

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GA- Group Activity Room- 1 <sup>st</sup> Floor B- Bistro 1 <sup>st</sup> Floor P- Pub 1 <sup>st</sup> Floor PDR- Private Dining Room 1 <sup>st</sup> Floor ML- Main Lobby 1 <sup>st</sup> Floor A2FL- Activity Room 2 <sup>nd</sup> Floor TH- 2 <sup>nd</sup> Floor A3FL- Activity/Chapel 3 <sup>rd</sup> Floor L- Library 3 <sup>rd</sup> Floor BS- Beauty Salon 4 <sup>th</sup> Floor	1 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 12:00 Outing to Oceanfront Sand Sculptures (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)	2 10:30 AM Exercise (GA) 11:30 Quarters Bingo (GA) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Steve Daley(GA) 4:00 Resident Orientation (B) 7:00 Evening Movie & Popcorn (TH) "Practical Magic"  Simchat Torah	3 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 3:00 Book Club (L) 4:00 Happy Hour (P) 7:00 Bible Study (A3FL)	4 10:00 Manicures (BS) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 2:00 Afternoon Exercise (GA) 3:00 Quarters Bingo (GA) 7:00 Evening Movie & Popcorn (TH) "Now You See Me"	5 10:30 Chair Cardio (GA) 11:15 Shopping Outing To "Walmart" \$ (ML) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Movie Matinee & Popcorn "Little Women" (TH) 2:00 Rummikub (PDR) 4:00 Happy Hour/Register to Vote (P) 6:30 Quarters Bingo (GA)	6 10:00 Morning Exercise (GA) 11:00 Quarters Bingo (GA) 12:00-1:30 Labor Day Cookout w/ Roberto 11:30 Outing to see the Met Opera: Aida (ML) \$ 2:00 Billiards (P) 2:30 Group Game "Bunco" (GA) 7:00 Movie & Popcorn (TH) "The Conversation"
7 10:00 Morning Read Along Devotion (P) 2:00 Non-Denominational Community Worship Service & Communion (A3FL) 2:30 Wii Sports (GA) 3:00 Movie Matinee & Popcorn "The Choice" (TH) 4:00 Resident Led Card Games (GA)	8 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 11:15 Lunch Outing to "Olive Garden" (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)  Columbus Day (US) Thanksgiving Day (Canada)	9 10:30 AM Exercise (GA) 11:30 Quarters Bingo (GA) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Eddie Sal (GA) 7:00 Evening Movie & Popcorn (TH) "The Best of Me"	10 10:30 Chair Cardio (GA) 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 Poetry Club (A3FL) 4:00 Happy Hour (P) 7:00 Bible Study (A3FL)	11 10:00 Manicures (BS) 11:00 Chair Yoga w/ Katie (A3FL) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 3:00 Quarters Bingo (GA) 7:00 Evening Movie & Popcorn (TH) "Silence of the Lambs"	12 10:30 Chair Cardio (GA) 11:15 Shopping Outing To "Food Lion" \$ (ML) 11:15 Giant Crossword (GA) 2:00 Technology Group (A3LF) 1:30 Striders' Club (FC) 1:30 Movie Matinee & Popcorn "Addams Family" (TH) 2:00 Rummikub (PDR) 4:00 Happy Hour (P) 6:30 Quarters Bingo (GA)	13 10:00 Morning Exercise (GA) 11:00 Quarters Bingo (GA) 2:00 Billiards (P) 2:30 Saturday Social "Everything Pumpkin Tasting" (GA) 7:00 Movie & Popcorn (TH) "October Sky"
14 10:00 Morning Read Along Devotion (P) 2:00 Non-Denominational Community Worship Service (A3FL) 2:30 Wii Sports (GA) 4:00 Resident Led Card Games (GA)	15 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 11:15 Shopping/ Lunch Outing to the "Farmers Market" (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)	16 10:30 AM Exercise (GA) 11:30 Quarters Bingo (GA) 1:00 Town Hall (A3FL) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Demi Dalida (GA) 4:00 Resident Orientation (B) 7:00 Evening Movie & Popcorn (TH) "The Time Traveler's Wife"	17 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 3:00 Book Club (L) 4:00 Happy Hour (P) 7:00 Bible Study (A3FL)	18 10:00 Manicures (BS) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 2:00 Afternoon Exercise (GA) 3:00 Quarters Bingo (GA) 5:00 Dinner Outing to "Yard House" (ML) \$ 7:00 Evening Movie & Popcorn (TH) "Unbreakable"	19 10:30 Chair Cardio (GA) 11:15 Shopping Outing To "Kroger" \$ (ML) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Movie Matinee & Popcorn "A Wrinkle in Time" (TH) 2:00 Rummikub (PDR) 4:00 Happy Hour (P) 6:30 Quarters Bingo (GA)	20 10:00 Morning Exercise (GA) 11:00 Quarters Bingo (GA) 2:00 Billiards (P) 2:30 Group Game "What's in the Box?" (GA) 7:00 Movie & Popcorn (TH) "A Wrinkle in Time"
21 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 "Days of Heaven" (TH) 4:00 Resident Led Card Games (GA)	22 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 11:15 Lunch Outing to "Doc Taylor's Restaurant" (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)	23 10:30 AM Exercise (GA) 11:30 Quarters Bingo (GA) 12:00 Pumpkin Painting (GA) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Frank Sings Frank (GA) 7:00 Evening Movie & Popcorn (TH) "15:17 to Paris"	24 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 1:00 Rudee's Inlet Dolphin Watching Tour (ML) \$ 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 3:00 Poetry Club (A3FL) 4:00 Happy Hour (P) 7:00 Bible Study (A3FL)	25 10:00 Manicures (BS) 11:00 Chair Yoga w/ Katie (A3FL) 11:30 Giant Crossword (GA) 12:30 Crocheting & Knitting Club (B) 3:00 Quarters Bingo (GA) 7:00 Evening Movie & Popcorn (TH) "Split"	26 10:30 Chair Cardio (GA) 11:15 Shopping Outing To "Harris Teeter" \$ (ML) 11:15 Giant Crossword (GA) 2:00 Technology Group (A3LF) 1:30 Striders' Club (FC) 1:30 Movie Matinee & Popcorn "Hocus Pocus" (TH) 2:00 Rummikub (PDR) 4:00 Birthday Bash & Happy Hour! (P) 6:30 Quarters Bingo (GA)	27 10:00 Morning Exercise (GA) 11:00 Quarters Bingo (GA) 1:00-3:00 Harmony's Howling Halloween Party! (GA) 2:00 Billiards (P) 7:00 Movie & Popcorn (TH) "Woman Walks Ahead"
28 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 Card Games (GA)	29 10:30 Chair Cardio (GA) 11:15 Outing to Hunt Club Farm (ML) \$ 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)	30 10:30 AM Exercise (GA) 11:30 Quarters Bingo (GA) 12:15 Men's Lunch-in (GA) 2:00 Bridge (PDR) 2:30-3:30 Music in the Square With Roberto (GA) 4:00 Resident Orientation (B) 7:00 Evening Movie & Popcorn (TH) "Hocus Pocus"	31 10:30 Chair Cardio (GA) 11:15 Giant Crossword (GA) 1:30 Striders' Club (FC) 1:30 Mahjong (B) 2:00 Rummikub (PDR) 2:30 Halloween Party! (GA) 4:00 Happy Hour (P) 7:00 Special Showing of "Halloween" (TH)  Halloween	<h1>October 2018</h1> <h2>Independent Living Activities</h2>		

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.