



ELANC AT ALEXANDRIA		024			RUI University RUI FIT Entertainment Spiritual Games	Arts/Crafts Outings Social Brain Games Current Events
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cherry Blossom Festival THURSDAY, APRIL 11 4:00 PM - 7:00 PM	1 11:00 Music, Movement, & Memory w/ Diana*(SR) 12:00 Men's Luncheon (PDR) 1:30 Name That Tune (3rd FL) 1:30 Rosary (C) 2:00 Ukelele Class w/ Lee Jones (SR) 3:00 Book Club (Lib) ♪ 7:00 Movie Night (T)	2 9:45 Water Aerobics at Franconia Rec. Center (O) 10:30 Catholic Mass (DR) 11:00 Sit & Stretch*(SR) 2:30 Gentle Stretching 3:00 Bible Study (DL) 3:30 History of Jazz w/ Quentin, Piano (SR)♪ 7:00 Movie Night (T)	3 10:30 Coffee & Chat w/ the Executive Director (DL) 11:00 Morning Exercise w/ Legacy (SR) 11:30 Tai Chi* (SR) 1:30 Food Committee Mtg. (PDR) 3:00 Paint & Sip w/ Life Enrichment (SR) 7:00 Movie Night (T) 7:00 Poker Club (SR)	4 9:45 Water Aerobics at Franconia Rec. Center (O) 11:00 Chair Exercise *(SR) 1:30 Feet to the Fire Writers' Workshop (Lib)) 1:30 Rummikub Club (8th) 2:00 Circuit Fitness Training* (SR) 3:00 Line Dancing* (SR) 7:00 Movie Night (T)	5 9:00 Shopping - Harris Teeter & Safeway 11:30 Cardio Drumming* (SR) 2:00 Shabbat Service (Conf) 3:00 Happy Hour w/ Yvonne & Bruce (SR) ♪ 4:15 TED Talk Friday 7:00 Movie Night (T)	6 11:00 Chair Fitness* (SR) 2:00 Movie Matinee (T) 3:00 Current Events (LL) 4:00 Word Games (Lib) 7:00 Movie Night (T)
7 10:00 Virtual Church Service (T) 11:30 Sunday Brunch (MDR) 2:00 Movie Matinee (T) 2:00 Protestant Service (C) 3:30 Biography: Milton Hershey: The Chocolate King 7:00 Live Music w/ Sergey Morozov♪ 7:00 Movie Night (T)	8 11:00 Chair Aerobics*(SR) 12:00 Lunch Outing to Clyde's (O) 1:30 Name That Tune (3rd FL) 1:30 Rosary (C) 3:00 Poetry & Tea (Lib) 7:00 Movie Night (T)	9 9:45 Water Aerobics at Franconia Rec. Center (O) 10:30 Catholic Mass (DR) 11:00 Sit & Stretch*(SR) 2:00 Resident Council (SR) 2:30 Gentle Stretching 3:00 Bible Study (DL) 7:00 Movie Night (T)	10 11:00 Morning Exercise w/ Legacy (SR) 11:30 Tai Chi* (SR) 1:15 Activity Comm. Meeting (PDR) 2:00 Live Music w/ Lalo Garcia (SR). 3:30 Giant Crossword Puzzle (Lib) 7:00 Movie Night (T) 7:00 Poker Club (SR)	 11 9:45 Water Aerobics at Franconia Rec. Center (O) 11:00 Chair Exercise *(SR) 1:30 Feet to the Fire Writers' Workshop (Lib)) 1:30 Rummikub Club (8th) 2:00 Circuit Fitness Training* (SR) 3:00 Line Dancing* (SR) 4:00 Live Music w/ Hector for the Cherry Blossom Festival (SR) 5:00 Cherry Blossom Festival Dinner (MDR) 7:00 Movie Night (T) 	9:00 Shopping -Trader Joe's & Target 10:30 Walking Club* (SR) 11:30 Cardio Drumming* (SR) 2:00 Fit Line Dancing (DR) 2:00 Shabbat Service (Conf) 3:00 Happy Hour & New Resident Social w/ Jerry Roman, Piano (SR) ♪ 3:00 Yoga & Meditation* (AL) 4:15 TED Talk Friday 7:00 Movie Night (T)	13 11:00 Chair Fitness* (SR) 2:00 Movie Matinee (T) 3:00 Current Events (LL) 4:00 Word Games (Lib) 7:00 Movie Night (T)
14 10:00 Virtual Church Service (T) 11:30 Sunday Brunch (MDR) 2:00 Movie Matinee (T) 2:00 Protestant Service (C) 3:30 Biography: The Extraordinary Journeys of Jules Verne (SR) 7:00 Movie Night (T)	12:00Men's Luncheon (PDR)1:30Name That Tune (3rd FL)1:30Rosary (C)3:00Civil War Battles in Our	16 9:45 Water Aerobics at Franconia Rec. Center (O) 10:30 Catholic Mass (DR) 11:00 Sit & Stretch*(SR) 2:00 Artist Spotlight: Peter-Paul Rubens 2:30 Gentle Stretching 3:00 Bible Study (DL) 7:00 Live Music w/ Adam Melia (SR) ♪ 7:00 Movie Night (T)	 17 10:30 Coffee & Chat w/ the Executive Director (DL) 10:30 Famous Duos (AL) 11:00 Morning Exercise w/ Legacy (SR) 11:30 Tai Chi* (SR) 1:30 House Comm. Mtg. (Conf) 3:00 The Power of Music w/ George Hanson (SR) 7:00 Movie Night (T) 7:00 Poker Club (SR) 	 18 9:45 Water Aerobics at Franconia Rec. Center (O) 11:00 Chair Exercise *(SR) 1:30 Feet to the Fire Writers' Workshop (Lib)) 1:30 Rummikub Club (8th) 2:00 Armchair Travel: Italy (T) 2:00 Circuit Fitness Training* (SR) 3:00 Line Dancing* (SR) 3:00 Taste of RUI: Italy (PDR) 7:00 Movie Night (T) 	19 9:00 Shopping - Harris Teeter & Safeway 11:30 Cardio Drumming* (SR) 2:00 Shabbat Service (Conf) 3:00 Happy Hour with Hector Munoz (SR)♪ 4:15 TED Talk Friday 7:00 Movie Night (T)	20 11:00 Chair Fitness* (SR) 2:00 Movie Matinee (T) 3:00 Current Events (LL) 4:00 Word Games (Lib) 7:00 Movie Night (T) 7:30 Alexandria Symphony Orchestra Concert (O)
21 10:00 Virtual Church Service (T) 11:30 Sunday Brunch (MDR) 2:00 Movie Matinee (T) 2:00 Protestant Service (C) 3:30 Biography: Dow & Jones: The Wizards of Wall Street 7:00 Live Music w/ Lee Jones ♪ 7:00 Movie Night (T)	Passover Begins at Sundown2211:00Chair Aerobics*(SR)12:00Men's Luncheon (PDR)1:30Name That Tune (3rd FL)1:30Rosary (C)3:00Celebration of Earth Day Social (SR)4:00Needlecrafts Social (DL)7:00Movie Night (T)	23 9:45 Water Aerobics at Franconia Rec. Center (O) 10:30 Catholic Mass (DR) 11:00 Sit & Stretch*(SR) 2:00 National Security and Foreign Policy (T) 2:30 Gentle Stretching 3:00 Bible Study (DL) 7:00 Movie Night (T)	24 11:00 Morning Exercise w/ Legacy (SR) 11:30 Tai Chi* (SR) 2:00 Giant Crossword Puzzle (Lib) 3:00 Uncorked: France 7:00 Movie Night (T) 7:00 Poker Club (SR)	25 9:45 Water Aerobics at Franconia Rec. Center (O) 11:00 Chair Exercise *(SR) 11:00 Music, Movement, & Memory w/ Diana (SR) 1:00 Outing to the Smithsonian National Portrait Gallery 1:30 Feet to the Fire Writers' Workshop (Lib)) 1:30 Rummikub Club (8th) 2:00 Circuit Fitness Training* (SR) 3:00 Line Dancing* (SR) 7:00 Movie Night (T)	26 9:00 Shopping -Trader Joe's & Target 10:30 Walking Club* (SR) 11:30 Cardio Drumming* (SR) 2:00 Fit Line Dancing (DR) 2:00 Shabbat Service (Conf) 3:00 Happy Hour w/ Christina Drapkin's Jazz Duo (SR) ♪ 4:00 RUI Fit Talk* (SR) 4:15 TED Talk Friday 7:00 Movie Night (T)	27 11:00 Chair Fitness* (SR) 2:00 Movie Matinee (T) 3:00 Current Events (LL) 4:00 Word Games (Lib) 7:00 Movie Night (T)
28 10:00 Virtual Church Service (T) 11:30 Sunday Brunch (MDR) 2:00 Movie Matinee (T) 2:00 Protestant Service (C) 3:30 Biography: Astors: The High Society 7:00 Movie Night (T)		9:45 Water Aerobics at Franconia Rec.	Location Key Art- Art Room C- Chapel Conf- Conference Room DL- Dining Lounge MDR- Main Dining Room PDR- Private Dining Room T- Theater SR- Sky Room	Please note that all Life Enrichment programs are subject to change based on the needs and desires of the residents. Outdoor programs and Outings are weather dependent. All programs run for an hour unless otherwise noted. Those with (*) are a half hour	Taste of RUI Meal Service:Breakfast 7-9Lunch 12-2Dinner 5-7Luxe Unlimited Salon & SpaSchedule:Monday & Wednesday9AM to 2PM	SPRING

Assisted Living Calendar