
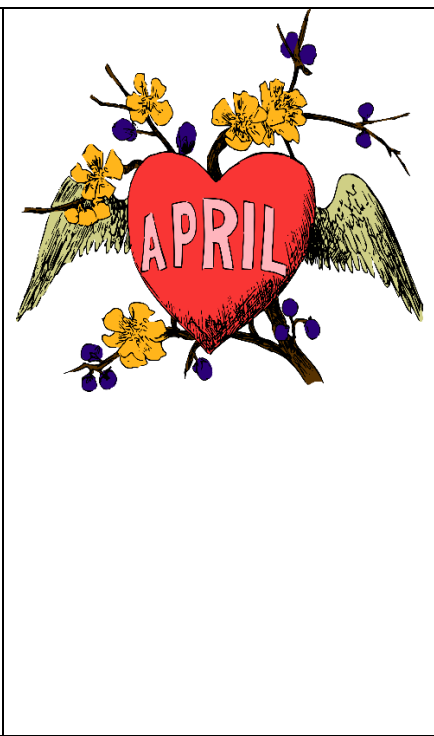


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 10:00 – 10:45 AM Spanish Lessons (C) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) <i>The Bookshop</i> (Elmwood Studio 1st Floor)</p>	<p>2 10:30 – 11:00 AM The Joy Singers (R) (Elmwood Studio, 1st Floor) 11:30 – 12:00 PM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 – 3:45 PM Monthly Birthday Social (S) (Elmwood Studio 1st Floor) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:00 – 8:00 PM Biblical Journey Bible Study (R) (Karr Activity Center) 7:30 – 8:30 PM AA Meeting (S) (Conference Room 1st Floor)</p>	<p>3 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Helping Hands of Showalter (Elmwood Studio 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:00 – 7:00 PM Color Designs (PR) (Elderberry Nook 3rd Floor) 7:00 – 8:00 PM Bird Club (C) (Karr Activity Center)</p>	<p>4 9:30 – 10:30 AM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 6:30 – 7:30 PM Games (C) (Elmwood Studio 1st Floor)</p>	<p>5 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 2:00 – 3:00 PM Musical Performance (R) <i>Robbie Vance</i> (Karr Activity Center) 2:30- 3:00 PM Seated Aerobics (Dining Room 1st Floor) 3:00 – 4:00 PM 1st Friday Social (S) (Karr Activity Center)</p>	<p>6 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 12:30 – 2:30 PM Bingo (C) (Karr Activity Center) 2:00 – 4:00 PM Afternoon Movie (SN) <i>Mary Poppins Returns</i> (Elmwood Studio 1st Floor)</p>
<p>7 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) <i>The African Queen</i> (Elmwood Studio 1st Floor) 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p>	<p>8 10:00 – 10:45 AM Spanish Lessons (C) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) <i>Walk, Ride, Rodeo</i> (Elmwood Studio 1st Floor)</p>	<p>9 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 – 3:30 PM Samba Card Game (C) (Karr Activity Center) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 – 3:30 PM Investigate the Bible (R) (Elderberry Nook 3rd Floor) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:30 – 8:30 PM AA Meeting (S) (Conference Room 1st Floor)</p>	<p>10 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Resident Meeting (PR) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:00 – 7:00 PM Color Designs (PR) (Elderberry Nook 3rd Floor) 7:00 – 8:00 PM Discourse on Life & Faith (R) (Karr Activity Center)</p>	<p>11 10:00 – 10:30 Episcopal Communion (R) (Elmwood Studio 1st Floor) <i>Christ Episcopal Church</i> 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:00 – 4:00 PM St. Patrick's Day Social (S) (Karr Activity Center) 6:30 – 7:30 Games (C) (Elmwood Studio 1st Floor) 7:00 – 8:00 PM Musical Performance (R) <i>Mountain Jam</i> (Karr Activity Center)</p>	<p>12 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:15 PM Cooking (P) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Happy Hour (S) (Elmwood Studio 1st Floor) <i>Spring Punch</i></p>	<p>13 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 2:00 – 4:00 PM Afternoon Movie (R) <i>Robin Hood</i> (Elmwood Studio 1st Floor)</p>

<p>14 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) <i>Dark Set</i> (Elmwood Studio 1st Floor) 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p>	<p>15 10:00 – 10:45 AM Spanish Lessons (C) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 1:30 – 2:15 PM Laughter Yoga (P) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:45 PM Easter Bunny and Nutmeg the Squirrel Visit (S) (Lobby, 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) <i>My Big Fat Greek Wedding</i> (Elmwood Studio 1st Floor)</p>	<p>16 10:00 – 10:45 AM Christian Fellowship (R) (Elmwood Studio 1st Floor) <i>Blacksburg Methodist Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:30 – 3:15 PM Musical Performance (SN) <i>The Williams's Piano & Sax</i> (Dining Room, 1st Floor) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:00 – 8:00 PM Biblical Journey Bible Study (R) (Karr Activity Center) 7:30 – 8:30 PM AA Meeting (S) (Conference Room 1st Floor)</p>	<p>17 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:45 PM Tea Time with Nate (S) (Elmwood Studio 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:00 – 7:00 PM Color Designs (PR) (Elderberry Nook 3rd Floor)</p>	<p>18 9:30 – 10:30 AM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:35 – 4:00 PM Bible Study (R) (Elmwood Studio 1st Floor) 6:30 – 7:30 Games (C) (Elmwood Studio 1st Floor)</p>	<p>19 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:15 PM Cooking (P) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Soda Float Social (S) (Elmwood Studio 1st Floor)</p>	<p>20 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 12:30 – 2:30 PM Bingo (C) (Karr Activity Center) 2:00 – 4:00 PM Afternoon Movie (SN) <i>The Nutcracker and the Four Realms</i> (Elmwood Studio 1st Floor)</p>
<p>21 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) <i>On Golden Pond</i> (Elmwood Studio 1st Floor) 3:00 – 4:00 PM Church Service (R) <i>Gateway Baptist Church</i> 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p>	<p>22 10:00 – 10:45 AM Spanish Lessons (C) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) <i>My Big Fat Greek Weeding II</i> (Elmwood Studio 1st Floor)</p>	<p>23 10:00 – 11:00 AM Christian Fellowship (R) (Elmwood Studio 1st Floor) <i>Presbyterian Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 – 3:30 PM Samba Card Game (C) (Karr Activity Center) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 – 3:30 PM Investigate the Bible (R) (Elderberry Nook 3rd Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor)</p>	<p>24 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:00 – 7:00 PM Color Designs (PR) (Elderberry Nook 3rd Floor) 7:00 – 8:00 PM Discourse on Life & Faith (R) (Karr Activity Center)</p>	<p>25 9:30 – 10:30 AM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:35 – 4:00 PM Bible Study (R) (Elmwood Studio 1st Floor) 5:00 – 5:45 PM Dinner & Music <i>Mason Gottschalk</i> 6:30 – 7:30 Games with Ruthie (C) (Elmwood Studio 1st Floor)</p>	<p>26 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 2:15 PM Cooking (P) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Happy Hour (S) (Elmwood Studio 1st Floor) <i>Wine & Cheese</i></p>	<p>27 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 2:00 – 4:00 PM Afternoon Movie (SN) <i>First Man</i> (Elmwood Studio 1st Floor)</p>

<p>28 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) <i>Father Goose</i> (Elmwood Studio 1st Floor) 3:00 – 4:00 PM Musical Performance <i>Sarah Rushing & Students</i> (Karr Activity Center) 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p>	<p>29 10:00 – 10:45 AM Spanish Lessons (C) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 1:15 – 2:15 PM Netflix's The Crown (SN) (Elmwood Studio, 1st Floor) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) <i>The Best Exotic Marigold Hotel</i> (Elmwood Studio 1st Floor)</p>	<p>30 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 – 4:00 PM Bingo Bash (C) (Karr Activity Center) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:30 – 8:30 PM AA Meeting (S) (Conference Room 1st Floor)</p>	<p>For information regarding Activities, please contact Jonathan Tate, ADC at jtate@warmhearth.org or 540-443-0407</p> <p>Activities are subject to change. Please check daily activity calendar for updates.</p>	<p>Calendar Codes <i>Physical – P</i> <i>Social – S</i> <i>Cognitive/Intellectual – C</i> <i>Productive – PR</i> <i>Sensory – SN</i> <i>Reflective – R</i> <i>Outdoor – O</i> <i>Nature – N</i> <i>Community – CM</i> <i>Independent – I</i></p>	<p>Monday, March 18th 9:00 AM – 12:00 PM Podiatrist Clinic (Conference Room 1st Floor) 1:00 – 2:00 PM Hearing Aid Clinic (Conference Room 1st Floor)</p>	
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