

Holiday CASINO NIGHT

Swing in the holidays!

● **Wednesday, Dec. 13**
5:30 to 9:30 p.m.
 (Manchester Lawn Tent)

DINNER

- **5 p.m.** - Doors open, hostess seating
- **5:30 to 8 p.m.** - Dinner served

*This party will be a plated dinner. Please make your menu selection on your event request. Reserve your seat at the front desk **no later than Friday, Dec. 8.***

Cost: 18 points billed billed to your dining service account.

Turn in event request.

Entertainment while you enjoy casino games!

- **5:30 to 7 p.m.**
Williamsburg Swing Orchestra
- **7 to 8 p.m.**
Frank Sings Frank
- **8 to 9:30 p.m.**
DJ Rock turns up the heat

MENU

Appetizer
 Asiago cheese crisps

Salad
 Beet and orange salad with cranberry vinaigrette dressing

Entree
 Roasted cornish hens with herb apple stuffing
 Garlic and olive oil sautéed green beans
 or
 Roasted leg of lamb
 Three cheese risotto
 Grilled asparagus

House rolls
Coffee, tea
Dessert bar



DECEMBER 2017





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Warwick Forest

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 warwickforest.com

find us on  



A message from Ginger

Merry Christmas! First, I want to start by thanking you for your generous Christmas gift to our staff. Karla Conner does a great job organizing the funds and informing you of how much has been raised. Your gift gives many of our team members a Christmas they would not otherwise be able to provide.

Many of our team members from various departments have very special and meaningful friendships with residents. It is the best part of working at Warwick Forest. We are so lucky to genuinely care about those we serve, sometimes on a very personal level, and we hope you know how much you are appreciated. We look forward to celebrating with you at our annual resident and staff Christmas party coming up this month!

In other news, the Evergreen construction is complete, and new furniture should be delivered very soon! Speaking of furniture, the search continues for new chairs for the community room. They must stack 8-10 high and meet many other criteria we've established. Stay tuned for updates.

All the best,

Ginger



Ginger Knight
Executive Director



Thomas Morris 12/1

William Vogler 12/2

Jack Leach 12/8

Roy Rogers 12/11

James Bostancic 12/17

Colin Jones 12/18

Samuel Moore 12/18

Charles Elfman 12/25

Judy Fitzpatrick 12/29

*If you want to be excluded from the birthday list, please let Diana know by the **15th of the month.***





● **Friday, Dec. 1**

Outdoor Tree Lighting and Caroling

4:45 p.m. (Commons Carport)
Caroling with the Doorway Singers

Carolers Entertain in the Dining Rooms

5 p.m. (Dining Rooms)
Caroling with the Doorway Singers

Dessert by the Fireplace

6 p.m. (Living Room)

Commons Tree Lighting

7 p.m. (Living Room and Community Room)

Oh! Christmas tree. Oh! Christmas tree.

It is time to light thee!

Performance by Kim Person and Lana Puckett

Turn in event request.



Neighborhood Tree Trimming Party

● **Saturday, Dec. 2 - 7 p.m.** (Stratford and Manchester)

Do you have a holiday tradition? Bring it to your neighborhood tree trimming party. Personalize your tree with a favorite ornament! Decorate your tree and share camaraderie with your neighbors. Refreshments will be available.

Tea with Gems

● **Tuesday, Dec. 5 - 2 p.m.** (Community Room)

Enjoy assorted finger sandwiches, freshly baked scones served with assorted preserves, pastries, tea breads and your choice of tea selection. Walter and Barbara Priest are members of the Gem and Mineral Society of the Virginia Peninsula and are the owners of *Bena Creations*, which creates unique wire-wrapped jewelry. They will present a variety of Virginia minerals as well as other unique stones that are used to create their jewelry and share the process of cutting and polishing the cabochons and wrapping them in silver wire to create pendants.

Cost: Eight points billed to your dining service account. Turn in event request.





Holiday Sing-along with Betty Powell and Friends

● **Thursday, Dec. 7**

7 p.m. (Community Room)

Kick off the holiday season with family and friends at Warwick Forest's 2017 holiday sing-along!

Turn in event request.



Card Class

with Susan Adams

● **Monday, Dec. 11**

6:30 p.m. (Hobby Shop)

Let's get creative! Susan Adams has been a demonstrator with *Stampin' Up!* for over 17 years. Join Susan for a fun class on the art of stamping and card making. In December, we will make holiday cards and gift tags.

Turn in event request.

"History and Memory: The Second Great Awakening and the Origins of America" presented by John Ericson

● **Monday, Dec. 11**

7 p.m. (Community Room)

John Ericson, the museum interpreter from Historic St. Luke's will speak on the topic of how religious people of the 19th century viewed the origins of our nation and how that compares to the actual historic record.

Turn in event request.

Neighbors and Staff Holiday Party

● **Thursday, Dec. 14**

11 a.m. (Community Room)

Be entertained by performances from the Warwick Forest team members as you enjoy holiday refreshments.

Turn in event request.



Ugly Sweater Dance Party

● **Thursday, Dec. 21**

7 to 9 p.m. (Community Room)

Put on your ugly holiday sweater and your dancing shoes!

*Performance by
Magic Moments,
playing music from
the 30s through 60s!*

**Turn in event
request.**



Neighborhood *outings*

Holiday Happening! presented by the CNU Department of Music



● **Sunday, Dec. 3 - 4 p.m.**

(Ferguson Center for the Arts)

Join the Christopher Newport University's annual holiday celebration featuring the major ensembles performing festive music of the season.

See transportation sheet for departure time.

Turn in event request for standby only.

Holiday Tea at the Historic Jefferson Hotel



● **Tuesday, Dec. 12**

noon (Richmond)

Afternoon tea sandwiches, freshly baked scones with Devonshire cream and assorted preserves, a selection of tea breads and choice of teas.

Transportation will leave WF Hall at 10:25 a.m. and the Commons at 10:30 p.m.

Turn in event request for standby only.

"Christmas Wonderland Holiday Spectacular"

● **Wednesday, Dec. 6 - 7:30 p.m.**

(Ferguson Center for the Arts)

Christmas Wonderland Holiday Spectacular is a delightful and enchanting show featuring glittering costumes, a dazzling cast and the highest-kicking chorus girls this side of the North Pole! Start Christmas in style as Santa and his merry helpers take you on an unforgettable nostalgic journey, as 24 singers and dancers hand selected from London, New York, Las Vegas and Los Angeles transform the stage into pure winter wonderland magic. With more than 1,000 glittering costumes and spectacular sets and scenery, the show parades its way through the wonder of Christmas and the excitement of the holiday season.

Cost: \$54 billed to your resident service account.

Transportation will leave WF Hall at 6:30 p.m. and the Commons at 6:35 p.m.

Turn in event request.





Neighborhood *music outings*



TRADOC Band “Celebrate the Holidays 2017”



● **Thursday, Dec. 7**

7 p.m. (Fort Monroe Theater, Hampton)

Enjoy a free concert of holiday music performed by the U.S. Army Training and Doctrine Command Band.

Transportation will leave WF Hall at 6:30 p.m. and the Commons at 6:35 p.m.

Turn in event request.

Williamsburg Community Chapel Christmas Concert “Beautiful Savior”

● **Friday, Dec. 8 - 7 p.m.**

(Williamsburg Community Chapel)

Free annual Christmas concert featuring over 150 singers and instrumentalists celebrating the joy and significance of Christ’s birth.

Transportation will leave WF Hall at 5:25 p.m. and the Commons at 5:30 p.m.

Turn in event request.



VIRGINIA SYMPHONY ORCHESTRA

VSO “Holiday POPS!”

● **Friday, Dec. 8 - 8 p.m.** (Ferguson Center for the Arts)

Join us for the must-see holiday tradition of the season – *Holiday Pops!* Led by conductor Robert Shoup, *Holiday Pops!* will have all the magical elements you’ve come to expect — high energy, familiar carols and lots of holiday warmth! And we’ll even throw in a surprise or two! We can’t wait to celebrate the season with all of you!

Non-season ticket holders, standby transportation only.

Transportation will leave WF Hall at 7 p.m. and the Commons at 7:05 p.m.

Turn in event request for transportation.



VSO Classics Handel’s “Messiah”

● **Friday, Dec. 15 - 8 p.m.** (First Baptist Church, Newport News)

Adam Turner conducts the Virginia Symphony Orchestra for the time-honored Christmas tradition of George Frideric Handel’s revered oratorio, *Messiah*. Get in the spirit of the season with this distinguished performance of Handel’s sacred masterpiece that presents the austere and dramatic narrative of the *Messiah*. From Isaiah’s prophecies to the *Hallelujah Chorus*, you will be brought to your feet in the *Messiah* performance of the season.

Non-season ticket holders, standby transportation only.

Transportation will leave WF Hall at 7 p.m. and the Commons at 7:05 p.m.

Turn in event request for transportation.



William and Mary Winter Choral Concert

● **Saturday, Dec. 9 - 2 p.m.** (Phi Beta Kappa Memorial Hall)

The William and Mary Choir, Women’s Chorus and Botetourt Chamber Singers will present a family-friendly performance. The audience will be encouraged to sing eight familiar carols along with the choirs.

Cost: \$10 billed to your resident service account.

Transportation will leave WF Hall at 1 p.m. and the Commons at 1:05 p.m.

Turn in event request.

U. S. Air Force Heritage of America Band “Holidays Memories in Blue”

● **Saturday, Dec. 9 - 7 p.m.**

(Warhill High School, Williamsburg)

The USAF Heritage of America Band is proud to present *Holiday Memories in Blue*, a **free** concert event highlighting 70 years of Air Force holiday memories. Traditional and new music will be performed by several of the Heritage of America Band’s ensembles, featuring holiday selections from each decade of Air Force history. Additionally, a unique multi-media presentation featuring stories of America’s veterans will be highlighted during the concert. Join us as we celebrate the holiday season and reflect upon the past seven decades of the Air Force story with music.

Transportation will leave WF Hall at 6 p.m. and the Commons at 6:05 p.m.

Turn in event request.



Virginia Choral Society Winter Concert “Hark”

● **Sunday, Dec. 17 - 4 p.m.**

(Trinity Lutheran Church, Newport News)

This holiday concert is always a spirit-boosting crowd pleaser.

Cost: \$10, tickets are available from Warwick Forest resident Tony Auby.

Non-season ticket holders, standby transportation only.

Transportation will leave WF Hall at 3 p.m. and the Commons at 3:05 p.m.

Turn in event request for transportation.



Fitness Class Schedule:

● Mondays

- 8:00** Aqua Aerobics (Aquatic Center)
- 9:30** "Just Moving" Arthritis Foundation Class (Fitness Center)
- 10:30** Fit & Strong (Community Room)
- 11:30** Restorative Yoga (Community Room)

● Tuesdays

- 9:00** Cardio Lite (Fitness Center)
- 10:00** Aqua Aerobics (Aquatic Center)
- 11:00** Balance & Fit (Community Room)
- 1:00** Yang Style Tai Chi (Fitness Center)

● Wednesdays

- 8:00** Aqua Aerobics (Aquatic Center)
- 9:30** Strength & Stretch (Fitness Center)
- 10:30** "Just Moving" Arthritis Foundation Class (Fitness Center)

● Thursdays

- 10:00** Fit & Strong (Community Room)
- 10:00** Aqua Aerobics (Aquatic Center)
- 11:00** Balance & Fit (Community Room)

● Fridays

- 8:00** Aqua Aerobics (Aquatic Center)
- 9:30** Strength & Stretch (Fitness Center)
- 11:00** Balance & Fit (Community Room)
- 11:30** Restorative Yoga (Community Room)

Balancing Your Wellness Wheel

● Friday, Dec. 8

10 a.m. (Manor Theater)

"A wheel runs most smoothly when well balanced" — unknown

Ever feel a little off? Tired or stressed?

Join us to learn about the different dimensions of wellness in your life and the benefits of awareness. Self-assessment handout for personal use will be provided.

Sign up with Ashley, call 886-3972.

A message from Erik

We'd love for you to join us for our annual Christmas meal! Reservation sheets will be available soon.

Remember that we will close on Christmas day at 3 p.m.

New Year's Eve reservations will also be available in the coming weeks. Our resident and staff holiday party is scheduled for Thursday, Dec. 14. You won't want to miss our creative entertainment!

Thank you to everyone following the 24-hour call ahead request for reservations and those who have completed comment cards.

'Tis the season to be merry, and we are happy to serve all of you. Please let us know what we can do to make your meals more pleasant.



Erik Czarnatowicz
Director of Dining Services



Erik

Neighborhood *information*

Resident Board Meeting

● **Monday, Dec. 11 - 2:30 p.m.**

(Stratford second floor conference room)

Association President:

Kathy McAvoy

Vice President:

Loretta Murphy

Secretary:

Barbara Mowery

Treasurer:

Karla Conner



Kathy McAvoy

Association President

If you have a community concern, please contact the Warwick Forest Association chairperson to whom your concern applies. Your concern will be addressed at the monthly board meeting by the committee chairman. If you are unsure to whom to address your concern, please contact the Warwick Forest Association President, **Kathy McAvoy**.

Warwick Forest Association Chairpersons

FOOD COMMITTEE

Second Thursday of the month - 11 a.m.

(Community Room)

Chair: **Carol Scheid**

HOSPITALITY COMMITTEE

First Monday of the month - 10:30 a.m.

(third floor Manchester Lounge)

Chair: **Judy Reckman**

ACTIVITY COMMITTEE

First Wednesday of the month - 1 p.m.

(Hobby Shop)

Chair: **Joyce Onesty**

BUILDING & GROUNDS

Second Thursday of the month - 2 p.m.

(Stratford second floor Conference Room)

Chair: **Carol Scheid**

A message from Andrea



Andrea M. Staskiel
Director of Marketing

It's the most wonderful time of the year! As we gear up for party time, I wanted to remind you that your friends outside of Warwick Forest are always welcome as our guests.

We have two upcoming parties. The first is your **Casino Holiday Party on Dec. 13**. We are only inviting those on the waitlist officially, but your friends are always our VIPs, so we may be able to get them in (wink, wink).

We are also hosting another party for prospective future neighbors on **Dec. 19** from 2 to 4 p.m. The majority of guests will be visiting Warwick Forest for the first time. We would like to have about 15 residents at various tables to share their moving experience and answer any questions people may have. Good Shot Judy will perform, and we will provide heavy hors d'oeuvres.

If you have friends who would like to join us for either of the two parties, please let us know. We will be happy to treat them.

Additionally, if you have friends who may benefit more from Keswick Place, please speak with us. We are offering a moving package through the end of the year, and we have a few apartments next door that have not been scooped up.

My team and I wish you and yours a very Merry Christmas and a Happy New Year!



Andrea

Neighborhood *spiritual events*



Chaplain's Message *By Rev. Graham Patterson, Chaplain*

The Birth of Christ in Scripture, Creed and Hymns “The Word Became Flesh and Dwelt Among Us”

Many of us have grown up singing Christmas carols at church, school and home, but how do they portray Christ's birth, especially His identity and mission as Savior? How do Christmas carols enable us to worship and sing praises to Him in words that both inspire our hearts and souls and teach us deep Biblical truths about our Lord and Savior, born in a shed and laid in a Manger?

It took over 400 years of reflection and intense arguments about the Bible among early church leaders to identify and reject false teachings and to digest and distill the Scriptures into summary truths called creeds. The Nicene Creed (325 A.D.) teaches that “Christ was incarnate by the Holy Ghost of the Virgin Mary, and was made man.”

Powerful and salvific truths from the Scriptures and creeds have themselves become “incarnate” in our Christmas carols and hymns, and thus incarnate in our hearts, souls and minds. While singing them joyfully (even without our awareness), they transform and deepen our faith, hope and love in Jesus Christ.



Chaplain's Chat

● **Wednesdays - 2 p.m.** (Manor Theater)

Dec. 6: *Only begotten Son of God, begotten of His Father before all worlds*

Dec. 13: *Being of one substance with the Father, by whom all things were made*

Dec. 20: *For us, and for our salvation, He came down from heaven*

Dec. 27: *Incarnate by the Holy Spirit of the Virgin Mary and was made man*

Transitions Support Group

*Led by Rev. Graham Patterson,
Chaplain*

● **Thursday, Dec. 21**

3:30 p.m.

(second floor living room, Keswick Place)

Gather with new and old friends in a trustworthy atmosphere of sharing and support.

Worship Services (Burton Hall)

● **Sundays - 2 p.m.**

Dec. 3: Clint Mitchell, Wythe Presbyterian

Dec. 10: Angie Hoen, Aldersgate United Methodist

Dec. 17: Sandy, Tracy and Jeannette
First Baptist Church, Newport News

Dec. 24: Rev. Graham Patterson, Warwick Forest

Dec. 31: Matthew McCauley, Riverside
Hospice Chaplain

Manor Theater *movies*



● **Friday, Dec. 1 - 7 p.m.**

“Stand and Deliver” (1988) PG — Edward James Olmos & Estelle Harris

The story of Jaime Escalante, a high school teacher who successfully inspired his dropout prone students to learn calculus.



● **Monday, Dec. 4 - 7 p.m.**

● **Friday, Dec. 8 - 7 p.m.**

“Believe” (2016) PG — Ryan O'Quinn & Shawnee Smith

A small-town business owner tries to save the local Christmas pageant against all odds.



● **Monday, Dec. 11 - 7 p.m.**

● **Friday, Dec. 15 - 7 p.m.**

“The Last Word” (2017) R — Shirley MacLaine & Amanda Seyfried

Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship.



● **Monday, Dec. 18 - 7 p.m.**

● **Friday, Dec. 22 - 7 p.m.**

“Megan Leavey” (2017) PG-13 — Kate Mara & Ramon Rodriguez

Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.



● **Monday, Dec. 25 - 1:30 p.m.**

“The Carol Burnett Show: Carol's Lost Christmas”

For the first time ever, Carol Burnett has opened the CBS archives to release three Christmas shows from the first seasons of her Emmy award-winning program. This DVD features episodes just as they originally aired on television from the early years of “The Carol Burnett Show.”



● **Friday, Dec. 29 - 7 p.m.**

“Thelma and Louise” (1991) R — Susan Sarandon & Geena Davis

Two best friends set out on an adventure, but it soon turns around to a terrifying escape from being hunted by the American police as these two girls escape for the crimes they committed!



● Friday, December 1

- 8:00** Aqua Aerobics (Aquatic Center)
- 9:30** Strength & Stretch (Fitness Center)
- 11:00** Balance & Fit (Fitness Center)
- 11:30** Restorative Yoga (Fitness Center)
- 12:30** Bridge (Manchester Lounge III)
- 4:45** **Outdoor Tree Lighting and Caroling**
with the Doorway Singers
(Commons Carport)
- 5:00** **Carolers, the Doorway Singers**
entertain in the dining rooms
- 6:00** **Dessert by the fireplace** (Living Room)
- 7:00** **Commons Tree Lighting**
Performance by Kim Person and Lana Puckett
(Living Room and Community Room)
- 7:00** **Movie: *Stand and Deliver*** 
(Manor Theater)


● Saturday, December 2

- 2:00** Canasta (Community Room)
- 6:30** Bridge (Community Room)
- 7:00** **Neighborhood Tree Trimming Party**
(Stratford and Manchester)

● Sunday, December 3

- 2:00** Worship (Burton Hall)
Clint Mitchell, Wythe Presbyterian
- 4:00** **Holiday Happening**
(Ferguson Center for the Arts)
See transportation sheet for departure time.

● Monday, December 4

- 8:00** Aqua Aerobics (Aquatic Center)
- 9:30** “Just Moving” class (Fitness Center)
- 10:30** Fit & Strong (Community Room)
- 11:30** Restorative Yoga (Community Room)
- 12:30** Bridge (Manchester Lounge III)
- 7:00** **Movie: *Believe*** 
(Manor Theater)

● Tuesday, December 5

- 9:00** Cardio Lite (Fitness Center)
- 10:00** Coffee with friends (Bistro)
- 10:00** Aqua Aerobics (Aquatic Center)
- 11:00** Balance & Fit (Community Room)
- 1:00** Yang Style Tai Chi (Fitness Center)
- 2:00** **Tea with Gems** (Community Room)

● Wednesday, December 6

- 8:00** Aqua Aerobics (Aquatic Center)
- 9:30** Strength & Stretch (Fitness Center)
- 10:30** “Just Moving” class (Fitness Center)
- 2:00** **Chaplain’s Chat: *Only begotten Son of God, begotten of His Father before all worlds***
(Manor Theater)
- 6:45** Dominoes (Living Room)
- 7:30** **“Christmas Wonderland Holiday Spectacular”**
(Ferguson Center for the Arts)
Transportation will leave WF Hall at 6:30 p.m., the Commons at 6:35 p.m.

● Thursday, December 7

PEARL HARBOR DAY

- 10:00** Fit & Strong (Community Room)
- 10:00** Aqua Aerobics (Aquatic Center)
- 11:00** Balance & Fit (Community Room)
- 5:00** Club Thursdays (Living Room)
- 7:00** **Holiday Sing-along with Betty Powell and Friends** (Community Room)
- 7:00** **TRADOC Band**
“Celebrate the Holidays 2017”
(Fort Monroe Theater, Hampton)
Transportation will leave WF Hall at 6:30 p.m., the Commons at 6:35 p.m.

● Friday, December 8

- 8:00** Aqua Aerobics (Aquatic Center)
9:30 Strength & Stretch (Fitness Center)
10:00 **Balancing Your Wellness Wheel**
(Manor Theater)
11:00 Balance & Fit (Community Room)
11:30 Restorative Yoga (Community Room)
7:00 **Movie: *Believe*** 
(Manor Theater)
7:00 **Williamsburg Community Chapel
Christmas Concert *Beautiful Savior***
(Williamsburg Community Chapel)
*Transportation will leave WF Hall at
5:25 p.m., the Commons at 5:30 p.m.*
8:00 **VSO, *Holiday POPS!***
(Ferguson Center for the Arts)
*Transportation will leave WF Hall at
7 p.m., the Commons at 7:05 p.m.*


● Saturday, December 9

- 2:00** Canasta (Community Room)
2:00 **William and Mary Winter Choral Concert**
(Phi Beta Kappa Memorial Hall)
*Transportation will leave WF Hall at
1 p.m., the Commons at 1:05 p.m.*
6:30 Bridge (Community Room)
7:00 **U.S. Air Force Heritage of America
Band *Holiday Memories in Blue***
(Warhill High School, Williamsburg)
*Transportation will leave WF Hall at
6 p.m., the Commons at 6:05 p.m.*

● Sunday, December 10

- 2:00** Worship (Burton Hall)
Angie Hoen, Aldersgate United Methodist

● Monday, December 11

- 8:00** Aqua Aerobics (Aquatic Center)
9:30 “Just Moving” class (Fitness Center)
10:30 Fit & Strong (Community Room)
11:30 Restorative Yoga (Community Room)
12:30 Bridge (Manchester Lounge III)
6:30 **Card Class** (Hobby Shop)
7:00 **Movie: *The Last Word*** 
(Manor Theater)
7:00 “History and Memory: The Second
Great Awakening and the Origins of
America” presented by John Ericson
(Community Room)

● Tuesday, December 12

HANUKKAH - Dec. 12 to 20

- 9:00** Cardio Lite (Fitness Center)
10:00 Coffee with friends (Bistro)
10:00 Aqua Aerobics (Aquatic Center)
11:00 Balance & Fit (Community Room)
12:00 **Holiday Tea at the Jefferson Hotel**
(Jefferson Hotel, Richmond)
*Transportation will leave WF Hall at
10:25 a.m., the Commons at 10:30 a.m.*
1:00 Yang Style Tai Chi (Fitness Center)
1:00 Corn Hole game (Community Room)

● Wednesday, December 13


- 8:00** Aqua Aerobics (Aquatic Center)
9:30 Strength & Stretch (Fitness Center)
10:30 “Just Moving” class (Fitness Center)
2:00 **Chaplain’s Chat: *Being of one substance
with the Father, by whom all things were
made*** (Manor Theater)
5:30 **Holiday Casino Night** (Manchester Lawn)
6:45 Dominoes (Living Room)



● Thursday, December 14

- 10:00 **NO** Fit & Strong (Community Room)
- 10:00 **NO** Aqua Aerobics (Aquatic Center)
- 11:00 **NO** Balance & Fit (Community Room)
- 11:00 **Neighbors and Staff Holiday Party**
“*Let Us Entertain You*”
(Community Room)
- 5:00 Club Thursdays (Living Room)

● Friday, December 15

- 8:00 Aqua Aerobics (Aquatic Center)
- 9:30 Strength & Stretch (Fitness Center)
- 11:00 Balance & Fit (Fitness Center)
- 11:30 Restorative Yoga (Fitness Center)
- 7:00 **Movie: *The Last Word*** 
(Manor Theater)
- 8:00 **VSO Classics: *Handel's Messiah***
(First Baptist Church, Newport News)
Transportation will leave WF Hall at 7 p.m., the Commons at 7:05 p.m.

● Saturday, December 16

- 2:00 Canasta (Community Room)
- 6:30 Bridge (Community Room)

● Sunday, December 17

- 2:00 Worship (Burton Hall)
Sandy, Tracy, Jeannette
First Baptist, Newport News
- 4:00 **Virginia Choral Society *Hark***
(Trinity Lutheran Church, Newport News)
Transportation will leave WF Hall at 3 p.m., the Commons at 3:05 p.m.



● Monday, December 18

- 8:00 Aqua Aerobics (Aquatic Center)
- 9:30 “Just Moving” class (Fitness Center)
- 10:30 Fit & Strong (Community Room)
- 11:30 Restorative Yoga (Community Room)
- 12:30 Bridge (Manchester Lounge III)
- 7:00 **Movie: *Megan Leavy*** 
(Manor Theater)
- 7:00 Bingo (Community Room)

● Tuesday, December 19

- 9:00 Cardio Lite (Fitness Center)
- 10:00 Coffee with friends (Bistro)
- 10:00 Aqua Aerobics (Aquatic Center)
- 10:00 **Catholic Mass** (The Good Shepherd Chapel in The Gardens)
- 11:00 Balance & Fit (Fitness Center)
- 1:00 **NO** Yang Style Tai Chi (Fitness Center)

● Wednesday, December 20


- 8:00 Aqua Aerobics (Aquatic Center)
- 9:30 Strength & Stretch (Fitness Center)
- 10:30 “Just Moving” class (Fitness Center)
- 2:00 **Chaplain’s Chat: *For us, and for our salvation, He came down from heaven***
(Manor Theater)
- 6:45 Dominoes (Living Room)

● Thursday, December 21

WINTER BEGINS

- 10:00 Fit & Strong (Community Room)
- 10:00 Aqua Aerobics (Aquatic Center)
- 11:00 Balance & Fit (Community Room)
- 3:30 **Transitions Support Group**
(second floor Living Room, Keswick Place)
- 5:00 Club Thursdays (Living Room)
- 7:00 **Ugly Sweater Dance Party**
Performance by Magic Moments
(Community Room)

● Friday, December 22

- 8:00 Aqua Aerobics (Aquatic Center)
- 9:30 Strength & Stretch (Fitness Center)
- 11:00 **NO** Balance & Fit (Community Room)
- 11:30 Restorative Yoga (Community Room)
- 7:00 **Movie: Megan Leavy** 
(Manor Theater)

● Saturday, December 23

- 2:00 Canasta (Community Room)
- 6:30 Bridge (Community Room)

● Sunday, December 24

CHRISTMAS EVE

- 2:00 Worship (Burton Hall)
Rev. Graham Patterson, Warwick Forest



● Monday, December 25

CHRISTMAS DAY

- 1:30 **The Carol Burnett Show** 
Carol's Lost Christmas
(Manor Theater)

● Tuesday, December 26

KWANZA - Dec. 26 to Jan. 1

- 9:00 Cardio Lite (Fitness Center)
- 10:00 Coffee with friends (Bistro)

- 10:00 **NO** Aqua Aerobics (Aquatic Center)
- 11:00 Balance & Fit (Community Room)
- 1:00 Corn Hole game (Community Room)
- 1:00 **NO** Yang Style Tai Chi (Fitness Center)


● Wednesday, December 27

- 8:00 Aqua Aerobics (Aquatic Center)
- 9:30 Strength & Stretch (Fitness Center)
- 10:30 "Just Moving" class (Fitness Center)
- 2:00 **Chaplain's Chat: Incarnate by the Holy Spirit of the Virgin Mary and was made man** (Manor Theater)
- 6:45 Dominoes (Living Room)

● Thursday, December 28

- 10:00 Fit & Strong (Community Room)
- 10:00 **NO** Aqua Aerobics (Aquatic Center)
- 11:00 Balance & Fit (Community Room)
- 5:00 Club Thursdays (Living Room)

● Friday, December 29

- 8:00 Aqua Aerobics (Aquatic Center)
- 9:30 Strength & Stretch (Fitness Center)
- 11:00 Balance & Fit (Community Room)
- 11:30 Restorative Yoga (Community Room)
- 7:00 **Movie: Thelma and Louise** 
(Manor Theater)

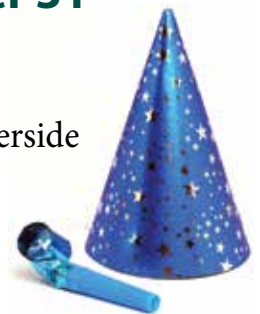
● Saturday, December 30

- 2:00 Canasta (Community Room)
- 6:30 Bridge (Community Room)

● Sunday, December 31

NEW YEAR'S EVE

- 2:00 Worship (Burton Hall)
Matthew McCauley, Riverside
Hospice Chaplain





Warwick Forest
**FREE TRANSPORTATION
SCHEDULE**

- **Mondays until 2 p.m.**
Medical Appointment Day
If you have medical appointments please call the Warwick Forest Hall front desk at **886-2000** one week (seven days) in advance.
- **Tuesdays 1:30 - 3:30 p.m.**
Shopping
- **Wednesdays until 10:30 a.m.**
Bank and post office run
- **Thursdays 1:30 - 3:15 p.m.**
Shopping
- **Fridays until 2 p.m.**
Medical Appointment Day
If you have medical appointments please call the Warwick Forest Hall front desk at **886-2000** one week (seven days) in advance.

Warwick Forest
**CONTACT INFORMATION
AND LEADERSHIP**

- **Event Hotline:** 886-2222
- **Maintenance:** 875-2025
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- **Commons Dining:** 969-1040,
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- **Resident Services Director:** 886-2144
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- **Event Planner:** 886-2111
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- **Clinic Nurse:** 886-2253
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- **Marketing/Sales:** 886-2200
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- **Security/Gatehouse:** 886-3974
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- **Executive Director:** 886-3952
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- **Warwick Forest Online:** www.wfresidents.com
- **In-house Cox channel:** 1960