

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div>February 2019</div><div>Discovery Village at the West End Independent Living</div></div></div></div></div>				<div><div>Dining Room Hours</div><div>Open Breakfast 8:30a-12:00p Daytime Dining 12:00p-5:00p Formal Dining 5:30p-7:00p</div><div>Resident-Led Happy Hours</div><div>Please bring a glass and your favorite drink to share on Mondays, Wednesdays, and Saturdays!</div></div>	<div><div>1 10:00 Balloon Fitness (W)</div><div>11:15 Lunch Bunch: Glory Days (+)</div><div>1:30 Shopping Bus Run (+)</div><div>2:30 Prize Pokeno (B)</div><div>4:30 Happy Hour (B)</div><div>7:00 Ladies Poker (L#)</div></div>	<div><div>2 11:00 Line Dancing (B)</div><div>1:00 Rummikub (L#)</div><div>4:30 Resident Happy Hour (B#)</div><div>Groundhog Day</div></div>
<div><div>3 10:30 Trip: St. Andrew's Methodist Church Service (+)</div><div>2:00 Downton Abbey Show Series (T#)</div><div>6:30 Super Bowl Kickoff Party (B+)</div></div>	<div><div>4 9:30 Grocery/Bank Bus Run (+)</div><div>10:00 Hearing Aid Clinic (B)</div><div>11:00 Ageless Grace (W)</div><div>1:00 Mahjong (L)</div><div>1:30 Shopping Bus Run (+)</div><div>4:30 Resident Happy Hour (B#)</div></div>	<div><div>5 10:00 Balance Class with Iffet (B)</div><div>10:30 Brain Fitness (L)</div><div>11:00 Tech Class with Mark (T)</div><div>1:00 Party Bridge (L#+)</div><div>4:30 Name Tag Happy Hour (B)</div></div>	<div><div>6 10:00 Chair Yoga (B)</div><div>11:00 Trip: Lunch & Wine Tasting at Upper Shirley Vineyards - \$7 (+)</div><div>2:00 Tai Chi (W)</div><div>3:00 Book Club Meeting to Discuss <i>The Nature of the Beast</i> (L#)</div><div>4:30 Resident Happy Hour (B#)</div><div>7:00 Poker (L#)</div></div>	<div><div>7 10:00 Balance Class with Fox Rehab (B)</div><div>10:30 Coffee & Doughnuts (B)</div><div>11:00 – 3:00 Jewelry & Handbag Sale by Kazuri Designs (B)</div><div>1:30 Bridge (L#)</div><div>2:00 Movie: <i>Brooklyn</i> (T)</div><div>4:30 Happy Hour (B)</div><div>7:00 Game Night (B#)</div></div>	<div><div>8 9:30 Grocery/Bank Bus Run (+)</div><div>10:00 Balloon Fitness (W)</div><div>1:30 Shopping Bus Run (+)</div><div>2:00 Dollar Bingo (B)</div><div>4:30 Happy Hour (B)</div><div>5:00 Trip: Dinner at The Hardshell (+)</div><div>7:00 Ladies Poker (L#)</div></div>	<div><div>9 1:00 Rummikub (L#)</div><div>4:30 Resident Happy Hour (B#)</div></div>
<div><div>10 10:30 Trip: St. Andrew's Methodist Church Service (+)</div><div>2:00 Downton Abbey Show Series (T#)</div><div>1:45 Trip: Rock & Roll Jubilee at the Glen Allen Cultural Arts Center - \$35 (+)</div></div>	<div><div>11 9:00 Complimentary Breakfast (B)</div><div>9:30 Grocery/Bank Bus Run (+)</div><div>11:00 Jamin with Jillson (W)</div><div>1:00 Mahjong (L)</div><div>1:30 Shopping Bus Run (+)</div><div>2:00 Wii Bowling (B)</div><div>4:30 Resident Happy Hour (B#)</div><div>7:00 Show by Local Magician Jonathan Austin (B)</div></div>	<div><div>12 10:00 Balance Class with Iffet (B)</div><div>10:30 Brain Fitness (L)</div><div>11:00 Tech Class with Mark (T)</div><div>1:00 Bridge (L#)</div><div>4:30 Name Tag Happy Hour (B)</div></div>	<div><div>13 10:00 Chair Yoga (B)</div><div>11:15 Trip: Lunch at Regency Square Mall Food Court & Passing out Flowers for Random Acts of Kindness Week (+)</div><div>1:00 Henrico County Mobile Library Service (B)</div><div>2:00 Tai Chi (W)</div><div>4:30 Resident Happy Hour (B#)</div><div>7:00 Poker (L#)</div></div>	<div><div>14 10:00 Balance Class (B)</div><div>10:30 Coffee & Doughnuts (B)</div><div>12-2:30 Valentine's Day Brunch (D+)</div><div>1:30 Bridge (L#)</div><div>2:00 Movie: <i>Dog Days</i> (T)</div><div>4:30 Valentine's Day Happy Hour & Hors D'oeuvres (B)</div><div>7:00 Game Night (B#)</div><div>*Dinner will not be served</div></div>	<div><div>15 10:00 Balloon Fitness (W)</div><div>11:15 Lunch Bunch: Hondos (+)</div><div>1:30 Shopping Bus Run (+)</div><div>2:30 Prize Bingo (B)</div><div>4:30 Happy Hour (B)</div><div>7:00 Ladies Poker (L#)</div></div>	<div><div>16 10:00 Stitchers Club (L#)</div><div>11:00 Line Dancing (B)</div><div>1:00 Rummikub (L#)</div><div>4:30 Resident Happy Hour (B#)</div></div>
<div><div>17 10:30 Trip: St. Andrew's Methodist Church Service (+)</div><div>2:00 Downton Abbey Show Series (T#)</div><div>3:00 Parrots of Paradise! (B)</div></div>	<div><div>18 9:30 Grocery/Bank Bus Run (+)</div><div>11:00 Ageless Grace (W)</div><div>1:00 Mahjong (L)</div><div>1:30 Shopping Bus Run (+)</div><div>2:00 Chef Cook-off in Assisted Living (+)</div><div>4:30 Resident Happy Hour (B#)</div><div>President's Day</div></div>	<div><div>19 10:00 Balance Class with Iffet (B)</div><div>10:30 Brain Fitness (L)</div><div>10:30 Discovery University Presents: World War II (B)</div><div>11:00 Tech Class with Mark (T)</div><div>1:00 Bridge (L#)</div><div>4:30 Name Tag Happy Hour (B)</div></div>	<div><div>20 9:00 Breakfast at Cracker Barrel (+)</div><div>10:00 Chair Yoga (B)</div><div>2:00 Tea & Conversation (B)</div><div>4:30 Resident Happy Hour (B#)</div><div>7:00 Poker (L#)</div></div>	<div><div>21 10:00 Balance Class with Fox Rehab (B)</div><div>10:30 Coffee & Doughnuts (B)</div><div>1:30 Bridge (L#)</div><div>2:00 Movie: <i>Tea with the Dames</i> (T)</div><div>4:30 Happy Hour (B)</div><div>7:00 Game Night (B#)</div></div>	<div><div>22 9:30 Grocery/Bank Bus Run (+)</div><div>10:00 Balloon Fitness (W)</div><div>1:30 Shopping Bus Run (+)</div><div>2:00 Nickel Bingo (B)</div><div>4:30 Happy Hour (B)</div><div>7:00 Ladies Poker (L#)</div></div>	<div><div>23 1:00 Rummikub (L#)</div><div>1:30 Hot Cocoa & Cookies (B)</div><div>2:00 Trivia Competition with Dan (B)</div><div>4:30 Resident Happy Hour (B#)</div><div>7:00 Performance by Triple Crossing Jazz Project (B)</div></div>
<div><div>24 10:30 Trip: St. Andrew's Methodist Church Service (+)</div><div>1:00 Trip: <i>Once at the November Theatre</i> - \$55 (+)</div><div>2:00 Downton Abbey Show Series (T#)</div></div>	<div><div>25 9:30 Grocery/Bank Bus Run (+)</div><div>11:00 Activities Planning Meeting (B)</div><div>1:00 Mahjong (L)</div><div>1:30 Shopping Bus Run (+)</div><div>2:00 Ukulele Performance & Sing-Along (B)</div><div>4:30 Resident Happy Hour (B#)</div><div>7:00 Poetry Circle (R#)</div></div>	<div><div>26 10:00 Balance Class with Iffet (B)</div><div>10:30 Brain Fitness (L)</div><div>11:00 Tech Class with Mark (T)</div><div>1:00 Bridge (L#)</div><div>4:30 Name Tag Happy Hour (B)</div></div>	<div><div>27 10:00 Chair Yoga (B)</div><div>11:15 Trip: Lunch at Baker's Crust in Carytown & Virginia Museum of History & Culture - \$10 (+)</div><div>4:30 Resident Happy Hour (B#)</div><div>7:00 Poker (L#)</div></div>	<div><div>28 10:00 Balance Class with Fox Rehab (B)</div><div>10:30 Coffee & Doughnuts (B)</div><div>1:30 Bridge (L#)</div><div>2:00 Movie: <i>Murder on the Orient Express</i> (T)</div><div>4:30 Happy Hour (B)</div><div>7:00 Game Night (B#)</div></div>	<div><div>Location Key</div><div><div>B - Legends Bar 1st Fl</div><div>C – Dining Rm Courtyard</div><div>D - Sensations Dining Rm</div><div>L - Library & Media Ctr 2nd Fl</div><div>R – Rm Next to Concierge</div></div><div><div>T - Movie Theatre 3rd Fl</div><div>W - Wellness Center 1st Fl</div><div># - Resident-Led Activity</div><div>+ - Sign-up Required</div></div></div>	

- Check out our in-house channel! You will find the latest community updates here!

Fitness Classes

- Ageless Grace – This is led by certified instructor Phyllis Harris
The program consists of 21 simple tools that are focused on the longevity of the body and mind.
- Balance Class – This is led by Iffet Araniti-Davis & Fox Rehab
These exercises improve overall balance and coordination and help strengthen muscles. For every 16 balance classes attended, you will receive a meal gift certificate.
- Balloon Fitness – Resident -Led
These exercises work on arm strength, range of motion, and shoulder stability.
- Chair Yoga – This is led by certified instructor Iffet Araniti-Davis
Increase mobility and flexibility, unlock the tension in your joints, and improve your balance.
- Jamini’ with Jillson – This is led by certified instructor Earle Jillson
This is a fun-filled exercise class to music that moves you. Fun and laughter are the goals. Dance like no one is watching!
- Line Dancing Class – This is led by certified instructor Phyllis Harris
Gain confidence and learn new steps through fun exercises which improve balance and coordination.
- Tai Chi – This is led by certified instructor Jack Fuller
Improve lower body and leg strength, help with arthritis pain, reduce blood pressure, and much more!

Relax and enjoy a free movie & delicious popcorn!

Please let Brianna or Debbie know if you have any movie recommendations. Movies are subject to cancellation.

Date	Movie	Year	Rating	Length
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Thurs. Feb. 7
Brooklyn
2015 PG-13 1hr 57min
An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

Thurs. Feb. 14
Dog Days
2018 PG 1hr 53min
In this ensemble comedy, dogs are not only man's best friend, they're his best matchmaker as a disparate group of Los Angeles -- including a mom, an athlete turned TV host and a barista -- connects through their canine companions.

Thurs. Feb. 21
Tea with the Dames
2018 NR 1hr 21min
Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins -- all Dames of the British Empire -- gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers.

Thurs. Feb. 28
Murder on the Orient Express
2017 PG-13 1hr 54min
In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain -- and almost everyone on board is a suspect.

Every Sunday
Downton Abbey
2010-2015 TV-PG 2 hr
Whether you never saw a single episode of Downton Abbey or are its most devoted fan, this could be just the Sunday series for you. Every week we'll watch 2 hours of the iconic series, from the sinking of the Titanic in 1912 to the eve of 1926. So, let's get ready for the much-anticipated Downton Abbey movie release on September 20! Note: The movie begins 18 months after the TV story ends.



Upcoming Events

- **February 1-13: Candy Gram Sale** - Send your Discovery Village neighbor or your favorite employee a candy gram this Valentine's Day, and help support The Alzheimer's Association. Candy grams can be purchased at the front desk for \$2 each (cash or check only). Each candy gram will have a piece of Dove chocolate attached and will be delivered on Valentine's Day!
- **Sunday, February 3:** Join us for a **Super Bowl Kickoff Party** at 6:30pm in the pub.
- **Monday, February 4:** Hearing at Home provides free cleanings and minor repairs of your hearing aids during the **Hearing Aid Clinic**.
- **Thursday, February 7: Kazuri Designs** will be selling jewelry & accessories in the publ 1am-3pm.
- **Monday, February 11:** Come be amazed by **Magician Jonathan Austin** at 7pm in the pub!
- **Wednesday, February 13:** In honor of **Random Acts of Kindness Week**, we will be taking the bus to Regency Square Mall to have lunch & give out flowers to shoppers. *Note: This is not a shopping trip.*
- **Wednesday, February 13: The Henrico County Mobile Library** will be visiting! Get a library card, check out books, and find out more about their services.
- **Monday, February 18:** Come try some tasty samples at the **Chef Cook-off** in Assisted Living at 2pm.
- **Saturday, February 23:** Musical performance by **Triple Crossing Jazz Project** at 7pm in the pub.
- **Monday, February 25:** All are welcome to attend the **Activity Planning Meeting**. Please bring your ideas!
- **Monday, February 25:** Join us in the pub for a fun & entertaining **Ukulele Performance & Sing-Along!**
- **Bingo/Pokeno:** Bring only \$1 bills for dollar bingo. Bring your nickels for nickel bingo. Prizes are provided for prize bingo and pokeno.
- **Brain Fitness:** Tuesdays we offer assorted word puzzles, brain teasers & trivia, which are thought to improve reasoning and processing skills.
- **Tech Class with Mark Grubbs:** Bring your phone, tablet, or laptop to class to learn basics of operating your equipment. Mark can assist with PCs, Apple, and Android devices.

Dining Updates

- Please contact the Concierge Desk for any number of guests attending breakfast, lunch, and dinner.
- **Don't Forget!** You must purchase guest tickets for brunches and holiday meals from the Concierge Desk. Allotted meals and meal certificates may not be used for these events.

Happy Hour Updates

- **Don't Forget!** Last call for a drink refill is 5:15pm.
- We allow up to 2 complimentary drinks per resident. Guests will be charged \$3/glass to your monthly bill.
- Availability of wine and beer is subject to change and is at the discretion of the Program Director.
- Please be mindful of cleaning up after yourself and **leaving empty glasses on the bar**.

Club Updates

- **Book Club:** Newcomers are welcome anytime. This month's meeting is Wednesday, February 6.
- **Poetry Circle:** Newcomers are welcome anytime. This month's meeting is Monday, February 25.
- **Party Bridge:** Please contact Betty Hodnett for more details.
- **Stitchers Club:** For anyone who would like to knit, crochet, or quilt items for the Neo-Natal Unit at St. Mary's Hospital. Please contact Claudia Pratt for more details.