

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Bay Breeze Regatta</p> <p>THURSDAY, APRIL 25 3:30 PM - 6:00 PM</p>	<p>1</p> <p>10:00 Coffee & News* (LEC) 10:30 Strength & Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 1:00 Tom Foolery Social (LEC) 2:00 The Beach Tones (L) ♪ 3:30 Chair Yoga* (LEC) 4:00 My RUI App (RUIU) 6:00 Evening Movie (LEC)</p>	<p>2</p> <p>9:00 Nature & Gardening (Meet in L) 10:00 Coffee & News* (LEC) 10:30 Strength & Balance* (LEC) 11:00 Say It! (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Kings in the Corner (LEC) 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>3</p> <p>10:00 Daily Discussion* (LEC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 Resident Council* (LEC) 2:00 Culinary Chat w/ Chef* (LEC) 2:30 Fitness Games: Bay Lake Bowling (LEC) 3:30 Spring Social w/ Trinity & Friends (LEC) 6:00 Evening Movie (LEC)</p>	<p>4</p> <p>9:00 Nature & Gardening (Meet in L) 10:30 Strength & Balance* (LEC) 11:00 Pub Trivia* (LEC) 1:00 Shore Drive Scavenger Hunt (V) 1:30 Afternoon Movie Matinee: Because I Said So (LEC) 3:30 Seated Tai Chi* (LEC) 4:00 Fact or Fiction* (LEC) 6:00 Evening Movie (LEC)</p>	<p>5</p> <p>National Caramel Day</p> <p>10:00 <i>Feet to the Fire Writers' Workshop (RUIU)</i> 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 1:00 Bay Lake Men's Club (LB) 1:30 Pop Up Caramel Bar (LEC) 2:00 Putt-Putt Challenge (LEC) 3:30 Mix & Mingle w/ Billy Mitchell (LEC) ♪ 6:00 Evening Movie (LEC)</p>	<p>6</p> <p>10:00 Gentle Stretching* (LEC) 10:30 <i>How to Make Melt & Pour Soaps (RUIU)</i> 1:30 Cranium Crunches* (LEC) 2:00 Cornhole (LEC) 3:00 Afternoon Movie Matinee: Wonka (LEC) 3:30 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>
<p>7</p> <p>10:00 Sunday Worship on TV (LEC) 11:00 National Geographic (LEC) 1:00 Pokeno (LEC) 2:00 <i>TED Talks: Ancient Roman Influence (RUIU)</i> 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>	<p>8</p> <p>March Madness Championship Game</p> <p>10:00 <i>Bon Voyage Spring Break Kickoff Passport Social (LEC)</i> 10:30 Strength & Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 1:30 Art Therapy w/ Emily (RUIU) 2:45 Solar Eclipse Party (L) 3:30 Chair Yoga* (LEC) 4:00 MyRUI App (RUIU) 4:30 March Madness Championship Tailgate (LEC) 6:00 Evening Movie (LEC)</p>	<p>9</p> <p>National Library Workers Day</p> <p>8:00 Books & Bagels w/ Bay Lake's Librarian (LB) 9:00 Nature & Gardening (Meet in L) 10:00 <i>Titanic (RUIU)</i> 11:00 Brain Buster Trivia* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Mediterranean Culture Exhibition (LEC) 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>10</p> <p>10:00 Daily Discussion* (LEC) 10:00 Open Gym (FC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 Nondenominational Church Service* (LEC) 2:00 <i>Harry Doud (RUIU)</i> 3:00 Ancient Greek Pottery (RUIU) 3:30 Fitness Games: Bay Lake Bowling (LEC) 6:00 Evening Movie (LEC)</p>	<p>11</p> <p>9:00 Nature & Gardening (Meet in L) 10:00 <i>Hampton Roads History 101 (RUIU)</i> 11:00 Pub Trivia* (LEC) 1:00 Virginia Zoo (V) \$ 1:30 National Geographic: Sea of Hope (LEC) 3:30 Seated Tai Chi* (LEC) 4:00 You Be the Judge* (LEC) 6:00 Evening Movie (LEC)</p>	<p>12</p> <p>10:00 <i>Feet to the Fire Writers' Workshop (RUIU)</i> 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 1:30 <i>RUI Talks: Travel Stories (RUIU)</i> 2:30 Greek Olympics w/ VWU (LEC) 3:30 Mix & Mingle w/ Mike Binetti (LEC) ♪ 6:00 Evening Movie (LEC)</p>	<p>13</p> <p>10:30 Gentle Stretching* (LEC) 11:00 Cranium Crunches* (LEC) 1:30 Disc Slam (LEC) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>
<p>14</p> <p>10:00 Sunday Worship on TV (LEC) 11:00 National Geographic (LEC) 1:00 Pokeno (LEC) 2:00 <i>TED Talks: Ancient Roman Influence (RUIU)</i> 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>	<p>15</p> <p>10:00 Coffee & News* (LEC) 10:30 Strength & Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 2:00 <i>Uncorked: France (RUIU)</i> 3:30 Chair Yoga* (LEC) 4:00 My RUI App (RUIU) 6:00 Evening Movie (LEC)</p>	<p>16</p> <p>9:00 Harbor Point Academy Visits (LEC) 9:00 Nature & Gardening (Meet in L) 10:00 Coffee & Conversation w/ the ED* (LEC) 10:30 Strength & Balance* (LEC) 11:00 5 Seconds* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Dominoes (LEC) 2:30 <i>Book Discussion Club (LB)</i> 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>17</p> <p>National Banana Day</p> <p>9:00 Gloucester Tour (V) \$ 10:00 Daily Discussion* (LEC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 Virtual Vacation: Croatia (LEC) 2:30 Fitness Games: Bay Lake Bowling (LEC) 3:30 Baking Club: Banana Bread (LEC) 6:00 Evening Movie (LEC)</p>	<p>18</p> <p>9:00 Nature & Gardening (Meet in L) 9:30 Waffle Bar w/ Trinity (LEC) 10:00 Coffee & News* (LEC) 10:30 Strength & Balance* (LEC) 11:00 Pub Trivia* (LEC) 1:30 #RUIGIVESBACK: Spring Blessing Bags (LEC) 3:30 Seated Tai Chi* (LEC) 4:00 Jeopardy* (LEC) 6:00 Evening Movie (LEC)</p>	<p>19</p> <p>10:00 <i>Feet to the Fire Writers' Workshop (RUIU)</i> 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 11:30 Veterans' Luncheon (LEC) 1:30 <i>The History of Golf in the 7 Cities (RUIU)</i> 2:30 Fitness Games w/ VWU (LEC) 3:30 The Golden Age w/ Jack Erwann (LEC) ♪ 6:00 Evening Movie (LEC)</p>	<p>20</p> <p>10:30 Gentle Stretching* (LEC) 11:00 Cranium Crunches* (LEC) 1:30 Bucket Ball (LEC) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>
<p>21</p> <p>10:00 Sunday Worship on TV (LEC) 11:00 National Geographic (LEC) 1:00 Pokeno (LEC) 2:00 <i>TED Talks: Ancient Roman Influence (RUIU)</i> 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>	<p>22</p> <p>Passover/Earth Day</p> <p>10:00 Coffee & News* (LEC) 10:30 Strength & Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 1:30 <i>The Art Movement of Art Deco and Art Nouveau (RUIU)</i> 2:30 Earth Day Project (LEC) 3:30 Chair Yoga* (LEC) 4:00 My RUI App (RUIU) 6:00 Evening Movie (LEC)</p>	<p>23</p> <p>9:00 Nature & Gardening (Meet in L) 10:00 Gentle Stretching* (LEC) 10:30 The Joy Singers (L) ♪ 11:00 Trivial Pursuit* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Cards Showdown (LEC) 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>24</p> <p>10:00 <i>RUI FIT Health Talk: The Importance of Water (RUIU)</i> 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 Nondenominational Church Service* (LEC) 2:30 Fitness Games: Bay Lake Bowling (LEC) 3:30 April Showers New Resident Social (LEC) 6:00 Evening Movie (LEC)</p>	<p>25</p> <p>9:00 Nature & Gardening (Meet in L) 10:00 Morning Devotions w/ Chaplain Ravenell (LEC) 11:00 Pub Trivia* (LEC) 11:30 Lunch Outing: BoBo's (V) \$ 1:00 Silver Tappers (LEC) 2:00 Strength & Balance* (LEC) 3:30 Bay Breeze Regatta (LEC) ♪ 6:00 Evening Movie (LEC)</p>	<p>26</p> <p>10:00 <i>Feet to the Fire Writers' Workshop (RUIU)</i> 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 1:30 Tabletop Games (LEC) 2:30 Baking Club: Soft Pretzels (LEC) 3:30 Birthday Bash w/ Chad McGill (LEC) ♪ 6:00 Evening Movie (LEC)</p>	<p>27</p> <p>10:30 Gentle Stretching* (LEC) 11:00 Cranium Crunches* (LEC) 1:30 Putt-Putt Challenge (LEC) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>
<p>28</p> <p>10:00 Sunday Worship on TV (LEC) 11:00 National Geographic (LEC) 1:00 Pokeno (LEC) 2:00 <i>TED Talks: Ancient Roman Influence (RUIU)</i> 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>	<p>29</p> <p>10:00 Coffee & News* (LEC) 10:30 Strength & Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 11:30 Men's Lunch Outing (V) \$ 1:30 Day of Dance Party (LEC) 2:30 Remember This Retro Candy (LEC) 3:30 Chair Yoga* (LEC) 4:00 My RUI App (RUIU) 6:00 Evening Movie (LEC)</p>	<p>30</p> <p>9:00 Nature & Gardening (Meet in L) 10:00 Coffee & Conversation w/ the ED* (LEC) 10:30 Strength & Balance* (LEC) 11:00 Trivial Pursuit* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 <i>Taste of RUI: Italy (LEC)</i> 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>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. Programs run for one hour or longer unless otherwise noted. Those with an "*" are a half hour.</p>		<p>Location Key</p> <p>CH - Cape Henry DR - Dining Room FC - Fitness Center L - Lobby LB - Library LEC - Life Enrichment Center P - Patio RUIU - RUI University Classroom R2R - Room to Room V - Van Outing</p>	<p>LUXE Unlimited Salon & Spa</p> <p>Mondays: 9:30AM - 4:00PM Wednesdays: 9:30AM - 4:00PM</p>