

June 2011 Harbourway Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Outing Sign-ups</i> All residents who would like to go on outings, please put your name in the Activities sign-up book located in Harbourway Lobby across from the mailboxes</p>	<p>Key: c-cognitive cr-creative p-physical pr-productive sp-spiritual o-outdoors sy-sensory s-social n-nature/natural world r-reflective/contemplative</p>	<p>Level I-outing has very minimal strenuous activity, and is accessible to all levels of physical ability. Level II-outing has some strenuous activity, possible walking or standing for a short period of time. Level III-outing involves strenuous activity such as walking and standing the majority of the time.</p>	<p>1 <u>11:15am-2:30pm Lunch at Bubba's Crab House, Level I (pr, s)</u></p>	<p>2 2:30-3:30pm Chocolate Ice Cream Sundae Social with Ventriloquist Roy White-Great Rm. (s)</p>	<p>3 4:00-5:00pm TGIF with Pete Ewell-Great Rm. (s)</p>	<p>4 1:30-2:30pm Bingo-1st Flr. Art Rm. (s, sy, c)</p>
<p>5 1:30-2:30pm Wii Bowling-Great Rm. (p)</p>	<p>6 1:00-3:00pm Jewelry Making with Joyce-1st Flr. Art Rm. (cr) 2:00-3:30pm Armchair Travel to "Scenic Wonders of America, Atlantic Vistas"-Great Rm. (c, s)</p>	<p>7 10:30-11:30am Welcoming Committee-1st Flr. Liv. Rm. (pr) 1:30-2:30pm Star of the Sea Mass-AS Anchor Rm. (sp) 5:00-6:00pm Community Singing led by Mary Martin & Charlie Wiseman-AS Anchor Rm. (s)</p>	<p>8 <u>1:15-3:30pm Trip to Norfolk Zoo, Level II (n, s, o)</u></p>	<p>9 10:30-11:30pm Parkinson's Disease Support Group Meeting-1st Flr. Liv. Rm. (c, s) 2:30-3:30pm Strawberry and Rhubarb Pie Social with Kathy Bryan playing the piano-Great Rm. (s)</p>	<p>10 4:00-5:00pm TGIF with Paul Zimmerman-Great Rm. (s)</p>	<p>11 1:30-2:30pm Bingo-1st Flr. Art Rm. (s, sy, c)</p>
<p>12 1:30-2:30pm Wii Bowling-Great Rm. (p)</p>	<p>13 1:15-2:15pm Chair Massage-2nd Flr. Card Tables (p, sy) 2:00-3:00pm Educational Series, "Inside the U.S. Secret Service"-Great Rm. (c)</p>	<p>14 <i>Flag Day</i> 2:00-3:00pm Episcopal Service-AS Anchor Rm. (sp) 2:00-3:00pm Food & Beverage Forum-Great Rm. (pr)</p>	<p>15 11:00am-12:00pm Health and Wellness Lecture - 5 Wishes, Home Health and Hospice-AS Anchor Rm. (pr) <u>11:15am-2:30pm Lunch at Norfolk Botanical Gardens, Norfolk, Level II (n, s, o)</u></p>	<p>16 2:30-3:30pm Banana Milkshake Social-HW Garden (s)</p>	<p>17 4:00-5:00pm TGIF with Vinnie Knight-Great Rm. (s)</p>	<p>18 1:30-2:30pm Bingo-1st Flr. Art Rm. (s, sy, c)</p>
<p>19 Father's Day 9:00-10:00am Donuts for Dad and coffee-Great Rm. (s) 1:30-2:30pm Wii Bowling-Great Rm. (p)</p>	<p>20 3:00-4:00pm Activity Forum-Great Rm. (pr)</p>	<p>21 <i>Summer Solstice</i> 10:00-11:15am Nimmo Church Service-Great Rm. (sp) 2:00-4:00pm Book/Movie Club Movie "One Flew Over the Cuckoo's Nest"-Great Rm. (sy)</p>	<p>22 <u>1:15am-3:30pm Potts n Paints, London Bridge, Level I (pr, sy, r, cr)</u></p>	<p>23 2:30-3:30pm Ice Cream Soda Float Social-HW Garden (s)</p>	<p>24 1:00-2:00pm Thomas Pandolfi, Concert Pianist, back by popular demand-AS Anchor Rm. (r) 4:00-5:00pm TGIF with David Jacobson-Great Rm.</p>	<p>25 1:30-2:30pm Bingo-1st Flr. Art Rm. (s, sy, c)</p>
<p>26 1:30-2:30pm Wii Bowling-Great Rm. (p)</p>	<p>27 2:00-3:00pm Educational Series, "It's a Hoot, Eagles, Owls and Birds of Prey"-Great Rm. (c)</p>	<p>28 2:00-3:00pm Book/Movie Club Discussion Group "One Flew Over the Cuckoo's Nest"-1st Flr. Liv. Rm. (c)</p>	<p>29 <u>11:15am-2:30pm Lunch at Cobalt Grille, Level I (pr, s)</u> 3:30-4:30pm Resident Council Meeting-1st Flr. Liv. Rm. (pr)</p>	<p>30 2:30-3:30pm Strawberry Shortcake Social-HW Garden (s)</p>		