


Sun	Mon	Tue	Wed	Thu	Fri	Sat
AM-A = Alexander Mack "A" Room AM-B = Alexander Mack "B" Room AW = Artwerks	Café = Stevens Cafe Custer = Custer Room Kruger = Kruger Room, 3rd Floor	LC = Lantz Chapel Major = Major Room, 2nd Floor Shen = Shenandoah Room	Smith = Smith Room 3rd Game = 3rd Floor Game Room HCC=Houff Community Center	DGL=Driver/Gassett Library WC = Wellness Center WW=Wampler Wing	GA=Garber Atrium Administrative Ctr GH=Gardner House	BC = Bridgewater College
<h1>JANUARY, 2019</h1>			<h2>Bridgewater Residents' Village Calendar</h2>			
<u>Jan. 23 - 11:30 a.m.</u> Lunch Buddy Program at John Wayland Elementary School - contact Laura Powell if you wish to eat lunch and engage with the 4th grade students	<u>Feb. 15 -</u> Opera Spotlight at JMU Forbes Center Tickets are \$12 each (sign up for bus)	1 8:45 Morning Fitness - WC NEW YEAR'S DAY Pharmacy CLOSED	2 (bus0) 9:00 - Food Lion 9:00 - YOGA - WC 10:00-Valley Ukulele Players-Shen 1:00 - Afternoon Fitness - WC (bus 0) 1:30 - Pool Pleasure class 3:30 - Better Breathing Clinic - WC 6:30 - Wii Bowling-Shen 6:30 - Old Time Jam Session-Spitzer	3 9:00 - Movement Matters- WC 9:30 - Muscle Solutions - WC 10:00 - Tai Chi - WC 3 to 4:30 Wellzesta Help Desk	4 8:00 - Chit Chat-Stevens Café 8:45 - Morning Fitness - Shen 9:30 - Brain Fitness - WC 10 to 11:30 - Wellzesta Help Desk 1:00-Cards and Games - 3rd game (bus0) 1:30 - Pool Pleasure class 3:15 - Do-Si-Dos Sq. Dancers - Shen	5 Wellness Ctr Open (8-12) 2:00 - Dulcimer Jam - Shen
6 (bus 0 to area church) 7 p.m. - Vespers - Lantz Chapel Channel 971	7 8:45 - Morning Fitness - WC 9:00 till - Undecorating Maple Terrace 9:30 - Muscle Solutions - WC 10:00 - Movement Matters - WC 10:30 Tai Chi/11:00 Better Breathing Clinic - WC 1:00 Cards & Games-3rd Game/Aft. Fitness-WC (bus 0) 1:30 - Pool Pleasure class 2:00 - BVRA Meeting - LC 6:30 - Wii Bowling - Shen	8 8:45 - Morning Fitness - Shen (bus0) 9:30 - Valley Mall shopping 10:00 - Dulcimer Class - Shen 12:45 - Village Bible Study (VBS) - Shen 1:45 - Line Dancing - Shen 3 to 4:30 - Wellzesta Help Desk 7:00 - Billiards - 2nd floor billiards	9 (bus 0) 9:00 - WalMart 9:00 - YOGA - WC 10:00-Valley Ukulele Players-shen 1:00 - Afternoon Fitness - WC (bus 0) 1:30 - Pool Pleasure class 3:30 - B. Breathing Clinic - WC 6:30 - Wii Bowling-Shen 6:30 - Old Time Jam Session-Spitzer	10 9:00-Movement Matters- WC 9:30 - Muscle Solutions - WC 10:00 - Tai Chi - WC 11:15 - M.T. Residents' Lunch - Shen 2:30 - Dining Services A.C. Meet - kruger 3:30 - Grief Support Mt.- kruger	11 8:00 - Chit Chat-Stevens Café 8:45 - Morning Fitness - Shen 9:30 Coffee with Sarah -Custer/B. Fitness-WC 10 to 11:30 - Wellzesta Help Desk 12:00 - Meadow Lane Luncheon - Shen 1:00-Cards and Games - 3rd game (bus 0) 1:30 - Pool Pleasure class 3:15 - Do-Si-Dos Sq. Dancers - Shen	12 Wellness Ctr Open (8-12) 10:00 - Coffee Party - Shen 2:00 to 3:00 - Woodwerks Open House (Cherry Lane)
13 (bus 0 to area church) 11:30 to 1 - Pianist Daniel Over in Custer Room 7p.m. - Vespers - Lantz Chapel Channel 971	14 Candles in bag pick up (door) 8:45 - Morning Fitness - WC 9:30 - Muscle Solutions - WC 10:00 - Movement Matters - WC 10:30 - Tai Chi /11:00 - B. Breathing Clinic - WC 1:00 - Cards & Games-3rd Game 1:00 - Afternoon Fitness - WC 2:00 - Art Class - Artwerks (registration required) (bus0) 1:30 - Pool Pleasure class 6:30 - Wii Bowling - Shen	15 8:45 - Morning Fitness - Shen 10:00 - Wood Carving - Shen (bus0&1)11:00 Way/Rose Lunch 12:45 - Village Bible Study (VBS) - Shen 1:45 - Line Dancing - GH 2 to 3:30 - Wellzesta Help Desk (bus1) 6:45 Steve Schmidt - BC 7:00 - Billiards - 2nd floor billiards	16 (bus0)9:00 Bridgewater Foods/Yoga WC 10 to 11:30 - Wellzesta Help Desk 10:00-Valley Ukulele Players-shen 1:00 - Afternoon Fitness - WC (bus 0) 1:30 - Pool Pleasure class 2:30 - Choir Practice - LC 3:30 - B. Breathing Clinic - WC 6:30 - Memory Support Group - Kruger 6:30 - Wii Bowling - Shen	17 9:00 Movement Matters - WC 9:30 - Muscle Solutions - WC 10:00 - Tai Chi - WC 2:00 - Winter Bingo - Shen 3:30 - Grief Support Mt.- kruger ----- <u>Jan. 16 (Wednesday)</u> 6:30-Old Time Jam Session-Spitzer	18 8:00 - Chit Chat-Stevens Café 8:45 - Morning Fitness - Shen 9:30 - Brain Fitness - WC 1:00-Cards and Games - 3rd game (bus0) 1:30 - Pool Pleasure class 3:15 - Do-Si-Dos Sq. Dancers - Shen	19 Wellness Ctr Open (8-12)
20 (bus 0 to area church) 2 to 3:00 - An Art Afternoon - Shen 7p.m. - Vespers - Lantz Chapel Channel 971	21 8:45 - Morning Fitness - WC 9:30 - Muscle Solutions - WC 10:00 - Movement Matters - WC 10:30 - Tai Chi - WC 11:00 - B. Breathing Clinic - WC 1:00 Cards & Games - 3rd Game/ 1:00 - Afternoon Fitness - WC (bus0) 1:30 - Pool Pleasure class 6:30 - Wii Bowling - Shen	22 8:45 - Morning Fitness - Shen 10:00 - Dulcimer Class - Shen 10:00 - BOOK CLUB - Kruger 12:45 - Village Bible Study (VBS) - Shen 1:45 - Line Dancing - Shen 2 to 3:30 - Wellzesta Help Desk 7:00 - Billiards - 2nd floor billiards	23 (bus0) 9:00 WalMart/Yoga - WC 10 to 11:30 - Wellzesta Help Desk 10:00-Valley Ukulele Players-shen 1:00 - Afternoon Fitness - WC (bus 0) 1:30 - Pool Pleasure class 2:30 - Choir Practice - LC 6:30 - Wii Bowling - Shen 6:30-Old Time Jam Session-Spitzer	24 9:00-Movement Matters WC 9:30 - Muscle Solutions - WC 10:00 - Tai Chi - WC 10:30 Book Review w/Tom Reynolds-Shen 2:00 - Craft Time - Shen 3:30 - Grief Support Mt.- kruger	25 8:00 - Chit Chat - Stevens Café 8:45 - Morning Fitness - Shen 9:30 - Brain Fitness - WC 9:30 - Coffee with Sarah - Custer 1:00-Cards and Games - 3rd game (bus0) 1:30 - Pool Pleasure class 2:00 - Birthday Party - Shen 3:15 - Do-Si-Dos Sq. Dancers - Shen	26 Wellness Ctr Open (8-12)
27 (bus 0 to area church) 7p.m. - Vespers - Lantz Chapel Channel 971	28 8:00 - ROMEO 8:45 - Morning Fitness - WC 9:30 - Muscle Solutions - WC 10:00 - Movement Matters - WC 10:30 - Tai Chi - WC 1:00 - Cards & Games-3rd Game 1:00 - Afternoon Fitness - WC (bus0) 1:30 - Pool Pleasure class 2:00 - 9 x 10 Group - Major	29 8:45 - Morning Fitness-Shen 12:45 - Village Bible Study (VBS) - Shen 1:45 - Line Dancing - Shen 2 to 3:30 - Wellzesta Help Desk 7:00 - Billiards - 2nd floor billiards ----- <u>Jan. 28 (Monday)</u> 6:30 - Wii Bowling - Shen	30 (bus0)9:00 Sharp Shopper/Yoga 10:00-Valley Ukulele Players-shen 10 to 11:30 - Wellzesta Help Desk 1:00 - Afternoon Fitness - WC (bus 0) 1:30 - Pool Pleasure class 2:30 - Choir Practice - LC 6:30 - Wii Bowling - Shen 6:30-Old Time Jam Session-Spitzer	31 9:00 Movement Matters WC 9:30 - Muscle Solutions - WC 10:00 - Tai Chi - WC 2:00 Movie: Darkest Hour-Shen 3:30 - Grief Support Mt.- kruger 6:00 Serve meal to Open Doors	Feb1 8:00 - Chit Chat - Stevens Café 8:45 - Morning Fitness - Shen 9:30 - Brain Fitness - WC 1:00-Cards and Games - 3rd game (bus0) 1:30 - Pool Pleasure class 3:15 - Do-Si-Dos Sq. Dancers - Shen	Feb2 Wellness Ctr Open (8-12) 2:00 - Dulcimer Jam - Shen 5:00 - Pot Luck Dinner - Shen