JA-267 - Discovery Village at Dominion Independent Living/a.k.a. Watercrest at Dominion - Issue: 03/01/23 Viewed PSCOVERY Village AT DOMINION INDEPENDENT LIVING AT DOMINION INDEPENDENT LIVING DH DINING HALL BC BUS OUTING BR BAR ROOM AC ARTS & CRAFTS ROOM C 20 DF LOOR CLUB AREA SP SWIMMING POOL C 20 DF LOOR CLUB AREA SP SWIMMING POOL C 3 rd FLOOR LOUNGE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hello Spring	10 11 12 1 12 1 SPRING SPRING 8 7 6 5 FORWARD	HAPPY ST. PATRICK'S & DAY &	1 9:30 TH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 1:30 Choir Practice - The Village Singers 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 7:00 BC Discovery Philosophers	2 10:00 SP Water Aerobics 10:30 SP Water Aerobics 12:30 TH Griswold Home Care: VA Community Based Programs 1:00 BR Mexican Train 1:30 2C Trivial Pursuit 4:45 Dinner Out: BJ's Restaurant & Brewhouse★	3 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 Liz'Ann 7:00 GR Hand & Foot 7:00 TH Movie TBA	4 1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA
5 11:00 DH Sunday Brunch 11:00–1:00pm 2:30 CH Church Service w/ Minister Danny of Freedom in Christ Ministries With Communion 3:00 GR 42 Dominoes - Open to All Residents.	10:00 FR a.m. Fitness Class	7 10:00 SP Water Aerobics 10:30 SP Water Aerobics 11:00 AC Crafting Time 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 6:00 GR Resident Cards & Games 7:00 BC Mexican Train 7:00 TH Movie: The Fabelmans	8 9:30 H Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 1:30 Choir Practice - The Village Singers 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 7:00 H Janice Dombi Presents	9 10:00 SP Water Aerobics 10:30 SP Water Aerobics 11:30 TH Health Talk w/ Select Rehab: Pain Management 1:00 BR Mexican Train 1:30 2C Trivial Pursuit 4:45 Dinner Out: Silo Elevated Cuisine★	10 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	11 1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA
Daylight Savings Begins1211:00 DH Sunday Brunch 11:00–1:00pm11:00–1:00pm2:30 CH Church Service w/ Minister Danny of Freedom in Christ Ministries3:00 GR 42 Dominoes - Open to All Residents.	9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class	14 10:00 SP Water Aerobics 10:30 SP Water Aerobics 11:00 AC Stampin' Up Card Making w/Lisa 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 6:00 GR Resident Cards & Games 7:00 BC Mexican Train 7:00 TH Movie: The Old Way	 15 9:30 TH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 1:30 GR Mahjong 1:30 Choir Practice - The Village Singers 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 7:00 EC Discovery Philosophers 	16 10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 2C Trivial Pursuit 2:00 3L Tea with the Saints 4:45 Dinner Out: Gloria's Latin Cuisine★	St. Patrick's Day179:30FRSit and Stretch Yoga10:00FRa.m. Fitness Class10:00BCAivlys Jewelry2:00FRp.m. Fitness Class4:00DHSt. Patrick's Day Happy Hour w/Musical Guest Valerie Fernandez5:30BOKronkosky - Dinner & Dance7:00GRHand & Foot7:00THMovie TBA	18 1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA
19 11:00 DH Sunday Brunch 11:00–1:00pm 2:30 CH Church Service w/ Minister Danny of Freedom in Christ Ministries 3:00 GR 42 Dominoes - Open to All Residents.	10:00 FR a.m. Fitness Class	21 10:00 SP Water Aerobics 10:30 SP Water Aerobics 11:00 AC Crafting Time 1:00 BC Blood Pressure Checks 2:00 TH Bible Study 6:00 GR Resident Cards & Games 7:00 BC Mexican Train 7:00 TH Movie: The Whale	22 9:30 TH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 1:30 G Choir Practice - The Village Singers 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO! 7:00 TH Janice Dombi Presents	23 10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 2C Trivial Pursuit 4:45 Dinner Out: Longhorn Steakhouse ★	24 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 Rebecca 7:00 GR Hand & Foot 7:00 TH Movie TBA	25 1:00 GR Bridge - Duplicate & Party 1:00 BC Mexican Train 2:00 TH Matinee Movie: TBA 7:00 TH Movie: TBA
26 11:00 DH Sunday Brunch 11:00–1:00pm 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	Town Hall Meetings2810:00 SP Water Aerobics10:30 SP Water Aerobics11:00 AC Crafting Time1:00 BC Blood Pressure Checks2:00 TH Bible Study6:00 GR Resident Cards & Games7:00 BC Mexican Train7:00 TH Movie: A Man called Otto	29 8:00 BO Wise Guys Breakfast Out: First Watch★ 9:30 TH Mass with Father Robert & Father George 9:30 FR Sit & Stretch Yoga 10:00 FR a.m. Fitness Class 1:00 GR Mahjong 1:30 3 Choir Practice - The Village Singers 2:00 GR Bridge (Party Bridge) 2:00 FR p.m. Fitness Class 3:00 DH BINGO!	30 10:00 SP Water Aerobics 10:30 SP Water Aerobics 1:00 BR Mexican Train 1:30 2C Trivial Pursuit 4:45 Dinner Out: North Italia ★	31 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 Liz'Ann 7:00 GR Hand & Foot 7:00 TH Movie TBA	