

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Calendar Codes Physical- ∞ Social- Λ Cognitive/Intellectual - Ω Productive-⊙ Sensory-φ Reflective-• Outdoor-△ Nature-≈ Community- ≡</p>	<p>Calendar Codes SC1st - ES - Elmwood Studio SC3rd - EN - Engleberry Nook SC 4th - TTL - Tree Top Lounge AC - Karr Activity Center VC - Village Center Events TOH - Tall Oaks Hall Carson Library - New River House</p>	<p>1 10:00 - 10:30 AM (SC1st - ES) Joy Singers from St. Paul UMC - Christiansburg VA 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:00 - 2:00 PM (SC1st - ES) Cooking in the Kitchen with Kathy - Swedish Potato Sausages (Potatis Korv) 1:30 - 2:30 PM(SCCR)\$ Λ Ω Bingo 3:30 - 4:15 PM (SC1st-ES) ∞ABC Fitness with Logan 4:00 - 5:15 (SC1st) Montgomery Regional Mobile Library brings books for you to check out. 6:00 - 7:30 PM (SC3rd)Λ Mini Manicures 6:30 - 7:15 PM (Sc1st ES) Λ Ω⊙ Writers group 7:30 - 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p>2 10:00 - 10:30 AM (SC1st - ES) Λ Ω Catholic Communion 11:00 - 11:30 AM (SC1st - ES)∞ DVD Fitness: 1:00 - 2:00 PM (AC) Λ Ω Scrabble With Friends 2:30 - 3:00 PM (SCDR)∞Fitness w/ David: Seated Aerobic 3:00 - 3:45 PM (AC) Warm Hearth Singers Concert - Spirituals and More 3:00 - 3:30 PM (SCCR) Λ Helping Hands of Showalter 3:30 - 4:15 (Sc1st - ES)∞ Wii Bowling 4:00 - 4:45 PM (AC) Λ Ω⊙ WHV Singers Rehearsal 7:30pm-9:00pm (AC) New River Bird Club Meeting</p>	<p>3 9:00 - 9:45 AM (SC4th - TTL) Beginning Bridge with Ted 10:00 AM - 12:00 PM (SC4th - TTL) Ω Refresher Bridge class with Anne and Ted 10:00 - 11:00 AM (VC) Headline News Discussion Group 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM (SC1st - ES)\$ Λ Ω Bingo 2:35 - 4:00 PM (SC1st-ES) Bible Study: Gospel of Matthew 3:00 - 3:30 PM (SC Lob) Ω May Birthday Social/ Brain Aerobics 3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII 6:30 - 7:30 PM(SC1st - ES)Λ Ω⊙ Game Time with Ruthie</p>	<p>4 10:00 - 10: 45 AM (SC 4th - TTL) Knitting and Chatting 11:00 - 11:30 AM (SC1st - ES) Seated Exercise DVD 1:15 - 2:15 AM (SC1st) BBC Call the Midwife 2:00 - 3:00 PM (AC) Gospel Sing-a-long with Robbie Vance 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:00 - 3:30 PM (SCDR) Λ Ω Wine and Cheese Happy Hour 4:00 - 5:00 PM (AC) 1st Friday Social Time/Village Birthday Social</p>	<p>5 9:30 - 10:15 AM (SC1st - ES) Λ Morning Social 11:00 - 11:30 AM (SC1st - ES) Λ∞ Chair Stretches 2:00 - 4:00 PM (SC1st - ES)ΛΩφ Afternoon Movie: - Forever My Girl, 1 hr. 48 mins (Drama, Music, Romance) (2018) PG - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII</p>
<p>6 2:00-3:30 PM (SC3rd - EN) Λ Ω Scrabble 2:00 - 4:00 PM (SC1st - ES) φ Movie Sunday: Kiss Me Kate, 1 hr 49 mins (comedy, Musical, Romance) (1953) Rated Approved 6:45 -7:30 PM (SC1st - ES) Λ Ω Sunday Evening Worship:</p>	<p>7 10:00 - 10:45 AM(SC1st - ES)Λ Wii Bowling 11:00 - 11:30 AM (SC1st - ES) ∞DVD Fitness Toning 1:00 - 4:00 PM (AC) Λ Bridge 1:15 - 2:15 PM (SC1st - ES)∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 - 4:45 PM (AC) Λ Ω⊙ WHV Singers Rehearsal 6:45 - 8:30 PM (SC1st - ES) Λ Ω φ Monday Night Movie: Extraordinary, 1 hr 26 mins (Drama) (2017) Not Rated</p>	<p>8 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:00 - 2:00 PM (SC1st - ES) Cooking in the Kitchen with Kathy 1:30 - 2:30 PM(SC1st - Conference Room)\$ Λ Ω Bingo 3:00-3:30 PM (SC3rd)Λ Ω • Investigate the Bible 3:30 - 4:15 PM (SC1st-ES) ∞ ABC Fitness with Logan 6:00 - 7:30 PM (SC3rd)Λ Mini Manicures 6:30 - 7:15 PM (SC1st - ES) Λ Ω⊙ Writers group 7:30 - 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p>9 10:00 - 10:30 AM (SC1st - ES) Catholic Communion 11:00 - 11:30 AM (SC1st - ES)∞ DVD Fitness: 1:00 - 2:00 PM (AC) Λ Ω Scrabble With Friends 2:30 - 3:00 PM (SCDR)∞Fitness w/ David: Seated Aerobic 3:00 - 3:30 PM (SCDR) Resident Meeting 3:30 - 4:15 (Sc1st - ES)∞ Wii Bowling 4:00 - 4:45 PM (AC) Λ Ω⊙ WHV Singers Rehearsal</p>	<p>10 9:00 - 9:45 AM (SC4th - TTL) Beginning Bridge with Ted 10:00 - 10:30 AM (SCConf) Episcopal Communion 10:00 AM - 12:00 PM (SC4th- TTL) Ω Beginning/Refresher Bridge class with Anne and Ted 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM(SC1st - ES)\$ Λ Ω Bingo 2:35 - 4:00 PM (SC1st - ES) Bible Study: Gospel of Matthew 3:00 - 3:30 PM (4th - TTL) Brain Aerobics 3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII 6:30 - 7:30 PM(SC1st - ES)Λ Ω⊙ Game Time/ Ruthie 7:00 - 9:00 PM (AC) Mountain Jam</p>	<p>11 10:00 - 10: 45 AM (SC 4th - TTL) Knitting and Chatting 11:00 - 11:30 AM (SC1st - ES) Seated Exercise DVD 1:15 - 2:15 AM (SC1st) BBC Call the Midwife 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic</p>	<p>12 9:30 - 10:15 AM (SC1st - ES) Λ Morning Social 11:00 - 11:30 AM (SC1st - ES) Λ∞ Chair Stretches 2:00 - 4:00 PM (SC1st - ES) Λ Ω φ Afternoon Movie: Just Getting Started, 1 hr 31 mins (Action, Comedy) (2017) PG-13 3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII</p>

<p style="text-align: right;">13</p> <p>2:00-3:30 PM (SC3rd - EN) Λ Ω Scrabble</p> <p>2:00 - 4:00 PM (SC1st - ES) φ Movie Sunday: South Pacific, 2 hrs 37 mins (Musical, Romance, War) (1958) Unrated</p> <p>6:45 -7:30 PM (SC1st - ES) Λ Ω Sunday Evening Worship:</p>	<p style="text-align: right;">14</p> <p>10:00 - 10:45 AM(SC1st - ES)Λ Wii Bowling 11:00 - 11:30 AM (SC1st - ES) ∞DVD Fitness Toning 1:00 - 4:00 PM (AC) Λ Bridge 1:15 - 2:15 PM (SC1st - ES)∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 - 4:45 PM (AC) Λ Ω© WHV Singers Rehearsal 6:45 - 8:30 PM (SC1st - ES) Λ Ω φ Monday Night Movie: American Folk, 1 hr 39 mins (Drama, Musical) (2017) PG</p>	<p style="text-align: right;">15</p> <p>10:00 - 10:45 (SC1st - ES) Λ Christian Fellowship - Methodist 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM(SCCR) Λ Ω Bingo 3:30 - 4:15 PM (SC1st-ES) ∞ ABC Fitness with Logan 4:00 - 5:15 (SClob) Montgomery Regional Mobile Library brings books for you to check out. 6:00 - 7:30 PM (SC3rd)Λ Mini Manicures 6:30 - 7:15 PM (SC1st - ES) Λ Ω© Writers group 7:30 - 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p style="text-align: right;">16</p> <p>10:00 - 10:30 AM (SC1st - ES) Λ Ω Catholic Communion 11:00 - 11:30 AM (SC1st - ES)∞ DVD Fitness 1:00 - 2:00 PM (AC) Λ Ω Scrabble With Friends 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:00 - 3:30 PM (SC1st - ES) What's Cooking with Nate 3:30 - 4:15 (Sc1st - ES)∞ Wii Bowling 4:00 - 4:45 PM (AC) Λ Ω© WHV Singers Rehearsal</p>	<p style="text-align: right;">17</p> <p>9:00 - 9:45 AM (SC4th - TTL) Beginning Bridge with Ted 10:00 AM - 12:00 PM (SC4th - TTL) Ω Beginning/Refresher Bridge class with Anne and Ted 10:00 - 11:00 AM (VC) Headline News Discussion Group 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM(SC1st - ES)\$ Λ Ω Bingo 2:30 - 4:00 PM (SC1st-ES) Bible Study: Gospel of Matthew 3:00 - 3:45 PM (SC4th-TTL) Sing-A- Long with Diane 3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII 6:30 - 7:30 PM(SC1st - ES)Λ Ω© Game Time with Ruthie</p>	<p style="text-align: right;">18</p> <p>10:00 - 10: 45 AM (SC 4th - TTL) Knitting and Chatting 11:00 - 11:30 AM (SC1st - ES) Seated Exercise DVD 1:15 - 2:15 AM (SC1st) BBC Call the Midwife 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:00 - 3:30 PM (SCDR) Λ Ω Wine and Cheese Happy Hour 4:00 - 5:00 PM (VC) Story Hour/Happy Hour</p>	<p style="text-align: right;">19</p> <p>9:30 - 10:15 AM (SC1st - ES) Λ Morning Social</p> <p>11:00 - 11:30 AM (SC1st - ES) Λ∞ Chair Stretches</p> <p>2:00 - 4:00 PM (SC1st- ES)Λ Ω φ Afternoon Movie: The Time of Their Lives, 1 hr 44 mins, (Comedy) (2017)</p> <p>3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII</p>
<p style="text-align: right;">20</p> <p>2:00-3:30 PM (SC3rd - EN) Λ Ω Scrabble</p> <p>2:00 - 4:00 PM (SC1st- ES) φ Movie Sunday: Hello Dolly!, 2 hrs 26 mins (Adventure, Comedy, Musical) (1969) G</p> <p>6:45 -7:30 PM (SC1st - ES) Λ Ω Sunday Evening Worship:</p>	<p style="text-align: right;">21</p> <p>9:30-Noon (SC Conf) ∞Podiatrist 11:00 - 11:30 AM (SC1st - ES)∞ DVD Fitness and Toning 1:00 - 4:00 PM (AC) Λ Bridge 1:00 - 2:00 PM (SCConf) Free Hearing Aid Clinic - Repair and Cleaning Free 1:15 - 2:15 PM (SC1st - ES)∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 - 4:45 PM (AC) Λ Ω© WHV Singers Rehearsal 6:45 - 8:30 PM (SC1st - ES) Λ Ω φ Monday Night Movie: As Far as the Eye Can See, 1 hr 28 mins (Drama, Music) (2018) Not rated</p>	<p style="text-align: right;">22</p> <p>10:00 - 11:00 AM (SCCR) Λ Ω •Christian Fellowship - Presbyterian 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM(SC1st - Conference Room)\$ Λ Ω Bingo 2:00 - 3:00 PM (SC1st - ES) Spirit Lifters Party for Showalter Residents 3:00-3:30 PM (SC3rd) Λ Ω • Investigate the Bible 3:30 - 4:15 PM (SC1st-ES) ∞ ABC Fitness with Logan 6:00 - 7:30 PM (SC3rd)Λ Mini Manicures with VT Students 6:30 - 7:15 PM (SC1st - ES) Λ Ω© Writers group 7:30 - 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p style="text-align: right;">23</p> <p>10:00 - 10:30 AM (SC1st - ES) Λ Ω Catholic Communion 11:00 - 11:30 AM (SC1st - ES)∞ DVD Fitness 1:00 - 2:00 PM (AC) Λ Ω Scrabble With Friends 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:30 - 4:15 (Sc1st - ES)∞ Wii Bowling 4:00 - 4:45 PM (AC) Λ Ω© WHV Singers Rehearsal</p>	<p style="text-align: right;">24</p> <p>9:00 - 9:45 AM (SC4th - TTL) Beginning Bridge with Ted 10:00 AM - 12:00 PM (SC4th - TTL) Ω Beginning/Refresher Bridge class with Anne and Ted 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM (SC1st - ES)\$ Λ Ω Bingo 2:35 - 4:00 PM (SC1st-ES) Bible Study: Gospel of Matthew 3:00 - 3:30 PM (SC4th) Brain Aerobics 6:30 - 7:30 PM(SC1st - ES)Λ Ω© GameTime with Ruthie</p>	<p style="text-align: right;">25</p> <p>10:00 - 10: 45 AM (SC 4th - TTL) Knitting and Chatting 11:00 - 11:30 AM (SC1st - ES) Seated Exercise DVD 1:15 - 2:15 AM (SC1st) BBC Call the Midwife 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic</p>	<p style="text-align: right;">26</p> <p>9:30 - 10:15 AM (SC1st - ES) Λ Morning Social</p> <p>11:00 - 11:30 AM (SC1st - ES) Λ∞ Chair Stretches</p> <p>2:00 - 4:00 PM (SC1st- ES)Λ Ω φ Afternoon Movie: Downsizing, 2 h 15 mins (Comedy, Drama, Sci-Fi) (2017) R</p>

<p style="text-align: right;">27</p> <p>2:00-3:30 PM (SC3rd - EN) Λ Ω Scrabble</p> <p>2:00 - 4:00 PM (SC1st- ES) φ Movie Sunday: Oklahoma!, 2 hr 25 mins (Comedy, Drama, Musical) (1955) Rated Approved</p> <p>6:45 -7:30 PM (SC1st - ES) Λ Ω Sunday Evening Worship:</p>	<p style="text-align: right;">28</p> <p>10:00 - 10:45 AM(SC1st - ES)Λ Wii Bowling 11:00 - 11:30 AM (SC1st - ES) ∞DVD Fitness Toning 1:00 - 4:00 PM (AC) Λ Bridge 1:15 - 2:15 PM (SC1st - ES)∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 - 4:45 PM (AC) Λ Ω© WHV Singers Rehearsal 6:45 - 8:30 PM (SC1st - ES) Λ Ω φ Monday Night Movie: Where Love Found Me, 1 hr 24 mins (Action, Adventure, Drama) (2016) PG-13</p>	<p style="text-align: right;">29</p> <p>10:00 - 10:45 (SC1st - ES) Λ Christian Fellowship - Methodist 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM(SCCR) Λ Ω Bingo 3:30 - 4:15 PM (SC1st-ES) ∞ ABC Fitness with Logan 4:00 - 5:15 (SClob) Montgomery Regional Mobile Library brings books for you to check out. 6:00 - 7:30 PM (SC3rd)Λ Mini Manicures 6:30 - 7:15 PM (SC1st - ES) Λ Ω© Writers group 7:30 - 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p style="text-align: right;">30</p> <p>10:00 - 10:30 AM (SC1st - ES) Λ Ω Catholic Communion 11:00 - 11:30 AM (SC1st - ES)∞ DVD Fitness 1:00 - 2:00 PM (AC) Λ Ω Scrabble With Friends 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:30 - 4:15 (Sc1st - ES)∞ Wii Bowling 4:00 - 4:45 PM (AC) Λ Ω© WHV Singers Rehearsal</p>	<p style="text-align: right;">31</p> <p>9:00 - 9:45 AM (SC4th - TTL) Beginning Bridge with Ted 10:00 AM - 12:00 PM (SC4th - TTL) Ω Beginning/Refresher Bridge class with Anne and Ted 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM (SC1st - ES)\$ Λ Ω Bingo 2:35 - 4:00 PM (SC1st-ES) Bible Study: Gospel of Matthew 3:00 - 3:30 PM (SC4th) Brain Aerobics 6:30 - 7:30 PM(SC1st - ES)Λ Ω© GameTime with Ruthie</p>	<p>Movies Sponsored by</p>  <p>Montgomery-Floyd Regional Library <i>One stop, unlimited possibilities</i></p>	<p>Activities are subject to change. Please check daily activity calendar for updates.</p>
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