



The Jefferson • Independent Living Calendar




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

900 N. Taylor Street • Arlington, Virginia 22203

March 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 & 9:00AM 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 - 1:00PM 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 8:00 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 1:00 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 & 9:00AM 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						
 March 28 - Palm Sunday	2:30PM – Brain Aerobics – MR 3:00PM – Communion Services – MR 4:00PM – Martinis & Manicures with Jeff Pace – LR 7:30PM – In House Concert: Pianist Jerry Roman – MR	Dr. Smith, Podiatry – WC 2:00PM – Computer Club – AC 3:00PM – Jefferson Chorus Rehearsal – MR	9:00AM – 6:30PM – Nursing Hours – WC 1:15PM – Book Club – AC 3:00PM – Recreation Roundtable – AC 4:00PM – Resident Reception with Jerry Roman – LR 6:30PM – Dementia/Alzheimer's Support Group – AC 7:30PM – Justin Holtz of LPL Financial presents "Financial Planning" – MR	Massage with Rudy – WC 11:15AM – Stress Reduction Workshop – CR 1:00PM – Jefferson Journal Advisory Meeting – CR 1:00PM – Theatre Workshop – AC 3:00PM – Afternoon Tea with Sheila Grimes – LR 4:00PM – Sports Talk – AC	10:00AM – Depart: Georgia O'Keefe Exhibit, Phillips Collection – MIL 2:00PM – Catholic Mass – 4LR 3:00PM – BINGO! – MR 7:30PM – Jewish Services – 4LR 7:30PM – In House Concert: John Jensen- Brass Instruments: History & Music – MR	7:30PM – Beethoven Series – MR
11:00AM – 2:00PM – Girl Scout Cookie Table – LR 2:30PM – 7:30PM – Nursing Hours – WC 7:30PM – Evening Movie: Gettysburg - MR & Ch. 67	10:15AM – Tour & Lunch at Fox Hill – MIL 1:00PM – 6:00PM – Irene's Jewelry & Accessories – LR 2:30PM – Brain Aerobics – MR 4:00PM – Martinis & Manicures with Sheila Grimes – LR 7:30PM – In House Concert: Pianist Dale Jarrett – MR	10:00AM – Timothy Drake Hearing Clinic – WC 3:00PM – The Writing Room – AC 3:00PM – Jefferson Chorus Rehearsal – MR	9:00AM – 8:30PM – Nursing Hours – WC 1:30PM – Country Dance – MR 2:00PM – Photography Club – AC 4:00PM – Resident Reception with Jeff Pace – LR 7:30PM – Great Decisions – MR	Massage with Rudy – WC 9:45AM – Depart: Ft. Myer Commissary & PX – MIL 10:00AM – Coffee & Conversation with the Executive Director – DR 11:15AM – Stress Reduction Workshop – CR 1:30PM – Paper Craft Workshop – AC 4:00PM – Sports Talk – AC 4:15PM – Art History: <i>Turkish Women in the Arts</i> – CR 5:30PM – Dining Out: <i>L'Auberge Chez Francois</i> – MIL	10:00AM – Depart: Pentagon City Mall – MIL 3:00PM – Discover Turkey! – MR 7:30PM – In House Concert: The Brothers Flanagan – MR	Dr. Bramson Podiatry – Call 703-741-7551 for Appt. 7:00PM – Depart: Alexandria Symphony Orchestra – MIL/THO 7:30PM – Evening Movie: Marley & Me - GR & Ch. 67
2:00PM – In House Concert: Irish Tenor – MR 2:15PM – Depart: Little Theatre of Alexandria, Chicago – MIL/THO 3:00PM – Depart: Virginia Chamber Orchestra Concert – MIL/THO 7:00PM – Depart: City Choir of Washington Concert at St. Thomas More – MIL 7:30PM – Evening Movie: <i>Agatha Christie's Evil Under the Sun</i> – GR & Ch. 67	11:00AM - Out to Lunch: Clyde's - MIL 2:30PM – Brain Aerobics – MR 4:00PM – Martinis & Manicures with Jeff Pace – LR 7:30PM – In House Presentation: Don Lippman, Weather Specialist– MR	11:00AM – Episcopal Services – 4LR 1:00PM – Arlington Cemetery – MIL 2:00PM – Computer Club – AC 3:00PM – Jefferson Chorus Rehearsal – MR	9:00AM – 6:30PM – Nursing Hours – WC 11:00AM – 7:00PM – Bella Mattina Accessories – LR 1:00PM – 3:00PM – Free Blood Pressure Clinic – WC 3:00PM – Ballroom Dancing with Garrey Stinson – MR 4:00PM – Resident Reception with Jerry Roman – LR 6:30PM – Dementia/Alzheimer's Support Group – AC 7:30PM – ElderCare Attorney Evan Farr presents "Navigating the Medicare Maze" – MR	Massage with Rudy – WC 11:15AM – Stress Reduction Workshop – CR 1:00PM – Theatre Workshop – AC 3:00PM – Community Meeting – MR 4:00PM – Sports Talk – AC 7:30PM – Shakespearean Cinema: Measure for Measure – Ch. 67	1:15PM – Depart: Museum of Women in the Arts: Modern Turkish Women Tour – MIL 2:00PM – Gregory Stuart's Shakespeare Seminar: Measure for Measure – AC 3:00PM – BINGO! – MR 7:30PM – Jewish Services – 4LR 7:30PM – In House Concert: Arlington Songfellows – MR	Dr. Bramson Podiatry – Call 703-741-7551 for Appt.” 10:30AM – Depart: Bishop's Healing Mass & Lunch at St. Charles Church – MIL 7:30PM – Beethoven Series – MR
2:30PM – 7:30PM – Nursing Hours – WC 7:30PM – Evening Movie: Bride Wars - MR & Ch. 67	10:00AM – Depart: Newseum – MIL 2:30PM – Brain Aerobics – MR 4:00PM – Martinis & Manicures with Sheila Grimes – LR 7:30PM – March Birthday Party with Deena Javor – MR	Dr. Smith, Podiatry – WC 3:00PM – The Writing Room – AC 3:00PM – Jefferson Chorus Rehearsal – MR 5:30PM – Dining Out: Harry's Tap Room - MIL	9:00AM – 8:30PM – Nursing Hours – WC 1:30PM – Country Dance – MR 2:00PM – Photography Club – AC 4:00PM – Resident Reception with Jerry Roman – LR 7:30PM – Great Decisions – MR	Massage with Rudy – WC 9:45AM – Depart: Ft. Myer Commissary & PX – MIL 11:15AM – Stress Reduction Workshop – CR 1:30PM – Paper Craft Workshop – AC 3:00PM – JHA Board Meeting – MR 4:00PM – Sports Talk – AC 6:15PM – NSO Classical Series – MIL/THO	10:00AM – Shop: Tyson's Corner Mall – MIL 3:00PM – BINGO! – MR 7:30PM – In House Presentation: Carol Besette presents "Spies of Washington" – MR	8:00AM – 10:00AM – End of the Month Breakfast – DR 1:00PM – Depart: Woodlawn's 47th Annual Needlework Exhibition – MIL 7:30PM – Evening Movie: <i>Australia</i> – MR & Ch. 67
2:00PM – George Mason University Singers Concert – MIL 5:30PM – Eine Kleine Nachtmusik with Sheila Grimes – LR 7:30PM – Evening Movie: The Diary of Anne Frank - MR & Ch. 67	10:00AM – Depart: American History Muesuem - MIL 2:30PM – Brain Aerobics – MR 4:00PM – Martinis & Manicures with Sheila Grimes – LR 7:30PM – In House Presentation: Presidents & First Ladies – Lyndon & Lady Bird Johnson – MR	<i>Balance & Beyond, Jefferson Chorus Cancelled</i> 5:30PM – Passover Seder – Adv. Sign Up	3:00PM – Ballroom Dance with Garrey Stinsen – MR 4:00PM – Resident Reception with Jeff Pace – LR 7:30PM – Evening Movie: Julie & Julia- MR & Ch. 67	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	March 29 - Passover Begins 