



### Dining Room Hours

Open Breakfast  
8:30a-12:00p  
Daytime Dining  
12:00p-5:30p  
Formal Dining  
5:30p-7:00p

# February 2020

## Discovery Village at the West End - Independent Living

### Location Key

**B** - Legends Bar 1<sup>st</sup> Fl  
**C** - Dining Rm Courtyard  
**D** - Sensations Dining Rm  
**L** - Library & Media Ctr 2<sup>nd</sup> Fl  
**R** - Rm Next to Concierge

**T** – Movie Theater 3<sup>rd</sup> Floor  
**W** – Wellness Center 1<sup>st</sup> Floor  
**#** - Resident-Led Activity  
**+** - Sign-up Required

**1 11:00 Line Dancing Class (B)**  
1:00 Rummikub (L#)  
4:30 Resident Happy Hour (B#)

- 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.

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.

Movie	Year	Rate+Time			
<i>The Sense of an Ending</i>	2016	PG-13 1h 48min	What we remember is only half the story. Secrets from his past force Tony to face flawed recollections of a younger self. Jim Broadbent, Charlotte Rampling. Book Club is reading the Booker Prize winner.	PG	1h 43min
<i>The Final Countdown</i>	1980	PG	USS Nimitz is transported back in time to the eve of the Pearl Harbor attack. The result? Trapped outside the boundaries of time and space... 102 aircraft... 6,000 men... all missing. Kirk Douglas	PG	1h 40min
<i>Leap Year</i>	2010	PG	Anna Brady is traveling to Dublin to propose marriage to her boyfriend on Leap Day because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it. Amy Adams	PG-13	1h 56min
<i>The Aftermath</i>	2019	R	Post World War II, a British colonel and his wife are assigned to live in Hamburg during the post-war reconstruction, but tensions arise with the German who previously owned the house. Passion, betrayal		
<i>Yesterday</i>	2019	PG-13	Fantasy film with award-winning soundtrack! A struggling musician realizes he's the only person on Earth who can remember <u>The Beatles</u> after waking up in an alternate timeline where they never existed.		

Club Updates

- Book Club: This month's meeting is February 11<sup>th</sup>.
- 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.

Upcoming Events

February 2020

- February 1-12: 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!
- Monday, February 3: Hearing at Home provides free cleanings and minor repairs of your hearing aids during the Hearing Aid Clinic.
- Monday, February 3: Dr. Cooper Evans with Evolution Hearing will present on "Understanding Your Hearing Test & How to Communicate with Hearing Loss" at 3:00 PM in the Theater. Free hearing aid exams and cleanings will follow the presentation.
- Wednesday, February 5: Kazuri Designs will be in the Pub for a Jewelry Sale from 11:30 AM – 3:30 PM.
- Monday, February 10: Visiting Angels Home Care will be sponsoring a Valentine's themed Happy Hour.
- Tuesday, February 11: Catholic Communion will be held in the Assisted Living building. Transportation will be provided. See the sign-up book if you would like to attend.
- Wednesday, February 12: The Henrico County Mobile Library will be visiting! Get a library card, check out books & movies, and find out more about their services.
- Wednesday, February 12: Discovery Village will be hosting an Art Show from 4:30 PM – 6:30 PM.

Artwork by local artists of all ages will be on display throughout the building.

- Friday, February 14: Join us for drinks and chocolate covered strawberries at the Valentine's Day Happy Hour.
- Tuesday, February 18: All new residents are encouraged to attend the New Resident Social at 2:00 PM in the Pub.
- Tuesday, February 25: We will celebrate and have king cake at the Mardi Gras Happy Hour.
- Friday, February 28: 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: On select 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.
- A "dish return" box has been placed in the trash room on each floor. If you have dishes or wine glasses in your apartment that belong to Discovery Village, please leave them in the designated box.

