying Gravity: What's Your Balance Like? (MON)</p> <p>2:30 Functional Balance (MR)</p> <p>3:00 Presentation: Rachel Beal presents Normal vs Non-Normal Aging (MR)</p> <p>3:00 Spanish Refresher Course (AC)</p> <p>4:00 Resident Reception with Deana Javor (LR)</p> <p>4:00 Politics &amp; Issues (MR)</p> <p>7:30 Documentary: Apollo 11 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>9:00 INOVA Lab Services (WC)</p> <p>9:15 Yoga/Pilates on the Mat (MR)</p> <p>9:30 Shop: Ballston Mall (MIL)</p> <p>9:45 Shop: Ft. Myer Commissary &amp; PX (MIL)</p> <p>10:00 Estate Liquidator Mini - Makeovers - postponed to October 4th</p> <p>10:00 Wii Bowling (MON)</p> <p>10:00 Message with Don (WC)</p> <p>10:15 Advance Total Body Strength (MR)</p> <p>12:30 Shop: Giant &amp; Trader Joe's (MIL)</p> <p>1:00 Mahjong (CR)</p> <p>1:30 Chair Total Body Strength (MR)</p> <p>3:00 Community Meeting (MR)</p> <p>4:00 Sports Talk (MON)</p> <p>4:00 Afternoon Piano with John Spaulding (LR)</p> <p>5:00 Dinning Out: The Stillman (MIL)</p> <p>7:00 Duplicate Bridge (MR)</p> <p>7:00 Canasta (AC)</p> <p>7:30 Classic Comedy: The Best of the Carol Burnett Show: Vol 4 (M67)</p>	<p>7:00 Swimming (P)</p> <p>8:00 Nursing Hours (WC)</p> <p>8:15 Walking Club (MIL)</p> <p>9:15 Aqua Blast (P)</p> <p>9:30 Shop: Harris Teeter/Sun Trust/CVS/BB&amp;T (MIL)</p> <p>10:15 Classical Stretch (MR)</p> <p>10:30 Mexican Train Dominoes (CR)</p> <p>11:15 Stand, Sit &amp; Be Fit (MR)</p> <p>11:15 Mindfulness Meditation (MON)</p> <p>1:30 Chair Fit (MR)</p> <p>3:00 BINGO (MR)</p> <p>4:00 Bear &amp; Wings with the Boys (LR)</p> <p>7:30 In House Concert: Windsong Chamber Ensemble (MR)</p>	<p>8:00 Nursing Hours (WC) <b>28</b></p> <p>9:00 Aqua Mix (P)</p> <p>10:30 Rosh Hashanah Services (MR)</p> <p>10:30 Rosary Group (CR)</p> <p>11:00 The Great Courses (CAN)</p> <p>1:00 Canasta (CR)</p> <p>4:00 Team Trivia (MR)</p> <p>4:45 Depart: St. Charles Catholic Church (MIL)</p> <p>5:15 Depart: St. Thomas More Catholic Church (MIL)</p> <p>7:30 Modern Movie: A Dog's Journey (M67)</p>				

**SEPTEMBER 2019**  
**Independent Living**  
*The Jefferson*  
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LIVE WITH PURPOSE

