

SUN MON TUE WED THUR FRI SAT



April Fool's Day
No Aquatics or Fitness Classes
 8:30 Meditation (IR)
 9:00 **Fitness for Life Kick-off (MR)**
 1:00 **Dietician - Colleen LaMere (L)**
 1:00 Duplicate Bridge (IR)
 1:00 Scrabble (CR)
 1:00 Hand & Foot (GR)
 4:00 Happy Hour (L)
 4:30 Social Trivia (MR)
 6:45 Non-Denominational Christian Book Study (FS)

Podiatrist
 9:15 Woodcarvers (AR)
 11:00 Catholic Service (T)
11:00 - 3:00 AK Designs, LLC - Wreath Event (L)
11:30 Lunch Bunch: Latitude Seafood Restaurant (I) (OFC)**
 1:00 Social Bridge (GR)
1:30 Josh Pachter: "Charlie Chaplin" (T)
 1:30 Wii Bowling (S)
 3:00 Parkinson's Chair Exercise (MR)
 4:00 Happy Hour (L)
 6:30 Euchre (CR & FS)
 7:30 Poker (GR)

9:30 CVS (I)**
11:00 Food Lion (I)**
1:30 Art Factory (AR)**
 1:30 Billiards with Chase (S)
1:30 Food Lion (I)**
 1:30 Mending Hearts Grief Support Group (R) (Women) FS (Men)
1:30 The History Club Presents: Lewis and Clark Expedition Series (T)
 1:30 Spades (IR)
 3:00 Chair Yoga (MR)
3:00 Writers' Group (CR)
 4:00 Happy Hour (L)
6:30 Pokeno w/ Mo & Vern (MR)

9:15 Woodcarvers (AR)
 10:30 Pottery (AR)
12:45 Book Club (R)
 1:00 Hand and Foot Card Game (CR)
 1:00 Mah Jongg (GR)
1:30 Health & Wellness Class: Memory & Movement w/ Kathy Brown (MR)
 3:00 Dominoes (IR)
 3:00 IT Assistance with Chase (CC)
 4:00 Happy Hour (L)

No Aquatics Classes
11:00 Trader Joe's (I)**
 1:00 Duplicate Bridge (IR)
2:00 Canasta (CR)
2:00 CVS (I)**
 3:00 Chair Yoga (MR)
 4:00 Happy Hour (L)

Laylat al-Qadr (Muslim)
National Tartan Day (Scottish)
 10:00 Painting Class (AR)
 10:00 The Geezers (R)
12:45 Broadway in Richmond: TINA (II) (OFC)**
1:30 Movie - Freud's Last Session (T)
 4:00 Happy Hour (L)

World Health Day
9:45 The Brandermill Church (I)**
1:30 Movie - Freud's Last Session (T)
1:45 Symphony Sunday Series: An American in Paris (II) (OFC)**
2:00 "99" Card Game (CR)
 2:00 Yarn Arts (GR)

8:30 Meditation (IR)
8:45 Hair Stylist Stefanie (SA)**
11:00 Men's Club (T)**
 1:00 Duplicate Bridge (IR)
 1:00 Resident Council (R)
 1:00 Scrabble (CR)
 1:00 Hand & Foot (GR)
1:30 History Club (FS)
2:00 Birthday/Anniversary Social (MR)
 4:00 Happy Hour (L)
 6:45 Non-Denominational Christian Book Study (FS)

National Former POW Recognition Day
Eid al-Fitr (Muslim)
 9:15 Woodcarvers (AR)
9:30 CVS (I)**
 11:00 Catholic Service (T)
11:00 Food Lion (I)**
 1:00 Social Bridge (GR)
1:00 Virtusense Balance Screening (R)**
1:30 Food Lion (I)**
1:30 Human Trafficking Talk w/ Officer B.T. Lewis (MR)
 1:30 IT Assistance with Chase (CC)
 3:00 Parkinson's Chair Exercise (MR)
 4:00 Happy Hour (L)
6:15 Golden Girls - The Laughs Continue (II) (OFC)**
 6:30 Euchre (CR & FS)

Massage Therapist
9:30 Nail Specialist Marcie (SA)**
11:00 "Movers & Shakers" (GR)
11:00 Va. Rep. Theater at Hanover: On Air (II)* (OFC)
1:00 Lettuce Talk (MR)
 1:30 Billiards with Chase (S)
 1:30 Mending Hearts Grief Support Group (R) (Women) FS (Men)
 1:30 Spades (GR)
2:00 Reader's Theater (IR)
 3:00 Chair Yoga (MR)
 4:00 Happy Hour (L)
 6:30 Pinochle (CR & FS)

9:15 Woodcarvers (AR)
 10:30 Pottery (AR)
1:00 Chat with Charmaine (MR)
 1:00 Hand and Foot Card Game (CR)
 1:00 Mah Jongg (GR)
 2:00 Caregivers Support Group (R)
2:00 BW Foundation Board Presentation (MR)
 3:00 Dominoes (IR)
 3:00 IT Assistance with Chase (CC)
 4:00 Happy Hour (L)
6:30 Tam Trio, Country Music Group (MR)

National Day of Silence
9:45 Banks (I)**
11:00 Target & Dollar Tree (I)**
1:00 Cool Dog Club (GR)
 1:00 Duplicate Bridge (IR)
1:30 Stroke Support Group (R)
2:00 CVS (I)**
2:30 Backgammon (CR)
 3:00 Chair Yoga (MR)
 4:00 Happy Hour (L)
6:30 Movie - Air (T)

10:00 Giant Crosswords with Myra (L)
 10:00 Painting Class (AR)
 10:00 The Geezers (R)
1:30 Movie - Last Chance Harvey (T)
 4:00 Happy Hour (L)

Name Tag Week Begins
9:45 The Brandermill Church (I)**
1:30 Movie - Last Chance Harvey (T)
2:00 "99" Card Game (CR)
 2:00 Yarn Arts (GR)

Tax Day
Powercise Canceled
Fitness Classes in Ivy Room
 8:30 Meditation (IR)
11:30 Women's Club (MR)**
 1:00 Duplicate Bridge (IR)
 1:00 Scrabble (CR)
 1:00 Hand & Foot (GR)
1:30 Movie - Bank of Dave (T)
 4:00 Happy Hour (L)
6:15 Bingo (MR)
 6:45 Non-Denominational Christian Book Study (FS)

9:15 Woodcarvers (AR)
9:30 CVS (I)**
 11:00 Catholic Service (T)
11:00 Food Lion (I)**
 1:00 Social Bridge (GR)
1:30 Food Lion (I)**
1:30 Talk by Author Annie Tobey (T)
 1:30 Wii Bowling (S)
2:30 Art Talk and Sale (R)
 3:00 Parkinson's Chair Exercise (MR)
 4:00 Happy Hour (L)
 6:30 Euchre (CR & FS)
 7:30 Poker (GR)

Massage Therapist
9:30 Westover Plantation w/Lunch at Upper Shirley Plantation (III) (OFC)**
 1:30 Billiards with Chase (S)
 1:30 Mending Hearts Grief Support Group (R) (Women) FS (Men)
 1:30 Spades (IR)
 3:00 Chair Yoga (MR)
 4:00 Happy Hour (L)
6:30 Pokeno w/ Mo & Vern (MR)

9:15 Woodcarvers (AR)
 10:30 Pottery (AR)
 1:00 Hand and Foot Card Game (CR)
 1:00 Mah Jongg (GR)
 2:00 Alzheimer's Caregivers Support Group (R)
 3:00 Dominoes (IR)
 3:00 IT Assistance with Chase (CC)
3:00 Tom May, Flutist (MR)
 4:00 Happy Hour (L)

Fitness Classes in Ivy Room
Powercise Canceled
Chair Yoga Canceled
9:45 Banks (I)**
11:00 "Movers & Shakers" (GR)
11:00 Publix (I)**
 1:00 Duplicate Bridge (IR)
2:00 CVS (I)**
2:00 Remembrance Service (MR & R)
 4:00 Happy Hour (L)

10:00 Painting Class (AR)
 10:00 The Geezers (R)
1:30 Movie - Saint Ralph (T)
 4:00 Happy Hour (L)

Administrative Professionals Week Begins
Va. International Tattoo
9:45 The Brandermill Church (I)**
1:30 Movie - Saint Ralph (T)
2:00 "99" Card Game (CR)
 2:00 Yarn Arts (GR)

Passover
Earth Day
Audiologist
 8:30 Meditation (IR)
8:45 Hair Stylist Stefanie (SA)**
12:30 Movie - Ten Commandments (T)
 1:00 Duplicate Bridge (IR)
 1:00 Scrabble (CR)
 1:00 Hand & Foot (GR)
 4:00 Happy Hour (L)
 4:30 Social Trivia (MR)
 6:45 Non-Denominational Christian Book Study (FS)

Dermatologist
 9:15 Woodcarvers (AR)
9:30 Great Big Greenhouse for Management Planting Day (OFC)
 11:00 Catholic Service (T)
 1:00 Social Bridge (GR)
1:00 Virtusense Balance Screening (R)**
 1:30 IT Assistance with Chase (CC)
1:30 Josh Pachter: "Buster Keaton" (T)
2:00 Select Rehab Talk (R)
 3:00 Parkinson's Chair Exercise (MR)
 4:00 Happy Hour (L)
 6:30 Euchre (CR & FS)

Massage Therapist
9:30 CVS (I)**
9:30 Nail Specialist Marcie (SA)**
11:00 "Movers & Shakers" (GR)
11:00 Food Lion (I)**
12:00 Volunteer Appreciation Lunch (MR)**
 1:30 Billiards with Chase (S)
1:30 Food Lion (I)**
 1:30 Mending Hearts Grief Support Group (R) (Women) FS (Men)
 1:30 Spades (IR)
 3:00 Chair Yoga (MR)
 4:00 Happy Hour (L)
4:30 Dinner Diners: Capital Ale House (I) (OFC)**
 6:30 Pinochle (CR & FS)

9:15 Woodcarvers (AR)
10:30 Don Vaught, Financial Advisor (T)
 10:30 Pottery (AR)
 1:00 Hand and Foot Card Game (CR)
 1:00 Mah Jongg (GR)
1:30 Wii Balance Clinic (S)
 2:00 Alzheimer's Caregivers Support Group (R)
2:00 Resident Pool Games (Pool)
 3:00 Dominoes (IR)
 4:00 Happy Hour (L)
6:45 Wyatt Michael, Singer (MR)

9:00 Management Flower Planting (Cottages)**
11:00 Walmart (I)**
 1:00 Duplicate Bridge (IR)
1:30 Tea Drinkers (GR)
2:00 CVS (I)**
2:30 Backgammon (CR)
 3:00 Chair Yoga (MR)
 4:00 Happy Hour (L)
4:30 The R & R Band (L)
6:15 Ovation Choir: Broadway Bound (II) (OFC)**

10:00 Painting Class (AR)
 10:00 The Geezers (R)
1:30 Movie - The Lightkeepers (T)
 4:00 Happy Hour (L)

9:45 The Brandermill Church (I)**
1:30 Movie - The Lightkeepers (T)
2:00 "99" Card Game (CR)
 2:00 Yarn Arts (GR)

8:30 Meditation (IR)
 1:00 Duplicate Bridge (IR)
 1:00 Scrabble (CR)
 1:00 Hand & Foot (GR)
3:00 Talk by Author & Retired Teacher, Betsy Brandt (MR)
 4:00 Happy Hour (L)
 6:45 Non-Denominational Christian Book Study (FS)

Podiatrist
 9:15 Woodcarvers (AR)
10:00 Wegman's (I)**
 11:00 Catholic Service (T)
 1:00 Social Bridge (GR)
1:30 Josh Pachter: "Buster Keaton" (T)
1:30 Midlothian Mines Tour (III) (OFC)**
 3:00 Parkinson's Chair Exercise (MR)
 4:00 Happy Hour (L)
 6:30 Euchre (CR & FS)

LOCATION KEY
 AR - Activity Room
 AR - Art Room
 CR - Card Room
 CR & FS - Card Room and Four Seasons
 CC - Communication Center
 FS - Four Seasons
 GR - Game Room
 IR - Ivy Room
 L - Lounge
 MR - Meeting Room
 MR & R - Meeting Room and Reflections

OFC - Off Campus
 R - Reflections
 R (Women) FS (Men) - Reflections (Women); Four Seasons (Men)
 SA - Salon
 S - Shindigz
 T - Theater

Clinic Hours
Monday & Friday
9:00 a.m. - 11:00 a.m.
Tuesday, Wednesday & Thursday
1:00 p.m. - 3:00 p.m.

Hair Stylist, Stefanie: 804-873-3369
Nail Specialist, Marcie 804-237-2355
Massage Therapist, Anne: 804-317-2177

Audiologist: 804-818-0000
Podiatrist & Nurses: Ext 203
Select Rehab: 804-794-4597



April 2024
Independent Living



Call to Sign Up
Blue Ext. 209**
Red Ext. 250**

