



The Jefferson • Independent Living Calendar





Sign up in advance in the Activity Book by the concierge.

900 N. Taylor Street • Arlington, Virginia 22203

August 2010

Ph: (703) 516-9455

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 AM Church of Christ Service - 4AR 11:00 AM St. Charles Catholic Church - 4LR 4:00 PM Team Trivia - AC	8:00 AM - Aquacize - P 9:00AM - 9:30PM - Nursing Hours - WC 9:30 AM Shop: Giant - MIL 10:00 AM - 3:00PM - Swimming - P 11:00 AM Chairobics - MR 1:15 PM Duplicate Bridge - GR 1:30 PM Shop: Safeway & Arlington Library - MIL 1:30 PM Art Class - AC 1:30 PM Wellness in Motion - MR 4:00 PM Martinis & Manicures - LR 7:00 PM Canasta - CR 7:00 PM Rosary Group - 4AR	7:00 AM - 3:00 PM - Swimming - P 8:00 - 10:00AM INOVA Lab Services - WC 8:00 - 4:00PM Nursing Hours - WC 8:00 AM to 4:00 PM - Transportation to Doctor (Advance Reservations Required) - MIL 8:15AM - Walking Club - MIL 9:25 AM - Pace Setters Fitness Walk - GR 9:30 AM Tai Chi - MR 10:00 AM This Week in History - AC 10:15 AM Chair Yoga - MR 11:00 AM Line Dancing - MR 1:30 PM Balance and Beyond - MR 7:20PM - Poker - AC 7:30 PM Social Bridge - MR	<i>Wear Your Nametag Today</i> 7:00 AM - 3:00 PM - Swimming - P 8:00AM - 4:00PM - Nursing Hours - WC 8:00 AM to 4:00 PM - Transportation to Doctor (Advance Reservations Required) - MIL 9:30AM - Hip School - MR 11:00 AM Chairobics - MR 12:00 PM - Produce Market - Rotunda 2:00 PM - Wellness Wisdom - 4LR 4:00 PM Residents Reception - LR	8:00 AM to 4:00 PM - Nursing Hours - WC 8:00 AM to 4:00 PM - Transportation to Doctor (Advance Reservations Required) - MIL 8:00AM - 10:00AM INOVA Lab Services - WC 8:00AM - Aquacize - P 9:25 AM - Pace Setters Fitness Walk - GR 9:45 AM Shop: Ballston Mall - MIL 10:00AM - 3:00PM Swimming - P 10:00 - 11:30AM The Jefferson Needle Crafters - AC 10:15AM - Chair Yoga - MR 11:15AM - Core Balance - MR 12:30 PM Shop: Giant/Trader Joes - MIL 1:00 PM Open Bridge - CR 1:30 PM - Wellness in Motion - MR 7:30 PM Duplicate Bridge - MR	7:00 AM - 3:00 PM - Swimming - P 8:15 AM Walking Club - MIL 8:30 AM Men's Breakfast - MR 9:00AM - 7:00PM - Nursing Hours - WC 9:30 AM - Hip School - MR 9:30 AM Shop: Harris Teeter/ Sun Trust/ CVS/BB&T 10:00 - 11:30AM The Jefferson Needle Crafters - AC 11:00 AM Group Exercise - MR 1:30 PM Balance and Beyond - MR 7:20 PM Poker - AC	8:15 AM Walking Club - MIL 9:00 AM - 3:00 PM - Swimming - P 11:00 AM - Rosary Group - CR 4:45 PM St. Charles Catholic Church - MIL 5:15 PM St. Thomas More Church - MIL
SPECIAL EVENTS						
1 2:15PM - <i>Company</i> , Little Theatre of Alexandria - MIL/THO 7:30PM - Evening Movie: <i>Avatar</i> - MR & Ch. 67	2 2:30PM - Brain Aerobics - MR 3:00PM - Communion Services - MR 4:00PM - Martinis & Manicures with Jeff Pace - LR 7:30PM - Concert: Pianist Stephen Baddour - MR	3 2:00PM - Computer Club - AC 3:00PM - Jefferson Chorus Rehearsal - MR	4 1:15PM - Book Club - AC 1:30PM - Presentation: Edward Jones & Hartford present <i>Beyond Investment Illusions</i> - Monticello Room 3:00PM - Recreation Roundtable - AC 3:00PM - Ballroom Dancing - MR 4:00PM - Resident Reception with Jerry Roman - LR 6:30PM - Dementia/Alzheimer's Support Group - AC 7:30PM - Documentary: <i>Glass: Portrait in Twelve Parts</i> - MR & Ch. 67	5 Massage with Rudy - By Appointment 11:15AM - Stress Reduction Workshop - CR 1:00PM - Jefferson Journal Advisory Meeting - AC 3:00PM - Afternoon Tea with Sheila Grimes - LR 4:00PM - Sports Talk - AC 6:45PM - Trip: U.S. Army Concert Band Concert - MIL	6 10:00AM - Shop: Wegmans - MIL 2:00PM - Catholic Mass - 4LR 3:00PM - BINGO! - MR 7:30PM - Jewish Services - 4LR 7:30PM - Presentation: History Alive's Mary Ann Jung presents <i>Rosie the Riviter</i> - MR	7 7:30PM - Evening Movie: <i>The Kite Runner</i> - MR & Ch. 67
8 7:30PM - Evening Movie: <i>My One & Only</i> - MR & Ch. 67	9 1:00PM - <i>Modern Art Exhibit at the National Gallery of Art</i> - MIL 2:30PM - Brain Aerobics - MR 4:00PM - Martinis & Manicures with Sheila Grimes - LR 7:30PM - Concert: Pianist Jeffrey Pace - MR	10 10:00AM - Timothy Drake Hearing Services - WC 3:00PM - Jefferson Chorus Rehearsal - MR	11 1:30PM - Country Dance - MR 2:00PM - Free Mary Kay Facials - GR 4:00PM - Resident Reception with Jeff Pace - LR 7:30PM - Evening Movie: <i>Georgia O'Keefe</i> - MR & Ch. 67	12 Massage with Rudy - By Appointment 9:45AM - Ft. Myer Commissary & PX - MIL 10:00AM - Coffee & Conversation with the Director of Dining - DR 11:00AM - 5:00PM - Bella Mattina Accessories - LR 11:15AM - Stress Reduction Workshop - CR 1:30PM - Paper Craft Workshop - AC 4:00PM - Sports Talk - AC 4:15PM - Art History Lecture: Modern Art - CR 5:30PM - Dining Out: Bertucci's - MIL 6:45PM - Trip: U.S. Army Orchestra Concert - MIL	13 10:00AM - <i>Masterpieces of Chinese Painting Exhibit at Freer Gallery</i> - MIL 11:00AM - 2:00PM - Hawaiian Buffet - DR 2:00PM - Gregory Stuart's Shakespeare Seminar: <i>Coriolanus</i> - AC 3:00PM - Explore Hawaii - MR 5:30PM - The Jefferson's Annual Luau - Rotunda 7:30PM - Jewish Services - 4LR	14 6:45PM - Trip: U.S. Marine Corps Orchestra Concert - MIL 7:30PM - Evening Movie: <i>Invictus</i> - MR & Ch. 67
15 7:30PM - Evening Movie: <i>All About Steve</i> - MR & Ch. 67	16 <i>Aquacize Cancelled</i> 1:30PM - Norman Rockwell <i>Telling Stories Exhibit at Smithsonian American Art Museum</i> - MIL 2:30PM - Brain Aerobics - MR 4:00PM - Martinis & Manicures with Jeff Pace - LR 7:30PM - Concert: Four Handed Piano with Gail McDonald & Yvonne Jung - MR	17 11:00AM - Episcopal Services - 4LR 2:00PM - Computer Club - AC 3:00PM - Jefferson Chorus Rehearsal - MR	18 11:00AM - 7:00PM - Premiere Designs Jewelry - LR 3:00PM - Ballroom Dancing - MR 4:00PM - Resident Reception with Jerry Roman - LR 6:30PM - Dementia/Alzheimer's Support Group - AC 7:30PM - August Birthday Party with Dale Jarrett - MR	19 Massage with Rudy - By Appointment 3:00PM - Community Meeting - MR 1:30PM - Paper Craft Workshop - AC 4:00PM - Sports Talk - AC 7:30PM - Shakespearean Cinema: <i>Coriolanus</i> - Ch. 67	20 10:00AM - Shop: Pentagon City Mall - MIL 11:00AM - 2:00PM - Hawaiian Buffet - DR 2:00PM - Gregory Stuart's Shakespeare Seminar: <i>Coriolanus</i> - AC 3:00PM - Explore Hawaii - MR 5:30PM - The Jefferson's Annual Luau - Rotunda 7:30PM - Jewish Services - 4LR	21 7:30PM - Evening Movie: <i>The Last Station</i> - GR & Ch. 67
22 7:30PM - Evening Movie: <i>Kate & Leopold</i> - GR & Ch. 67	23 11:00AM - Out to Lunch: Peking Gourmet - MIL 2:30PM - Brain Aerobics - MR 4:00PM - Martinis & Manicures - LR 7:30PM - Concert: Pianist Deena Javor - MR	24 1:00PM - Arlington National Cemetery - MIL 3:00PM - Jefferson Chorus Rehearsal - MR	25 1:30PM - Country Dance - MR 3:00PM - INOVA Falls Prevention Seminar - MR 4:00PM - Resident Reception with Jeff Pace - LR 7:30PM - Peggy McNulty's Voice Studio Recital - MR	26 Massage with Rudy - By Appointment 9:45AM - Ft. Myer Commissary & PX - MIL 1:30PM - Paper Craft Workshop - AC 3:00PM - JHA Board Meeting - MR 4:00PM - Sports Talk - AC	27 10:00AM - <i>Read My Pins: The Madeleine Albright Collection at the Smithsonian's Castle Building</i> - MIL 3:00PM - BINGO! - MR 7:30PM - Concert: A Tribute to Benny Goodman - MR	28 8:00AM - 10:00AM - End of the Month Breakfast - DR 7:30PM - Evening Movie: <i>Gilbert & Sullivan's Pirates of Penzance</i> - MR & Ch. 67
29 5:30PM - Eine Kleine Nacht Musik with Sheila Grimes - LR 7:30PM - Evening Movie: <i>The Last of the Mohicans</i> - MR & Ch. 67	30 10:00AM - Shop: Tyson's Corner Mall - MIL 2:30PM - Brain Aerobics - MR 4:00PM - Martinis & Manicures with Sheila Grimes - LR 7:30PM - Presentation: Presidents & First Ladies presents Andrew & Eliza Johnson - MR	31 3:00PM - Jefferson Chorus Rehearsal - MR 5:30PM - Dining Out: Chez Andrée - MIL	LOCATION KEY 4AR 4th Floor Activity Room 4LR 4th Floor Living Room AC Arts & Crafts Room BS Beauty Shop CR Card Room Ch67 Channel 67 DR Dining Room GR Game Room	*Advanced Reservations Required LR Living Room MIL Meet in Lobby MR Monticello Room P Pool TBA To Be Announced THO Ticket Holders Only TR Team Room WC Wellness Center		 August 10 - Ramadan begins at Sundown