

Westminster at Lake Ridge Calendar

APRIL 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Catholic Holy Communion (CH) 4:00 Chapel Service (CH)	2 9:00 Seated Strength (FR) 9:15 Grocery Shopping 9:35 Balance and Stretch (FR) 10:10 Standing Strength (FR) 10:30 Catholic Mass (CH) 10:30 Current Events Planning (CR) 10:30 Tai Chi (PR) 10:40 Fitness Orientation (FR) 1:30 Bridge (GR) 2:00 Craft Hour with Annette (PDR) 2:15 Chimers (CR) 7:00 Dominoes (GR)	3 9:45 Tuesday Around Town 10:00 Chapel Committee (PDR) 10:00 Pickleball 10:30 Kaffee Klatche (GR) 11:00 Water Aerobics (Pool) 12:00 Free Rehab Screening 2:00 Book Club (PDR) 2:00 Wii (GR) 3:30 Kitchen Band (PR) 7:00 Flying Fingers (CR)	4 8:30 Men's Coffee (GR) 9:15 Grocery Shopping 9:15 National Gallery of Art (OC in DC) 10:00 Choir Practice (HR) 10:30 Rosary (CH) 10:30 Women of the Bible (ALU) 1:30 Mah Jongg (GR) 3:30 CVS Run 3:30 Resident Association (PR) 7:00 Movie Night: The Tree of Life (PR)	5 9:00 Seated Strength (FR) 9:35 Balance and Stretch (FR) 10:00 Bible Study (PR) 10:00 Pickleball (Tennis Courts) 10:00 Computer Open House (Computer Room) 10:10 Standing Strength (FR) 10:40 Fitness Orientation (FR) 11:00 Episcopal Service (CH) 1:30 Bingo (GR) 1:30 Memoirs Class (PDR) 7:00 Holy Thursday Service (CH)	6 10:00 Stations of the Cross (CH) 11:00 Chair Yoga (FR) 11:00 Caregivers Support Group (PDR) 1:30 Poker Club (GR) 2:00 ZUMBA GOLD (FR) 7:00 WLRU: Classical Studies (CR)	7 1:30 Scrabble (GR) 7:00 Movie Night: Hugo (PR)
8 10:30 Catholic Holy Communion (CH) 4:00 Chapel Service (CH) Happy Easter	9 9:00 Seated Strength (FR) 9:15 Grocery Shopping 9:35 Balance and Stretch (FR) 10:10 Standing Strength (FR) 10:30 Tai Chi (PR) 10:40 Fitness Orientation (FR) 1:30 Bridge (GR) 2:15 Chimers (CR) 6:00 Birthday Dinner (PR) 7:00 Dominoes (GR)	10 9:45 Tuesday Around Town 10:00 Pickleball 10:30 Kaffee Klatche (GR) 10:30 Healthcare Committee (PDR) 11:00 Water Aerobics (Pool) 11:00 Adv Prostate Workgroup (CR) 12:00 Free Rehab Screening 2:00 Bereavement Group (CR) 2:00 Wii (GR) 3:30 Kitchen Band (PR) 4:00 Nostalgia Gathering (CR) 6:15 Diabetes Support Group 7:00 Flying Fingers (CR)	11 8:30 Men's Coffee (GR) 9:15 Grocery Shopping 10:00 Library Committee (PDR) 10:00 Choir Practice (HR) 10:30 Rosary (CH) 10:30 Women of the Bible (ALU) 1:30 Mah Jongg (GR) 3:30 CVS Run 7:00 Movie Night: The Right Stuff, part 1 (PR)	12 8:00 Men's Breakfast (PR) 9:00 Seated Strength (FR) 9:35 Balance and Stretch (FR) 10:00 Bible Study (PR) 10:00 Pickleball (Tennis Courts) 10:00 Computer Open House (Computer Room) 10:10 Standing Strength (FR) 10:40 Fitness Orientation (FR) 11:00 Episcopal Service (CH) 12:00 Volunteer Luncheon (PR) 1:30 Bingo (GR) 7:00 Current Events Forum (PR)	13 10:00 Great Decisions (CR) 11:00 Chair Yoga (FR) 11:00 Caregivers Support Group (PDR) 1:30 ZUMBA GOLD (FR) 1:30 Poker Club (GR) 2:30 Inquiring Minds (PR) 7:00 WLRU: Classical Studies (CR)	14 9:30 Stamping with Becky (GR) 1:30 Scrabble (GR) 7:00 Movie Night: The Right Stuff, part 2 (PR)

Room Key:

(ALUK) = ALU North Kitchen (ML) = Main Lobby (CH) = Chapel (PR) = Potomac Room (CR) = Conference Room (PDR) = Private Dining Room (FR) = Fitness Room
 (RS) = Resident Services Area (GR) = Game Room (HR) = Harbor Room (LL) = Lower Lobby

Notes:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 10:30 Catholic Holy Communion (CH) 1:45 Broadway Showcase 4:00 Chapel Service (CH)	16 9:00 Seated Strength (FR) 9:15 Grocery Shopping 9:35 Balance and Stretch (FR) 10:10 Standing Strength (FR) 10:30 Tai Chi (PR) 10:40 Fitness Orientation (FR) 10:45 Resident Bible Study (PDR) 1:30 Bridge (GR) 2:15 Chimers (CR) 7:00 Dominoes (GR) 7:30 Prince William Community Band (PR)	17 9:45 Tuesday Around Town 10:00 Pickleball 10:30 Kaffee Klatche (GR) 11:00 Water Aerobics (Pool) 12:00 Free Rehab Screening 1:30 Development Committee (CR) 2:00 Wii (GR) 3:30 Kitchen Band (PR) 7:00 Flying Fingers (CR) 7:00 Resident Reflections (PR)	18 8:30 Men's Coffee (GR) 9:15 Grocery Shopping 10:00 Choir Practice (HR) 10:30 Rosary (CH) 10:30 Women of the Bible (ALU) 1:30 Mah Jongg (GR) 1:30 Dining Committee (PDR) 3:30 CVS Run 4:00 Coffee with Lynn (PR) 7:00 Movie Night: Larry Crowe (PR)	19 9:00 Seated Strength (FR) 9:35 Balance and Stretch (FR) 10:00 Bible Study (PR) 10:00 Pickleball (Tennis Courts) 10:00 Computer Open House (Computer Room) 10:10 Standing Strength (FR) 10:40 Fitness Orientation (FR) 11:00 Episcopal Service (CH) 1:30 Bingo (GR) 1:30 Memoirs Class (PDR) 3:30 Westminster Investment Club (CR) 4:00 Healthcare Roundtable (PR)	20 11:00 Chair Yoga (FR) 11:00 Caregivers Support Group (PDR) 1:00 NACCRA Spring Meeting (PR) 1:30 Scrabble (GR) 1:30 Poker Club (GR) 2:00 ZUMBA GOLD (FR) 7:00 WLRU: Classical Studies (CR)	21 1:00 NACCRA Spring Meeting (PR) 1:30 Scrabble (GR) 7:00 Woodbridge Music Club Concert (PR)
22 10:30 Catholic Holy Communion (CH) 4:00 Chapel Service (CH)	23 9:00 Seated Strength (FR) 9:15 Grocery Shopping 9:35 Balance and Stretch (FR) 10:10 Standing Strength (FR) 10:30 Tai Chi (PR) 10:40 Fitness Orientation (FR) 1:30 Bridge (GR) 2:15 Chimers (CR) 7:00 Dominoes (GR)	24 9:45 Tuesday Around Town 10:00 Pickleball (Tennis Courts) 10:30 Kaffee Klatche (GR) 10:30 Stamp Sales (ML) 11:00 Water Aerobics (Pool) 12:00 Free Rehab Screening 2:00 Wii (GR) 3:30 Kitchen Band (PR) 7:00 Flying Fingers (CR) 7:00 Tales from the National Geographic (PR)	25 8:30 Men's Coffee (GR) 9:15 Grocery Shopping 10:00 Choir Practice (HR) 10:30 Rosary (CH) 10:30 Women of the Bible (ALU) 11:30 Picnic at Occoquan Regional Park 1:30 Mah Jongg (GR) 3:30 CVS Run 6:30 Witness for the Prosecution 7:00 Movie Night: I Don't Know How She Does It (PR)	26 9:00 Seated Strength (FR) 9:35 Balance and Stretch (FR) 10:00 Bible Study (PR) 10:00 Pickleball (Tennis Courts) 10:00 Computer Open House (Computer Room) 10:10 Standing Strength (FR) 10:40 Fitness Orientation (FR) 11:00 Episcopal Service (CH) 1:30 Bingo (GR) 4:00 Glenn's Roundtable (PR) 7:00 Last Thursday Storytelling (ML)	27 11:00 Chair Yoga (FR) 11:00 Caregivers Support Group (PDR) 1:30 Poker Club (GR) 2:00 ZUMBA GOLD (FR) 7:00 WLRU: Classical Studies (CR)	28 1:30 Scrabble (GR) 7:00 Movie Night: Rebel without a Cause (PR)
29 10:30 Catholic Holy Communion (CH) 4:00 Chapel Service (CH) 7:00 Show Of Shows	30 9:00 Seated Strength (FR) 9:15 Grocery Shopping 9:35 Balance and Stretch (FR) 10:10 Standing Strength (FR) 10:30 Tai Chi (PR) 10:40 Fitness Orientation (FR) 11:00 High Dam Tour 1:30 Bridge (GR) 2:15 Chimers (CR) 7:00 Dominoes (GR)					

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