

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
10:00am Sunday Brunch, <i>DR</i> 1:00pm Sunday Football Cafe, <i>CF</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Market Run, <i>L</i> 10:00am Low Impact Water Workout!, <i>P</i> 10:45am Power Water Workout, <i>P</i> 2:00pm Holiday Shopping Run, <i>L</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:35am Power Water Workout, <i>P</i> 10:45am Power Water Workout, <i>P</i> 2:30pm Fitness Intro, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 2:00pm Virginia Museum of History & Culture, <i>L</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Market Run, <i>L</i> 10:35am Power Water Workout, <i>P</i> 1:00pm Bridge For Beginners, <i>CF</i> 2:00pm Holiday Shopping Run, <i>L</i>	12:00pm College Football Saturday, <i>TH</i> 12:00pm Pool Hall Aspire Style, <i>GR</i> 2:30pm Christmas Wishes Chorus concert, <i>L</i>
8	9	10	11	12	13	14
10:00am Sunday Brunch, <i>DR</i> 1:00pm Sunday Football Cafe, <i>CF</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Low Impact Water Workout!, <i>P</i> 10:35am Power Water Workout, <i>P</i> 2:00pm Holiday Shopping Run, <i>L</i> 2:30pm Fitness Intro, <i>G</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:35am Power Water Workout, <i>P</i> 10:45am Power Water Workout, <i>P</i> 2:30pm Fitness Intro, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 2:00pm Stony Point Shopping Center, <i>L</i>	10:00am Market Run, <i>L</i> 10:45am Power Water Workout, <i>P</i> 1:00pm Bridge For Beginners, <i>CF</i> 2:00pm Holiday Shopping Run, <i>L</i>	12:00pm College Football Saturday, <i>TH</i> 12:00pm Pool Hall Aspire Style, <i>GR</i> 6:30pm Holiday Feature Film, <i>TH</i>
15	16	17	18	19	20	21
10:00am Sunday Brunch, <i>DR</i> 1:00pm Sunday Football Cafe, <i>CF</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Market Run, <i>L</i> 10:35am Power Water Workout, <i>P</i> 1:00pm Artistic Hands, <i>AR</i> 2:00pm Holiday Shopping Run, <i>L</i> 2:30pm Fitness Intro, <i>G</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Market Run, <i>L</i> 10:00am Low Impact Water Workout!, <i>P</i> 10:35am Power Water Workout, <i>P</i> 2:00pm Holiday Shopping Run, <i>L</i> 2:30pm Fitness Intro, <i>G</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 4:00pm Hardywood Park Craft Brewery, <i>L</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Market Run, <i>L</i> 10:00am Low Impact Water Workout!, <i>P</i> 10:45am Power Water Workout, <i>P</i> 6:30pm Holiday Feature Film, <i>TH</i>	12:00pm College Football Saturday, <i>TH</i> 12:00pm Pool Hall Aspire Style, <i>GR</i> 6:30pm Holiday Feature Film, <i>TH</i>
22	23	24	25	26	27	28
10:00am Sunday Brunch, <i>DR</i> 1:00pm Sunday Football Cafe, <i>CF</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:35am Power Water Workout, <i>P</i> 1:00pm Artistic Hands, <i>AR</i> 2:30pm Fitness Intro, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>	12:00am MERRY CHRISTMAS!, <i>L</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 12:30pm Out to The Movies!, <i>L</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:35am Power Water Workout, <i>P</i> 1:00pm Bridge For Beginners, <i>CF</i> 2:00pm Holiday Shopping Run, <i>L</i>	12:00pm College Football Saturday, <i>TH</i> 12:00pm Pool Hall Aspire Style, <i>GR</i> 6:30pm Holiday Feature Film, <i>TH</i>
29	30	31				
10:00am Sunday Brunch, <i>DR</i> 1:00pm Sunday Football Cafe, <i>CF</i> 6:30pm Holiday Feature Film, <i>TH</i>	10:00am Market Run, <i>L</i> 10:00am Low Impact Water Workout!, <i>P</i> 10:45am Power Water Workout, <i>P</i> 1:00pm Artistic Hands, <i>AR</i> 2:30pm Fitness Intro, <i>G</i>	10:00am Low Impact Water Workout!, <i>P</i> 11:00am Stay Balanced, <i>G</i> 11:30am Lifting Women, <i>G</i> 6:30pm Holiday Feature Film, <i>TH</i>				

AR = Activity Room
L = Lobby

AR = Art Room
P = Pool

CF = Cafe
TH = Theater

DR = Dining Room

GR = Game Room

G = Gym