

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> Location Key B - Legends Bar 1st Fl C - Dining Rm Courtyard D - Sensations Dining Rm L - Library & Media Ctr 2nd Fl R - Rm Next to Concierge T - Movie Theater 3rd Fl W - Wellness Center 1st Fl # - Resident-Led Activity + - Sign-up Required </div> <div> August 2019 Discovery Village at the West End Independent Living </div> <div> Dining Room Hours Open Breakfast 8:30a-12:00p Daytime Dining 12:00p-5:30p Formal Dining 5:30p-7:00p </div> </div>						
4 1:30 Canasta (L#) 2:30 Downton Abbey Season 5 Finale (T#)	5 9:30 Grocery/Bank Bus Run (+) 10:00 Hearing Aid Clinic (B) 11:00 Ageless Grace (W) 1:00 Mahjong (L#) 1:30 Shopping Bus Run (+) 4:30 Resident Happy Hour (B#)	6 10:00 Exercise Class with Iffet (B) 10:30 Brain Fitness (L) 11:00 Tech Class with Mark (T) 1:00 Bridge (L#) 2:00 Prize Pokeno (B) 4:30 Name Tag Happy Hour (B)	7 10:00 Chair Yoga (B) 11:00 Parfaits in the Pub (B) 2:00 Documentary – Light Spirit: Lighthouses of the Maine Coast (T) 4:30 Resident Happy Hour (B#) 7:00 Poker (L#) Lighthouse Day	8 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Doughnuts (B) 1:30 Bridge (L#) 2:00 Movie: <i>The Big Chill</i> (T) <i>*Dancing is allowed!</i> 4:30 Luau themed Happy Hour (B) 7:00 Game Night (B#)	9 9:30 Grocery/Bank Bus Run (+) 1:30 Shopping Bus Run (+) 2:00 Dollar Bingo (B) 4:30 Happy Hour (B) 4:30 Trip: Dinner at Texas Roadhouse (+) 7:00 Ladies Poker (L#)	10 1:00 Contract Rummy (L#) 1:00 Rummikub (L#) 1:30 Sweet Treat (B) 2:00 Trivia with Dan (B) 4:30 Resident Happy Hour (B#) 6:45 Performance by Triple Crossing Jazz Band (B)
11 12 – 2:30 Sunday Brunch (D+) 12:45 Trip: Patrick Henry’s Liberty or Death Reenactment at Historic St. John’s Church - \$8 (+) 1:30 Canasta (L#) 2:30 Downton Abbey Season 6, Episodes 1 & 2 (T#)	12 9:30 Grocery/Bank Bus Run (+) 10:30 Storying Later Life Class with Prof. John Countryman (T+) 11:00 Jamin’ with Jillson (W) 1:00 Mahjong (L#) 1:30 Shopping Bus Run (+) 3:00 New Resident Social (B) 4:30 Resident Happy Hour (B#)	13 10:00 Exercise Class with Iffet (B) 10:30 Brain Fitness (L) 11:00 Tech Class with Mark (T) 1:00 Party Bridge (L#+) 2:00 Wii Bowling (B) 4:30 Name Tag Happy Hour (B)	14 9:30 Trip: Virginia Living Museum in Norfolk - \$30 (+) 10:00 Chair Yoga (B) 1:00 Henrico County Mobile Library (B) 4:30 Resident Happy Hour (B#) 5:30 Action Station During Dinner with the Culinary Team (D) 7:00 Poker (L#)	15 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Doughnuts (B) 1:30 Bridge (L#) 2:00 Movie: <i>Hidden Figures</i> (T) 4:30 Dog Days of Summer themed Happy Hour (B) 7:00 Game Night (B#)	16 10:00 Meditation Class (T) 11:15 Lunch Bunch – Yen Ching Chinese Restaurant (+) 1:30 Shopping Bus Run (+) 2:30 Prize Bingo (B) 4:30 Happy Hour (B) 7:00 Ladies Poker (L#)	17 1:00 Rummikub (L#) 11:00 Line Dancing Class (B) 4:30 Resident Happy Hour (B#)
18 1:30 Canasta (L#) 2:30 Downton Abbey Season 6, Episodes 3 & 4 (T#)	19 9:30 Grocery/Bank Bus Run (+) 10:30 Storying Later Life Class with Prof. John Countryman (T+) 11:00 Ageless Grace (W) 1:00 Mahjong (L#) 1:30 Shopping Bus Run (+) 2:30 Watermelon & Yard Games on the Patio (C) 4:30 Resident Happy Hour (B#)	20 10:00 Exercise Class with Iffet (B) 10:30 Brain Fitness (L) 11:00 Tech Class with Mark (T) 1:00 Bridge (L#) 2:00 August Birthday Celebration for Residents & Staff (B) 4:30 Name Tag Happy Hour (B)	21 10:00 Chair Yoga (B) 2:00 Nickel Bingo (B) 4:30 Happy Hour hosted by Westport Rehab (B) 6:15 Trip: The Piedmont Singers Concert at Grace Covenant Presbyterian Church (+) 7:00 Poker (L#)	22 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Doughnuts (B) 1:30 Bridge (L#) 2:00 Movie: <i>The Verdict</i> (T) 4:30 Happy Hour (B) 7:00 Game Night (B#)	23 9:30 Grocery/Bank Bus Run (+) 1:30 Shopping Bus Run (+) 2:00 Trip: Ice Cream at Gelati Celesti (+) 4:30 Happy Hour (B#) 7:00 Ladies Poker (L#)	24 12:00 – 2:00 Annual Seafood Fest to Benefit Alzheimer’s Assoc. - \$20 per person donation (cash or check only); Sign up by August 20th! 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#)
25 1:30 Canasta (L#) 2:30 Downton Abbey Season 6, Episodes 5 & 6 (T#)	26 9:30 Grocery/Bank Bus Run (+) 10:30 Storying Later Life Class with Prof. John Countryman (T+) 1:00 Mahjong (L#) 1:00 Contract Rummy (L#) 1:30 Shopping Bus Run (+) 4:30 Resident Happy Hour (B#) 7:00 Poetry Circle (R#)	27 10:00 Exercise Class with Iffet (B) 10:30 Brain Fitness (L) 10:30 Discovery University Presents: Russia, Russia, Russia (B) 1:00 Bridge (L#) 3:45 Catholic Communion in the Assisted Living Building (+) 4:30 Name Tag Happy Hour (B)	28 10:00 Chair Yoga (B) 11:00 Dollar Bingo (B) 1:30 Trip: Lora Robins Gallery of Design by Nature at University of Richmond (+) 4:30 Resident Happy Hour (B#) 7:00 Poker (L#)	29 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Doughnuts (B) 1:30 Bridge (L#) 2:00 Movie: <i>Going in Style</i> (T) 4:30 Happy Hour (B) 7:00 Game Night (B#)	30 9:00 Complimentary Breakfast (B) 9:30 Grocery/Bank Bus Run (+) 11:00 Devotional Service & Communion with Mt. Vernon Baptist Church (T) 1:30 Shopping Bus Run (+) 2:00 Prize Pokeno (B) 4:30 Happy Hour (B) 7:00 Ladies Poker (L#)	31 1:00 Rummikub (L#) 1:30 Popsicles (B) 2:00 Sing Along with Dan (B) 4:30 Resident Happy Hour (B#)

All activities are subject to cancellation.

9801 Harmony Woods Way | Richmond, VA 23233 | (804) 562-2445

All trips depart from the front lobby.

• 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 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.

• 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.

• Jamin' 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!

• Line Dancing Class – This is led by certified instructor Phyllis Harris

Gain confidence and learn new steps through fun exercises that improve balance and coordination.

• NEW! Meditation & Relaxation Practice – This is led by certified instructor Iffet Araniti-Davis

Participants will learn and practice focusing techniques to help calm the mind and body, which include

breathing, visual and sound focus, body awareness, and visualization. Wear clothing comfortable enough

to sit for an extended period. No experience is necessary and there is *no cost for this class*.

Cinema Central

• 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.

<i>Still Alice</i>	2014	1h 41min	PG-13	A film you'll feel. Julianne Moore won an Oscar as a
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linguistics professor who starts to forget words and then

more. This moving film tells one story of Early-onset

Alzheimer's. Alec Baldwin plays the husband.

The soundtrack of a generation fuels this film about

seven former college friends who gather for a weekend

reunion. A Best Picture nominee, with Glenn Close,

William Hurt, Kevin Kline, and others. [You're invited to

enjoy music and dance in the aisles afterwards]

A Best Picture nominee that tells the story of a team of

female African American mathematicians who served a

vital role in NASA during the John Glenn years of the

U.S. space program. Inspiring!

Paul Newman plays a lawyer who tries to save his

career and self-respect by taking a medical malpractice

case to trial instead of settling. Nominated for Best

Picture, Actor, Supporting Actor, Director, Writing

Buddy comedy for Michael Caine, Morgan Freeman,

Alan Arkin. Wronged and desperate to pay bills, three

lifelong pals risk it all by trying to knock off the very bank

that absconded with their money.

We are counting down episodes in the iconic PBS

Masterpiece series, headed toward the September 20

release of the sequel film. Come join us in the Theater

any non-holiday Sunday afternoon!

Downton Abbey

Going in Style

PG-13

2017

1h 36min

R

1982

2h 9min

The Verdict

Hidden Figures

2016

2h 7min

R

1983

1h 45min

The Big Chill

Still Alice

2014

1h 41min

Upcoming Events

August 2019

• Mondays August – October: On select Mondays, join Professor John Countryman for his Storying Later

Life Class. Come exercise your imagination, tap into your intuition and improve your listening skills, all

while having fun! There is a \$25 subscription fee for the entire 10-week session. See Brianna or Debbie to

sign up. You don't want to miss this one-of-a-kind program!

• Monday, August 5: Hearing at Home provides free cleanings and minor repairs of your hearing aids during

the Hearing Aid Clinic.

• Monday August 12: All new residents are encouraged to attend our New Resident Social in the pub.

• Wednesday, August 14: The Henrico County Mobile Library will be visiting! Get a library card, check

out books & movies, and find out more about their services.

• Tuesday, August 20: Have an August birthday? Come have cake at the August Resident & Staff Birthday

Celebration!

• Wednesday, August 21: Join us for a Wednesday Happy Hour hosted by Westport Rehab.

• Saturday, August 24: Come enjoy live music by Center Stage Band and taste a variety of seafood favorites

at our Annual Seafood Fest! A \$20 per person donation, cash or check only (made out to the Alzheimer's

Association), will grant you entrance to the event and enter you in the raffle drawing. You may purchase

additional raffle tickets for \$1 each. *Sign up by August 20th!*

• Friday, August 30: Mt. Vernon Baptist Church will be hosting their monthly Devotional Service &

Communion at 11am in the theater. The service lasts about 40 minutes and is open to all denominations.

• 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, beer & sodas 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: Meetings will resume in September.

• Poetry Circle: Newcomers are welcome anytime.

• 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. Meetings will resume in September.

