

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 BB - Bar and Bistro
 CD - Chesapeake Dining Room
 CK - Country Kitchen
 FL - Front Lobby

ART Room - Independence Lounge
 LC - Lexington Commons
 MR - Montpelier Room

OT - Outing
 G - The Grange
 WE - Waters Edge



1
 9:00 Early Voting Day (OT)
 9:30 Fitness on Our Feet! (LC)
 10:00 ED Roundtable/Coffee Connections (Bistro)
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
 11:30 Fall Crafts- Cork Wreaths (MR)
 1:00 Spanish Lessons (MR)
 2:00 Happy Hour with Ava & Bryan (BB)
 3:15 Afternoon Cornhole (LC)
 6:00 Comedy Movie Night: It's a Mad, Mad, Mad, Mad World (LC)

2
 9:30 Morning Fitness (LC)
 10:30 Candy Bingo (LC)
 12:15 Afternoon Movie: My Big Fat Greek Wedding (LC)
 1:00 Bridge - Resident Led (Water's Edge)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
 3:00 Afternoon Cornhole (LC)
 6:30 Richmond Ballet Performance at Virginian Wesleyan (OT)
 7:30 Performance of The Richmond Ballet(OUTING) (Virginia Wesleyan University)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT)
 11:15 Church Service (LC)
3
 12:30 Sunday Outing (Wegmans (Downtown VA Beach))
 1:00 Canasta - Resident Led (Water's Edge)
 3:00 Money Bingo (LC)
 4:00 NFL Football Sundays (Bistro Bar)
 6:00 Sunday Movie: McLintock (LC)

9:30 Chair Fitness (LC)
 10:00 Massage Time (MR)
4
 10:00 Mahjong Resident-Led (Water's Edge)
 10:30 Monday Trivia (LC)
 2:00 Happy Hour with Linda & Lyle (BB)
 3:15 Afternoon Cornhole (LC)
 4:00 50/50 Raffle (Front Lobby and Chesapeake Dining)
 6:00 Monday Night Mega Bingo (LC)
 6:00 Movie Night: Pork Chop Hill (CK)
 6:00 Prayer Circle Resident Led (MR)

9:00 Time to Vote! (OT)
 9:30 Strength & Balance Class (LC)
5
 10:00 Hilltop Shops (OT)
 10:00 Word Games (LC)
 1:00 Leather Crafting with Joe C. (MR)
 1:00 National Donut Day (FL)
 1:00 Nutritional Smoothie Time (FL)
 1:00 Resident Led Poker (CK)
 2:00 Gym Class (Lexington)
 3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

9:30 Chair Fitness (LC)
 10:00 Wednesday Trivia (LC)
6
 11:00 Mexican Train Dominoes (LC)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
 2:00 Stitch and Chat (MR)
 3:15 Afternoon Cornhole (LC)
 6:00 Musical Wednesday-Rodger's and Hammerstein's Cinderella (LC)

9:30 Stretch & Balance Class (LC)
 10:00 Mahjong Resident-Led (Montpelier)
7
 10:00 Resident Update Meeting (LC)
 11:00 Wii Bowling (LC)
 11:00 Kroger Trip (OT)
 1:00 Bridge Game - Resident Led (G)
 1:00 Walking Club at Boardwalk (FL)
 1:00 Watercolor Painting with Sally Cade (Art Room)
 1:30 Letters for FCI Friends (MR)
 2:00 Tai Chi (MR)
 3:00 Money Bingo (LC)
 5:30 Seated Balloon Volleyball (LC)

9:30 Fitness on Our Feet! (LC)
 10:00 National Cappuccino Day (Bistro)
8
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
 11:00 Flip Flops VB Grill (OT)
 11:30 Craft Time! (Art Room)
 1:00 Book Club with Courtney (Bistro)
 1:00 Puzzle Time (Lexington)
 1:00 Spanish Class with Aude (Montpelier)
 2:00 Happy Hour with Dan Smith (BB)
 3:15 Afternoon Cornhole (LC)
 6:00 Comedy Movie Night: Little Shop of Horrors (LC)

9:30 Morning Fitness (LC)
 10:30 Candy Bingo (LC)
9
 12:15 Afternoon Movie: The Shakiest Gun in the West (LC)
 1:00 Bridge - Resident Led (Water's Edge)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
 3:00 Afternoon Cornhole (LC)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT)
 11:15 Church Service (LC)
10
 12:30 Sunday Outing (Thrift Store)
 1:00 Canasta - Resident Led (Water's Edge)
 3:00 Money Bingo (LC)
 4:00 NFL Football Sundays (Bistro Bar)
 6:00 Sunday Movie: Crazy on the Outside (LC)

Veterans Day
 8:00 Veterans Day Parade (OT)
11
 9:30 Chair Fitness (LC)
 10:00 Massage Time (MR)
 10:00 Mahjong Resident-Led (Water's Edge)
 10:30 Monday Trivia (LC)
 2:00 Happy Hour: Candy Bingo (BB)
 3:15 Afternoon Cornhole (LC)
 6:00 Monday Night Mega Bingo (LC)
 6:00 Movie Night: Sleepless in Seattle (CK)
 6:00 Prayer Circle Resident Led (MR)

9:30 Strength & Balance Class (LC)
12
 10:00 Hilltop Shops (OT)
 10:00 Word Games (LC)
 1:00 Leather Crafting with Joe C. (MR)
 1:00 Resident Led Poker (CK)
 2:00 Gym Class (Lexington)
 2:00 Tasty Tuesday (CK)
 3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

9:30 Chair Fitness (LC)
 10:00 Wednesday Trivia (LC)
13
 10:45 Lunch Outing to Ocean Eddie's (OT)
 11:00 POKENO Wednesday (LC)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
 2:00 Stitch and Chat (MR)
 3:15 Afternoon Cornhole (LC)
 6:00 Musical Wednesday- Flower Drum Song (LC)
 6:30 Hymn Sing (LC)

9:30 Stretch & Balance Class (LC)
14
 10:00 Kroger Trip (OT)
 10:00 Mahjong Resident-Led (Montpelier)
 11:00 Wii Bowling (LC)
 1:00 Bridge Game - Resident Led (G)
 1:00 Walking Club at Mount Trashmore (FL)
 1:30 Letters for FCI Friends (MR)
 2:00 Tai Chi (MR)
 3:00 Money Bingo (LC)
 5:30 Seated Balloon Volleyball (LC)

9:15 Breakfast Club Outing to Pops Diner
 9:30 Fitness on Our Feet! (LC)
15
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
 11:30 Crafting with Inna (MR)
 1:00 Fall Prevention Seminar with Equilibrio (LC)
 1:00 Spanish Lessons (G)
 2:00 Happy Hour with Roberto (BB)
 3:15 Afternoon Cornhole (LC)
 6:00 Comedy Movie Night: OH, God! Book II (LC)

9:30 Morning Fitness (LC)
 10:30 Candy Bingo (LC)
16
 12:15 Afternoon Movie: Murder By Death (LC)
 1:00 Bridge - Resident Led (Water's Edge)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
 3:00 Afternoon Cornhole (LC)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT)
 11:15 Church Service (LC)
17
 12:30 Sunday Outing (Michaels Craft Store)
 1:00 Canasta - Resident Led (Water's Edge)
 3:00 Money Bingo (LC)
 4:00 NFL Football Sundays (Bistro Bar)
 6:00 Sunday Movie: All of Me (LC)

9:30 Chair Fitness (LC)
 10:00 Massage Time (MR)
18
 10:00 Mahjong Resident-Led (Water's Edge)
 10:30 Monday Trivia (LC)
 11:00 Tribute to Mickey Mouse & Disney Trivia (LC)
 2:00 Happy Hour: Left-Right-Center (BB)
 3:15 Afternoon Cornhole (LC)
 4:00 Yearbook Photos (MR)
 6:00 Monday Night Mega Bingo (LC)
 6:00 Movie Night: The Lake House (CK)
 6:00 Prayer Circle Resident Led (MR)

9:30 Strength & Balance Class (LC)
19
 10:00 Hilltop Shops (OT)
 10:00 National Play Monopoly Day (LC)
 1:00 Leather Crafting with Joe C. (MR)
 1:00 Nutritional Smoothie Time (FL)
 1:00 Resident Led Poker (CK)
 1:00 Resident Panel Tasting (RSVP required) (Waters Edge Dining Room)
 2:00 Gym Class (Lexington)
 3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

9:30 Chair Fitness (LC)
 10:00 Wednesday Trivia (LC)
20
 11:00 Mexican Train Dominoes (LC)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
 2:00 Stitch and Chat (MR)
 3:15 Afternoon Cornhole (LC)
 6:00 Musical Wednesday- Royal Wedding (LC)

9:30 Stretch & Balance Class (LC)
21
 10:00 Kroger Trip (OT)
 10:00 Mahjong Resident-Led (Montpelier)
 10:30 New Resident Orientation (LC)
 11:00 Wii Bowling (LC)
 11:00 Catholic Mass (MR)
 1:00 Bridge Game - Resident Led (G)
 1:00 Pour Painting with Joyce Kirkwood (Art Room)
 1:00 Walking Club at Great Neck (FL)
 1:30 Letters for FCI Friends (MR)
 1:30 Resident Update Meeting (CD)
 2:00 Tai Chi (MR)
 3:00 Money Bingo (LC)
 5:30 Seated Balloon Volleyball (LC)

9:30 Fitness on Our Feet! (LC)
 10:00 Friday Trivia (LC)
22
 10:30 Left Right Center Candy (MR)
 11:30 Drink in the Flowers (LC)
 1:00 Book Club with Courtney (Bistro)
 1:00 Puzzle Time (Lexington)
 1:00 Spanish Class with Aude (Montpelier)
 2:00 Happy Hour with Adrienne & Jamie (BB)
 3:15 Afternoon Cornhole (LC)
 6:00 Comedy Movie Night: The Russians are Coming, The Russians are Coming. (LC)

9:30 Morning Fitness (LC)
 10:30 Candy Bingo (LC)
23
 12:15 Afternoon Movie: Quartet (LC)
 1:00 Bridge - Resident Led (Water's Edge)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
 3:00 Afternoon Cornhole (LC)
 5:30 Norfolk's Grand Illumination Parade (OT)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT)
 11:15 Church Service (LC)
24
 12:30 Sunday Outing (Food Lion (Great Neck Village))
 1:00 Canasta - Resident Led (Water's Edge)
 3:00 Money Bingo (LC)
 4:00 NFL Football Sundays (Bistro Bar)
 6:00 Sunday Movie: The Great Outdoors (LC)

9:30 Chair Fitness (LC)
 10:00 Massage Time (MR)
25
 10:00 Mahjong Resident-Led (Water's Edge)
 10:30 Monday Trivia (LC)
 10:30 FCI Resident Council: Bake Sale (FL)
 2:00 Native American Heritage Happy Hour (Bistro)
 3:15 Afternoon Cornhole (LC)
 6:00 Monday Night Mega Bingo (LC)
 6:00 Movie Night: Dante's Peak (CK)
 6:00 Prayer Circle Resident Led (MR)

9:30 Strength & Balance Class (LC)
26
 10:00 Hilltop Shops (OT)
 10:00 Word Games (MR)
 10:15 New Hire Orientation (LC)
 12:30 Monthly Birthday Luncheon for Residents (WE)
 1:00 Leather Crafting with Joe C. (MR)
 1:00 Resident Led Poker (CK)
 2:00 Gym Class (Lexington)
 2:00 Tasty Tuesday (CK)
 3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

9:30 Chair Fitness (LC)
 10:00 Wednesday Trivia (LC)
27
 10:45 Outing to Rivers Casino (OT)
 11:00 POKENO Wednesday (LC)
 11:00 Resident LIFE FORUM (LC)
 1:00 Bee Update Meeting (CK)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
 2:00 Stitch and Chat (MR)
 2:00 What's the Scoop Wednesdays with Anita (MR)
 3:15 Afternoon Cornhole (LC)
 4:00 New Resident Happy Hour (MR)
 6:00 Musical Wednesday- Gentlemen Prefer Blondes (LC)

Thanksgiving
 9:30 Stretch & Balance Class (LC)
28
 9:30 Stretch & Balance Class (LC)
 10:00 Mahjong Resident-Led (Montpelier)
 11:00 Wii Bowling (LC)
 11:30 Thanksgiving Brunch & Dinner (Waters Edge Dining Room)
 1:00 Bridge Game - Resident Led (G)
 1:30 Letters for FCI Friends (MR)
 3:00 Money Bingo (LC)

9:30 Fitness on Our Feet! (LC)
 10:00 Friday Trivia (LC)
29
 10:00 Trip to the Thoroughgood House (OT)
 10:30 Left Right Center Candy (MR)
 11:30 Craft Time! (Art Room)
 1:00 Spanish Lessons (G)
 2:00 Happy Hour with Bryan Martin (BB)
 3:15 Afternoon Cornhole (LC)
 6:00 Comedy Movie Night: Night in Casablanca (LC)

9:30 Morning Fitness (LC)
 10:30 Candy Bingo (LC)
30
 12:15 Afternoon Movie: There's No Business like Show Business (LC)
 1:00 Bridge - Resident Led (Water's Edge)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
 3:00 Afternoon Cornhole (LC)

November 2024
 Calendar

