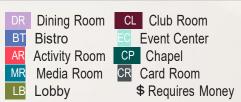


January 2022



					LB Lobby	\$ Requires Money
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY NEW YEAR	S S LISA S DECEMBER 1979		TAKE A NEW TRIP JOIN OTHERS GYM SAVE LOSE QUIT GIVE SMOKING GIFTS GET DRINK FIND LOVE LIFE LOSE VEIGHT SMOKING FIND LOVE LIFE	HEALTHY New Year	All Events Are Subject to Change	10:00 CL Hymn Sing Alongs 10:30 AR Adult Coloring with Music 1:30 AR Drum Fit Exercise 2:00 BT Ice Cream Social 2:30 BT Resolution Talk for 2022 3:00 MR Saturday Afternoon Movie
10:30 MR Leon Springs Online Church 1:30 CL Game of Choice 2:30 MR Sunday Afternoon Movie 3:00 BT Brain Games 4:00 LB Evening Stroll	10:30 BT Coffee and Brain Games 1:00 EC Smart Moves w/Amanda 2:00 AR Competitive Poker 2:30 MR Afternoon Movie 3:00 AR Color Me Calm	10:30 BT Find The Differences Puzzles 11:00 AR Arts And Crafts 1:00 AR Drum Fit Exercise 2:00 CL Healthy Talk with Jessica 3:00 AR 5 Minute Manicures 3:30 AR Snack Making	10:00 MR Catholic Online Church 10:30 BT Fitness Challenge 1:00 EC Smart Moves w/Amanda 2:00 CR Competitive Poker 2:30 AR Bingo 4:00 BT Left Right Game 5:30 CL Best of Family Feud	10:00 AR Chair Yoga 10:30 CP Bible Study 10:30 LB Pet Therapy w/Hazel 11:00 CP ell Me Something Good 1:00 AR Flower Arranging 2:30 DR Thirsty Thursday w/Entertainment 5:30 BT Comedy Hour	10:30 BT Coffee Talk w/Friends 11:15 LR Out & About -Walmart \$ 1:00 Sinart Moves w/Amanda 2:30 MRYAfternoon Movie 3:30 BT Scattergories 4:00 CL Short Stories	8:30 LB Men's Breakfast with Ernest 10:00 CL Hymn Sing Alongs 10:30 AR Create 2022 Spiritual Journals 1:30 AR Drum Fit Exercise 3:00 MR Saturday Afternoon Movie
9 10:30 MR Leon Springs Online Church 1:30 CL Game of Choice 2:30 MR Sunday Afternoon Movie 3:00 BT Brain Games 4:00 LB Evening Stroll	10:30 BT Coffee and Brain Games 1:00 EC Smart Moves w/Amanda 2:00 AR Competitive Poker 2:30 MR Afternoon Movie 3:00 AR Color Me Calm	10:30 CL Dominoes with Mike 11:00 AR Arts And Crafts 1:00 AR Drum Fit Exercise 2:30 R 5 Minute Manicures 3:30 AR Snack Making 4:30 BT Crossword and Word Find Puzzles	9:30 B Colonial Hills Day Care Read Along 10:00 MR Catholic Online Church 10:30 BT Chicken Soup for the Soul W/Roxanna 1:00 C Smart Moves W/Amanda 2:00 CR Competitive Poker 3:00 AR Passport Travel 5:30 CL Best of Family Feud	10:00 AR Chair Yoga 10:30 CP Bible Study 11:00 CP Tell Me Something Good 1:00 AR Flower Arranging 2:30 DR Thirsty Thursday w/Entertainment 5:30 BT Comedy Hour	10:30 BT Tell Us Something Good 11:15 LB Out & About \$ 1:00 EC Smart Moves w/Amanda 2:00 AR Cooking with Chef Eduardo 3:30 AR Painting with a Twist 5:30 LB Evening Walk About	10:00 CL Hymn Sing Alongs 10:30 AR Create 2022 Spiritual Journals 1:30 AR Drum Fit Exercise 3:00 MR Saturday Afternoon Movie 3:30 AR Creating Good Vibes
10:30 MR Leon Springs Online Church 1:30 CL Game of Choice 2:30 MR Sunday Afternoon Movie 3:00 BT Brain Games 4:00 LB Evening Stroll	10:30 BT Coffee and Brain Games	Winnie the Pooh Day 18 10:30 BT Winnie the Pooh Coffee Talk 11:30 BT Crossword and Word Find Puzzles 1:00 AR Drum Fit Exercise 2:00 DR Town Hall Meeting 3:30 AR 5 Minute Manicures 4:00 AR Arts And Crafts		10:00 AR Chair Yoga 10:30 CP Bible Study 10:30 CL Music: Harpist 11:00 CP Tell Me Something Good 1:00 AR Flower Arranging 2:30 DR Thirsty Thursday w/Entertainment 5:30 BT Comedy Hour	10:30 BT Tell Us Something Good 11:15 LB Out & About \$ 1:00 EC Smart Moves w/Amanda 1:30 MR Afternoon Meditation 2:30 MR Afternoon Movie 3:00 AR Swappit Shop	9:00 AR Swappit Shop 10:00 CL Hymn Sing Alongs 10:30 AR Create 2022 Spiritual Journals 1:30 AR Drum Fit Exercise 2:00 BT Strawberry Ice Cream Social 3:00 MR Saturday Afternoon Movi
10:30 MR Leon Springs Online Church 1:30 CL Game of Choice 2:30 MR Sunday Afternoon Movie 3:00 BT Brain Games 4:00 LB Evening Stroll 30 10:30 MR Leon Springs Online Church 1:30 CL Game of Choice 2:30 MR Sunday Afternoon Movie 3:00 BT Brain Games 4:00 LB Evening Stroll	10:30 BT Coffee and Brain Games 1:00 BT Smart Moves W/Amanda 2:00 AR Competitive Poker 2:30 BT Coffee and Brain Games 3:00 AR Color Me Calm 31 10:30 BT Coffee and Brain Games 1:00 BT Smart Moves W/Amanda 2:00 AR Competitive Poker 2:30 MR Aftermoon Movie 3:00 AR Color Me Calm	10:30 BT Coffee and Friends 11:00 AR Arts And Crafts 1:00 R Drum Fit Exercise 2:30 R 5 Minute Manicures 3:00 EC Charades	10:00 MR Catholic Online Church 1:00 EC Smart Moves w/Amanda 2:00 CR Competitive Poker 2:30 BT Root Beer Floats 3:00 AR Passport Travel 5:30 CL Best of Family Feud	10:00 AR Chair Yoga 10:30 CP Bible Study 11:00 CP Tell Me Something Good 1:00 AR Flower Arranging 2:30 DR Thirsty Thursday w/Entertainment 5:30 BT Comedy Hour	10:30 BT Tell Us Something Good 11:15 LB Out & About \$ 1:00 EC Smart Moves w/Amanda 1:30 MR Afternoon Meditation 2:30 MR Afternoon Movie 4:00 CL Left Right Game	10:00 CL Hymn Sing Alongs 10:30 AR Create 2022 Spiritual Journals 1:30 AR Drum Fit Exercise 3:00 MR Saturday Afternoon Movie

Viewed 15 COVETY Village
AT DOMINION INDEPENDENT LIVING

January 2022

BO BUS OUTING BR BAR ROOM FR FITNESS ROOM DO DINNER OUT GR GAME ROOM 3L 3rd FLOOR LOUNGE DH DINING HALL FP FRONT PORCH

BC BISTRO CAFE SP SWIMMING POOL

CH Chapel TH Theater

★ REQUIRES SIGN-UP

				DIMING TIME			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Happy- Newyears		HEALTHY -vew year		REMEMBER HIS DREAM IMIKIR. DAY		1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA	
11:00 DH Sunday Brunch 11:00–2:00pm 2:30 CH Church Service and Communion w/ Minister Danny of Freedom in Christ Ministries 3:00 GR 42 Dominoes - Open to All Residents.	9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 10:30 FP Twice Around Group Walk - Every Monday 2:00 FR p.m. Fitness class 7:00 GR Bridge - Duplicate & Party 7:00 TH Movie: Dangerous	10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 3:00 FR Zumba Gold 6:00 GR Resident Cards & Games 7:00 BC Mexican Train	TOWN HALL MEETINGS 9:30 CH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 6:30 GR Bunco	10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 TH Trivial Pursuit 3:00 FR Zumba Gold 4:45 DO Dinner Out: North Italia ★	9:30 FR Sit and Stretch Yoga 10:00 FR a.m. Fitness Class 2:00 FR p.m. Fitness Class 4:00 DH Friday Happy Hour w/Musical Guest TJ Dolotina 7:00 GR Hand & Foot 7:00 TH Movie TBA	1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA	
11:00 DH Sunday Brunch 11:00–2:00pm 2:30 CH Church Service w/ Minister Danny of Freedom in Christ Ministries 3:00 GR 42 Dominoes - Open to All Residents.	9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 10:30 FP Twice Around Group Walk - Every Monday 2:00 FR p.m. Fitness class 7:00 GR Bridge - Duplicate & Party 7:00 TH Movie: Old	10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 3:00 FR Zumba Gold 6:00 GR Resident Cards & Games 7:00 BC Mexican Train	9:30 GH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 6:30 GR Bunco	13 10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 TH Trivial Pursuit 3:00 FR Zumba Gold 4:45 DO Dinner Out: Luxor Mediterranean ★	9:30 FR Sit and Stretch Yoga 10:00 FR a.m. Fitness Class 2:00 FR p.m. Fitness Class 4:00 DH Friday Happy Hour w/Musical Guest Valerie Fernandez 7:00 GR Hand & Foot 7:00 TH Movie TBA	15 1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA	
11:00 DH Sunday Brunch 11:00–2:00pm 2:30 CH Church Service w/ Minister Danny of Freedom in Christ Ministries 3:00 GR 42 Dominoes - Open to All Residents.	Martin Luther King, Jr. Day 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 10:30 FP Twice Around Group Walk - Every Monday 1:30 3L New Resident Orientation 2:00 FR p.m. Fitness class 7:00 GR Bridge - Duplicate & Party 7:00 TH Movie: No Time to Die	10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 3:00 FR Zumba Gold 6:00 GR Resident Cards & Games 7:00 BC Mexican Train	9:30 CH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 6:30 GR Bunco	10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 TH Trivial Pursuit 2:00 3L Tea with the Saints 3:00 FR Zumba Gold 4:45 DO Dinner Out: Red Lobster★	9:30 FR Sit and Stretch Yoga 10:00 FR a.m. Fitness Class 2:00 FR p.m. Fitness Class 4:00 DH Friday Happy Hour w/Musical Guest Lisa Marie Sharp 7:00 GR Hand & Foot 7:00 TH Movie TBA	1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA	
11:00 DH Sunday Brunch 11:00–2:00pm 2:30 OH Church Service w/ Minister Danny of Freedom in Christ Ministries 3:00 GR 42 Dominoes - Open to All Residents. 30 11:00 DH Sunday Brunch 11:00–2:00pm 2:30 OH Church Service w/ Minister Danny of Freedom in Christ Ministries 3:00 GR 42 Dominoes - Open to All Residents.	9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 2:00 FR p.m. Fitness class 7:00 FR p.m. Fitness class 7:00 FR Bridge - Duplicate & Party 7:00 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:30 Book Club: Water From My Heart by Charles Martin 2:00 FR p.m. Fitness class	10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 3:00 FR Zumba Gold 3:30 DH Town Hall Meeting 6:00 GR Resident Cards & Games 7:00 BC Mexican Train	8:00 BO Wise Guys Breakfast Out: Magnolia Pancake House ★ 9:30 CH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 6:30 GR Bunco	10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 TH Trivial Pursuit 3:00 FR Zumba Gold 4:45 DO Dinner Out: Palenque Grill ★	9:30 FR Sit and Stretch Yoga 10:00 FR a.m. Fitness Class 2:00 FR p.m. Fitness Class 4:00 DH Friday Happy Hour w/Musical Guest Kai 7:00 GR Hand & Foot 7:00 TH Movie TBA	1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA	

Discovery Village

January 2022

