August 2018

Independent Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 4:00 Happy Hour (P) 7:00 Legendary Leaders of the Bible Study & Discussion (A3FL)	**2** 10:00 Manicures (BS) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 2:00 Afternoon Exercise (A3FL) 2:00 Technology Group (B) 3:00 Quarters Bingo (GA) 7:00 Evening Movie & Popcorn (TH) "To Catch a Thief"	**3** 10:30 Chair Cardio (A3FL) 11:15 Shopping Outing To "Walmart" $ (ML) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) *1:30 Movie Matinee & Popcorn "Wonder Woman" (TH)* 2:00 Rummikub (PDR) 4:00 Happy Hour (P) 6:30 Quarters Bingo (GA)	**4** 10:00 Morning Exercise (A3FL) 11:00 Quarters Bingo (GA) 2:00 Billiards (P) 2:30 Group Game "Putt Putt Golf" (GA) 7:00 Movie & Popcorn (TH) "The Leisure Seeker"
5 10:00 Morning Read Along Devotion (P) 2:00 Non-Denominational Community Worship Service (A3FL) 2:30 Wii Sports (GA) *3:00 Movie Matinee & Popcorn "My Big Fat Greek Wedding 2" (TH)* 4:00 Resident Led Card Games (GA)	**6** 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 11:15 Lunch Outing to "Village Inn" (ML)$ 1:30 Striders' Club (FC) 2:00 Rummikub (PDR) 2:30-4:00 Writer's Club (A3FL) 3:15 Candy Bingo (GA) 4:00 Happy Hour (P)	**7** 10:30 AM Exercise (A3FL) 11:15 Quarters Bingo (GA) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Demi Dalida (GA) 4:00 Resident Orientation (B) 4:00 Billiards (P) 7:00 Evening Movie & Popcorn (TH) *"The Sting"*	**8** 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 11:15 Pedicure Outing (ML) $ 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 3:00 Book Club (L) 3:00 Poetry Club (A3FL) 4:00 Happy Hour (P) 7:00 Legendary Leaders of the Bible Study & Discussion (A3FL)	**9** 10:00 Manicures (BS) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 2:00 Afternoon Exercise (A3FL) 3:00 Quarters Bingo (GA) 7:00 Evening Movie & Popcorn (TH) "Doctor Zhivago Pt.1"	**10** 10:30 Chair Cardio (A3FL) 11:15 Shopping Outing To "Farm Fresh" $ (ML) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) *1:30 Movie Matinee & Popcorn "Field of Dreams" (TH)* 2:00 Rummikub (PDR) 4:00 Happy Hour (P) 6:30 Quarters Bingo (GA)	**11** 10:00 Morning Exercise (A3FL) 11:00 Quarters Bingo (GA) 2:00 Billiards (P) 2:30 Saturday Social "Vanilla Shakes" (GA) 7:00 Movie & Popcorn (TH) "Monument Men"
12 10:00 Morning Read Along Devotion (P) TBD Cinema Café Outing (ML) $ 2:00 Non-Denominational Community Worship Service (A3FL) 2:30 Wii Sports (GA) 4:00 Resident Led Word Puzzles (B)	**13** 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 2:00 Rummikub (PDR) 2:30-4:00 Writer's Club (A3FL) 3:15 Candy Bingo (GA) 4:00 Happy Hour (P)	**14** 10:30 AM Exercise (A3FL) 11:15 Quarters Bingo (GA) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Eddie Sal (GA) 4:00 Billiards (P) 7:00 Evening Movie & Popcorn (TH) *"Sabrina"*	**15** 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 4:00 Happy Hour & Wine Tasting with Breakthru Beverage! (P) 7:00 Legendary Leaders of the Bible Study & Discussion (A3FL)	**16** 10:00 Manicures (BS) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 2:00 Afternoon Exercise (A3FL) 3:00 Quarters Bingo (GA) 7:00 Evening Movie & Popcorn (TH) "Doctor Zhivago Pt.2"	**17** 10:30 Chair Cardio (A3FL) 11:15 Shopping Outing To "Harris Teeter" $ (ML) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) *1:30 Movie Matinee & Popcorn "The Young Victoria" (TH)* 4:00 Happy Hour (P) 2:00 Rummikub (PDR) 2:00 Technology Group (B) 6:30 Quarters Bingo (GA)	**18** 10:00 Morning Exercise (A3FL) 11:00 Quarters Bingo (GA) 2:00 Billiards (P) 2:30 Group Game "What's in the Box?" (GA) 7:00 Movie & Popcorn (TH) "12 Strong"
19 10:00 Morning Read Along Devotion (P) 2:00 Non-Denominational Community Worship Service (A3FL) 2:30 Wii Sports (GA) *3:00 Movie Matinee & Popcorn "Killers" (TH)* 4:00 Resident Led Card Games (GA)	**20** 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 11:15 Lunch Outing to "Bella Monte" (ML)$ 1:30 Striders' Club (FC) 2:00 Rummikub (PDR) 2:30-4:00 Writer's Club (A3FL) 3:15 Candy Bingo (GA) 4:00 Happy Hour (P)	**21** 10:30 AM Exercise (A3FL) 11:15 Quarters Bingo (GA) 1:00 Town Hall (A3FL) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Stephanie Poole (GA) 4:00 Resident Orientation (B) 4:00 Billiards (P) 7:00 Evening Movie & Popcorn (TH) *"007: Dr. No"*	**22** 10:30 Chair Cardio (A3FL) 11:00 Outing to Ride the Norfolk Tide (ML) $ 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 3:00 Book Club (L) 3:00 Poetry Club (A3FL) 4:00 Happy Hour (P) 7:00 Legendary Leaders of the Bible Study & Discussion (A3FL)	**23** 10:00 Manicures (BS) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 2:00 Afternoon Exercise (A3FL) 3:00 Quarters Bingo (GA) 7:00 Evening Movie & Popcorn (TH) "The Bone Collector"	**24** 10:30 Chair Cardio (A3FL) 11:15 Shopping Outing To "Target" $ (ML) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) *1:30 Movie Matinee & Popcorn "Hairspray" (TH)* 2:00 Rummikub (PDR) 4:00 Happy Hour (P) 6:30 Quarters Bingo (GA)	**25** 10:00 Morning Exercise (A3FL) 11:00 Quarters Bingo (GA) 2:00 Billiards (P) 2:30 Saturday Social "Ocean Water Slushies" (GA) 7:00 Movie & Popcorn (TH) "Ocean's Eleven"
26 10:00 Morning Read Along Devotion (P) 2:00 Non-Denominational Community Worship Service (A3FL) 2:30 Wii Sports (GA) 4:00 Resident Led Word Puzzles (B)	**27** 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 11:15 Women's Lunch Outing to "Waterman's" (ML)$ 1:30 Striders' Club (FC) 2:00 Rummikub (PDR) 2:30-4:00 Writer's Club (A3FL) 3:15 Candy Bingo (GA) 4:00 Happy Hour (P)	**28** 10:30 AM Exercise(A3FL) 11:15 Quarters Bingo (GA) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Steve Daley (GA) 4:00 Billiards (P) 7:00 Evening Movie & Popcorn (TH) *"Parenthood"*	**29** 10:30 Chair Cardio (A3FL) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 4:00 Happy Hour (P) 7:00 Legendary Leaders of the Bible Study & Discussion (A3FL)	**30** 10:00 Manicures (BS) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 2:00 Afternoon Exercise (A3FL) 3:00 Quarters Bingo (GA) 8:00 Courtyard Movie & S'mores Bar "Harry and the Henderson's" (CY)	**31** 10:30 Chair Cardio (A3FL) 11:15 Shopping Outing To "Kroger" $ (ML) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) *1:30 Movie Matinee & Popcorn "Safe Haven" (TH)* 2:00 Rummikub (PDR) 2:00 Technology Group (B) 4:00 Happy Hour & Birthday Bash! (P) 6:30 Quarters Bingo (GA)	**Activity Key** GA- Group Activities Room- 1st B- Bistro- 1st P- Pub- 1st ML- Main Lobby- 1st A2FL- Activity Room- 2nd TH- Theater- 2nd FC- Fitness Center- 2nd L- Library- 3rd A3FL- Activity Room/Chapel- 3rd BS- Beauty Salon- 4th PDR- Private Dining Room- 1st

The Crossings at Independence 2077 S. Independence Blvd. Virginia Beach VA, 23453 (757) 802-3665. All activities are subject to change. Refer to daily sheets posted in the lobby and at elevators.