	Sunday	Monday	Tuesday	Wednesday	O Thursday	Friday	Saturday		
(1886)		Dining Room Hours Open Breakfast 8:30a-12:00p Daytime Dining 12:00p-5:30p Formal Dining		ry 2020	B - Legends Bar 1st FI C - Dining Rm Courtyard D - Sensations Dining Rm L - Library & Media Ctr 2nd R - Rm Next to Concierge	Location Key T – Movie Theater 3 rd Floor W – Wellness Center 1 st Floor # - Resident-Led Activity FI + - Sign-up Required	1 11:00 Line Dancing Class (B) 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#)		
		Discovery Village at the West End - Independent Living							
	2 2:00 Rick Steves' Europe: Exploring Stockholm; Helsinki, Tallinn; Prague and Czech Republic; Poland: Krakow, Auschwitz, Warsaw 6:00 Superbowl Gathering (B#)	3 9:30 Grocery/Bank Bus Run (+) 10:00 Hearing Aid Clinic (B) 11:00 Ageless Grace (W) 1:00 Rummikub (L#) 1:30 Shopping Bus Run (+) 3:00 Presentation by Dr. Evans with Evolution Hearing (T) 4:30 Resident Happy Hour (B#)	4 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 Dollar Bingo (B) 4:30 Name Tag Happy Hour (B) 7:00 Movie: The Sense of an Ending (T#)	5 10:00 Chair Yoga (B) 11:30 – 3:30 Jewelry Sale by Kazuri Designs (B) 4:30 Resident Happy Hour (B#) 5:00 Trip: Dinner at Little Angela's Ristorante (+) 7:00 Poker (L#)	6 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Donuts (B) 1:30 Bridge (L#) 2:00 Movie: <i>The Final Countdown</i> (T) 4:30 Happy Hour (B) 7:00 Game Night (B#)	7 11:15 Lunch Bunch: Cracker Barrel (+) 1:30 Shopping Bus Run (+) 2:00 Meet & Greet with the Executive Director (B) 4:30 Happy Hour (B) 7:00 Ladies Poker (L#)	8 12-2:30 Saturday Brunch (D+) *Dinner will not be served in the dining room; A light to-go dinner is available with free delivery 1:00 Contract Rummy (L#) 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#)		
	9 2:00 <i>Rick Steves' Europe</i> : Exploring Budapest; Croatia; Slovenia; Dubrovnik	10 9:30 Grocery/Bank Bus Run (+) 11:00 Jamin' with Jillson (W) 1:00 Rummikub (L#) 1:30 Shopping Bus Run (+) 2:30 Bible Study Group (T#) 4:30 Happy Hour sponsored by Visiting Angels Home Care (B)	11 10:00 Exercise Class with Iffet (B) 10:30 Brain Fitness (L) 11:00 Tech Class with Mark (T) 1:00 Party Bridge (L#+) 3:45 Catholic Communion in the Assisted Living Building (+) 4:30 Name Tag Happy Hour (B) 7:00 Book Club Meeting (L#)	12 10:00 Chair Yoga (B) 11:00 Nickel Bingo (B) 1:00 Henrico County Mobile Library (B) 4:30 – 6:30 Art Exhibit Artwork will be displayed in the following locations: Lobby, Pub, 2 nd Floor & 3 rd Floor *Last Day to Buy Candy Grams!	13 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Donuts (B) 1:30 Bridge (L#) 2:00 Movie: Leap Year (T) 4:30 Happy Hour (B) 7:00 Music by Me & Martha (B)	14 9:30 Grocery/Bank Bus Run (+) 1:30 Prize Pokeno (B) 1:30 Shopping Bus Run (+) 4:30 Valentine's Day Happy Hour & Chocolate Covered Strawberries (B) 7:00 Ladies Poker (L#) Valentine's Day	15 11:00 Line Dancing Class (B) 1:00 Rummikub (L#) 2:00 Trivia with Dan (B) 3:30 Music by The Virginians – Barbershop Quartet (B) 4:30 Resident Happy Hour (B#)		
	16 2:00 Documentary: The White House: Inside America's Most Famous House (T)	17 9:30 Grocery/Bank Bus Run (+) 11:00 Ageless Grace (W) 1:00 Rummikub (L#) 1:30 Regency Shopping Bus Run (+) 2:00 Dollar Bingo (B) 4:30 Resident Happy Hour (B#)	18 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 New Resident Social (B) 4:30 Name Tag Happy Hour (B)	19 9:30 Trip: Shopping & Lunch at Spotsylvania Towne Centre - \$8 (+) 10:00 Chair Yoga (B) 4:30 Resident Happy Hour (B#) 7:00 Poker (L#)	20 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Donuts (B) 1:30 Bridge (L#) 2:00 Movie: The Aftermath (T) 4:30 Happy Hour (B) 7:00 Game Night (B#)	21 11:15 Lunch Bunch: Red Lobster (+) 1:30 Shopping Bus Run (+) 2:30 Prize Bingo (B) 4:30 Happy Hour (B) 6:45 Performance by James Curry (B) 7:00 Ladies Poker (L#)	22 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#) 5:00 Trip: The Family, a gospel stage play at the Grace Street Theater - \$20 (+)		
	23 1:00 Trip: August Wilson's Fences at the November Theater - \$5 transportation fee (+) Note: Residents must purchase their own tickets 2:00 Rick Steves' Europe: Exploring Bulgaria; Athens; Greece's Peloponnese; Greek Islands	24 9:30 Grocery/Bank Bus Run (+) 11:00 Nickel Bingo (B) 1:00 Rummikub (L#) 1:00 Contract Rummy (L#) 1:30 Shopping Bus Run (+) 2:30 Bible Study Group (T#) 4:30 Resident Happy Hour (B#) 7:00 Poetry Circle (W#)	25 10:00 Exercise Class with Iffet (B) 10:30 Brain Fitness (L) 10:30 Discovery University Presents: Do you Primary or Caucus? (B) 1:00 Bridge (L#) 4:30 Mardi Gras Happy Hour & King Cake (B) 5:30 New Orleans Themed Action Station (D) Fat Tuesday	26 9:00 Complimentary Breakfast (B) 1:00 Trip: Wine Tasting at Ashton Creek Vineyards - \$5 (+) 4:30 Resident Happy Hour (B#) 7:00 Poker (L#) Ash Wednesday	27 10:00 Balance Class with Fox Rehab (B) 10:30 Coffee & Donuts (B) 1:30 Bridge (L#) 2:00 Movie: Yesterday (T) 4:30 Happy Hour (B) 7:00 Game Night (B#)	28 9:30 Grocery/Bank Bus Run (+) 11:00 Mt. Vernon Baptist Church Communion & Devotional Service (T) 1:30 Prize Pokeno (B) 4:30 Happy Hour (B) 7:00 Ladies Poker (L#)	29 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#)		
7	All activities are subject to cancellation. 9801 Harmony Woods Way Richmond, VA 23233 (804) 562-2445 0 700 All trips depart from the front lobby.								



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
- Tuesday, reducing the cannone communion with de meid in the Assisted Eiving duriding. Hansportation 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: 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
- HOUT:

 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.
- 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.

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Channel 970

• 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
- 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.

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Club Updates

- Book Club: This month's meeting is February 11th.
- 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.

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