




SEPTEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tai Chi 9 a.m. Wegmans 9:30 a.m. Movie Night 7 p.m.	2 Podiatrist 8:30 a.m. Exercise Class 9 a.m. Prayer Group 11 a.m.	3 Ice Cream Social 2 p.m.	4 Bridge 10 a.m. Movie Night 7 p.m.
5 Transportation to Morning Off-site Church Services (sign-up at front desk)	6 LABOR DAY Cook-Out 11:30 - 2 p.m.	7 Exercise Class 9 a.m. Investment Discussion 10 a.m. Bible Study 3 p.m. VMRA Program w/Deb Hughes 7 p.m.	8 Tai Chi 9 a.m. Wegmans 9:30 a.m. Artisan Works & Lunch at The Old Toad 10:30 a.m. Movie Night 7 p.m.	9 Exercise Class 9 a.m. Prayer Group 11 a.m.	10 1570 Gallery Opening 6 - 8 p.m.	11 Bridge 10 a.m. Movie Night 7 p.m.
12 Transportation to Morning Off-site Church Services (sign-up at front desk)	13 Wegmans 9:30 a.m. Walking Club 11 a.m. Mystery Ride 1 p.m.	14 Exercise Class 9 a.m. Catholic Communion 2 p.m.	15 Tai Chi 9 a.m. Wegmans 9:30 a.m. Poetry Group 10:30 a.m. Tea & Tour Susan B Anthony House 1 p.m. Movie Night 7 p.m.	16 Exercise Class 9 a.m. VM Book Club 10:30 a.m. Prayer Group 11 a.m. Resident Meeting 2:30 p.m. Episcopal Communion 4 p.m.	17	18 Bridge 10 a.m. Movie Night 7 p.m.
19 Transportation to Morning Off-site Church Services (sign-up at front desk)	20 Wegmans 9:30 a.m. Walking Club 11 a.m.	21 Exercise Class 9 a.m. Alfred Dunner "Try & Buy" Fashion Show during Lunch Noon Bible Study 3 p.m.	22 Tai Chi 9 a.m. Wegmans 9:30 a.m. Tour of East Ave Mansions 10 a.m. GEVA 12:45 & 1:20 p.m. Movie Night 7 p.m.	23 Exercise Class 9 a.m. Prayer Group 11 a.m. Resident Birthday Party 11:30 a.m.	24	25 Bridge 10 a.m. Movie Night 7 p.m.
26 Transportation to Morning Off-site Church Services (sign-up at front desk)	27 Wegmans 9:30 a.m. Walking Club 11 a.m. Mystery Ride 1 p.m. VMRA Program w/Jennifer Leonard 7 p.m.	28 Exercise Class 9 a.m. Knit Wits 10 a.m. Cruise on the Mary Jemison 1:30 p.m. Catholic Mass 2 p.m. Harvest Clam Bake 4-7 p.m.	29 Tai Chi 9 a.m. Wegmans 9:30 a.m. Mall 12:30 p.m. Movie Night 7 p.m.	30 Exercise Class 9 a.m. Prayer Group 11 a.m. RPO 6:15 p.m.		