ATTENTION SHOPPERS!

Carte’ Mobile Boutique

- **Wednesday, April 5**
  - **2 p.m. to 5 p.m.** (Community Room)

We will be in your community soon with everyone’s favorite brand – Alfred Dunner Spring collection! We carry his mix and match separates in petite, missy and women’s sizes. Also in short and medium lengths — no more hemming! Come browse our assortment of sweaters in the latest colors, cardigans with pockets and twin sets. We have Carole underwear, made in Thomasville, North Carolina. We carry a fun line of costume jewelry, including clip earrings! You are welcome to take items back to your home to try on or to match. *Accepting Mastercard, Visa, Discover, American Express, cash and personal checks.*

Community Easter Egg Hunt

- **Saturday, April 15** (Warwick Forest Manchester Lawn)
  - Family, friends and staff are invited to join in on the fun!

  Egg hunt 11:15 a.m.: children of walking age to six years old
  Egg hunt 11:45 a.m.: children seven years old to twelve years old
  Petting Zoo 11 a.m. to 1 p.m.

  Lunch to be provided starting at noon.

  **RSVP to 886-2000 by April 5.**
A message from Ginger

We have had a very eventful first quarter at Warwick Forest. The Vitalize 360 program has really taken off. Most of you are focused on new goals and milestones thanks to Ashley and the organization and structure that the Vitalize 360 program provides. Our fitness classes have been steadily increasing in popularity and attendance is at an all-time high.

In March, we had the first of many Adventure Club meetings and had great participation. I anticipate that the adventures being planned will be experiences that you will never forget. What a great opportunity to be able to share your voice and ideas about excursions that you and your neighbors will enjoy. If you are not already, I encourage you to get involved in something that piques your interest.

In other news, I am working on getting your resident business office set up just off the library. Now that the Evergreen renovation is underway, I have begun planning. As of right now, we plan to have a desktop computer with internet access and an all-in-one machine (printer, scanner, fax and copier). I have received several suggestions and ideas from residents, and I am hopeful this will be a well-utilized space. Thank you for all you do. It is truly our pleasure to serve you.

All the best,

Ginger

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

Joyce Onesty 4/1
Peggy Armstrong 4/1
Fred Kulis 4/3
Rebecca Fries 4/6
Jean Rowan 4/8
Mary Sherwood Holt 4/9
Eunice Wermers 4/10
Patricia Mesic 4/27
Doris Jones 4/28
Sharon Cooper 4/29

Donald and Jan Smith
Manchester 312
Attention Bird Lovers:
We are in need of volunteers to help with the upkeep of our Bistro Bird Sanctuary. The job involves keeping the feeders full of food, light maintenance and putting water in the bird baths on a rotating basis. If interested, contact Diana at 886-2111 or diana.abrams@rivhs.com. If you cannot donate time but want to donate to the upkeep of the Sanctuary, please contact Mrs. Betty Sink.

Neighborhood events

**Adventure Club Info Meeting**
- **Tuesday, April 4 - 2:30 p.m.** (Manor Theater)
  Come share your adventurous ideas as we plan for exciting trips and events this summer. This is a repeat of information from last month's meeting for those who missed it. **Turn in event request.**

**Sing-along with Betty Powell and Friends**
- **Tuesday, April 11 - 7 p.m.** (Community Room)
  Sing-along with your neighbors and celebrate spring! **Turn in event request.**

**Card Class with Susan Adams**
- **Monday, April 17 - 6:30 p.m.** (Hobby Shop)
  Let’s get creative! Susan has been a demonstrator with Stampin’ Up! for over 17 years. Join her for a fun class on the art of stamping and card making. In April we will make Mother’s Day and all occasion cards. **Turn in event request.**

**The Great Courses®: “Turning Points in American History”**
- **Tuesdays and Thursdays - 11 a.m. and 3 p.m.** (Manor Theater)
  *Turning Points in American History* is your chance to relive the most powerful and groundbreaking moments in the fascinating story of the United States of America. These 48 lectures offer you a different perspective on the sweeping narrative of U.S. history. **Turn in event request.**

**Golf Tournament “Swing Party”**
- **Saturday, April 22 - 3 to 6 p.m.** (Living Room Patio)
  Cheer on our Spring Putting Tournament 2017 finalists and then put on your dancing shoes for our first outdoor party.
  
  3 - 4 p.m. Final tournament
  4 - 4:30 p.m. Award presentation
  4:30 - 6 p.m. Swing party

  Serving light hors d’oeuvre and beverages. **Entertainment provided by The Ford’s Colony Dance Band.** Seventeen players and vocalists will perform a 90-minute program of love songs from ballads, waltz, Latin and swing style big band arrangements spanning the 1920s through 1970s. Dance floor available. All are invited. **Turn in event request.**

**Sing-along with Betty Powell and Friends**
- **Tuesday, April 11 - 7 p.m.** (Community Room)
  Sing-along with your neighbors and celebrate spring! **Turn in event request.**

**Attention Bird Lovers:**
We are in need of volunteers to help with the upkeep of our Bistro Bird Sanctuary. The job involves keeping the feeders full of food, light maintenance and putting water in the bird baths on a rotating basis. If interested, contact Diana at 886-2111 or diana.abrams@rivhs.com. If you cannot donate time but want to donate to the upkeep of the Sanctuary, please contact Mrs. Betty Sink.
Neighborhood outings

Stream to Sea Stroll
- **Tuesday, April 4 - 10 a.m. to 12 p.m.**
  (York River State Park, Williamsburg)

Take a walk and discover life in four different aquatic ecosystems. We will hike to a small woodland and marsh stream, freshwater pond and brackish/saltwater river. With nets, we will capture and identify different crustaceans, fish and take note of plant life. Beginner’s Trail 1.3 miles. Water mucks will be available if you choose to walk in the water.

**Transportation will leave WF Hall at 9 a.m. and the Commons at 9:05 a.m.**
**Turn in event request.**

Reading, Book Sale and Book Signing by Author Brad Parks
- **Friday, April 7 - 3 p.m.**
  (Christopher Newport University Yoder Barn)

“Say Nothing,” a new thriller taking place in Hampton Roads. Come see why Lee Child, Sue Grafton, Joe Finder and many other best-selling authors think Brad Parks is at the top of his game.

**Transportation will leave WF Hall at 1:55 p.m. and the Commons at 2 p.m.**
**Turn in event request.**

Virginia Symphony:
“Tchaikovsky’s Symphony No. 5”
- **Friday, April 7 - 8 p.m.**
  (Ferguson Center for the Arts)

Well known to VSO audiences, composer Kenneth Fuchs brings us a world premiere. This is a continuation of more than 30 years of collaboration between Kenneth Fuchs and Music Director JoAnn Falletta, which began in 1985 when they were students at Juilliard. Written specifically for VSO Principal Cello, Michael Daniels and his brother David Daniels, this new work is based on the poems of Judith Wolf, a well-known artist and writer.

**Non-season ticket holders:** For ticket inquiries contact the VSO box office at 757-892-6366.

**Transportation will leave WF Hall at 7 p.m. and the Commons at 7:05 p.m.**
**Turn in event request.**

CNU Theater and Dance:
“Stupid F#$@%ing Bird”
- **Wednesday, April 12 - 8 p.m.**
  (CNU Studio Theater)

This fast-paced retelling of Chekhov’s The Seagull explores unrequited love from every angle. This deliciously humorous, irreverent, edgy play will have you laughing at the state of art, love, life and theater.

**STRONG ADULT LANGUAGE AND THEMES.**

**Cost $8 charged to your Resident Service Account.**

**Transportation will leave WF Hall at 7 p.m. and the Commons at 7:05 p.m.**
**Turn in event request.**
Richmond Day Trip: Carytown Walking Tour and Hollywood Cemetery

- **Tuesday, April 11**

9:30 to 11:30 a.m.
Carytown Walking Tour:
From buffalo trail to streetcar suburb, learn Carytown’s fascinating history as you explore this shopping and entertainment district.

11:30 a.m. to 1 p.m.
Lunch on your own at one of Carytown’s many eateries.

1:30 to 3:30 p.m.
Hollywood Cemetery: Enjoy a fascinating bus tour of the beautiful and historic Hollywood Cemetery. Established in 1847, the cemetery is the final resting place of two U.S. presidents, Richmond philanthropist Lewis Ginter, writer Ellen Glasgow, Confederate President Jefferson Davis, Civil War generals George Pickett and J.E.B. Stuart and thousands of Confederate soldiers.

Notable features of the tour:
- A Rural Garden on a Grand Scale
- The Women of Hollywood
- Hollywood & the Civil War
- Symbolism and Monument Styles

Cost: $10 includes private tour of Carytown and Hollywood Cemetery, billed to your Resident Service Account, lunch cost on your own.

Transportation will leave WF Hall at 8 a.m. and the Commons at 8:05 a.m.

**Turn in event request.**

Itzhak Perlman Performance “The Great Violin Film Scores”

- **Thursday, April 13 - 7:30 p.m.** (Sandler Center for the Performing Arts)

In this eagerly anticipated festival performance with the Virginia Symphony Orchestra, conducted by JoAnn Falletta, Perlman’s program will include beautiful film scores.

Turn in event request for standby only. If you already purchased your ticket, you do not need to sign up for transportation.

Transportation will leave WF Hall at 5:45 p.m. and the Commons at 5:50 p.m.

**Turn in event request.**
### Neighborhood outings

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LUNCH BUNCH: Second Street American Bistro</strong></td>
<td><strong>Wednesday, April 19</strong></td>
<td>11:30 a.m. (Kiln Creek)</td>
<td>A modern American Bistro in every sense of the word. You won't be disappointed at the Second Street American Bistro, where well-prepared eats and delicious drinks rule the menu.</td>
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<tr>
<td><strong>Virginia Choral Society: “Singing Joyfully”</strong></td>
<td><strong>Friday, April 21 - 7:30 p.m.</strong></td>
<td>(First Baptist Church, Newport News)</td>
<td>Joined by orchestral musicians, the Choral Society proudly presents works for choir, orchestra and SATB soloists. Purchase $10 tickets from resident Tony Auby.</td>
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<tr>
<td><strong>The Mariners’ Museum Nolan Trail Walk</strong></td>
<td><strong>Wednesday, April 26</strong></td>
<td>10 a.m. to 12 p.m. (Mariner’s Museum)</td>
<td>The Noland Trail is a five mile loop that goes around man-made Lake Maury and also goes by the James River. The trail begins and ends at the Mariner’s Museum. Join Ashley Denning and Carie Deweerd as your guides while they navigate the beauty of the park with you.</td>
<td></td>
</tr>
<tr>
<td><strong>Denbigh High School Aviation Academy Tour</strong></td>
<td><strong>Thursday, April 20 - 12:30 p.m.</strong></td>
<td>(Aviation Academy)</td>
<td>Denbigh High School’s Aviation Academy is a nationally recognized STEM site with a focus on piloting, aircraft maintenance, engineering and aviation security/safety. The mission of the Aviation Academy is to provide a quality education that will maximize the potential of every student. Join this tour to talk with Dr. Aaron Smith about the program and see the projects the students are working on. Tour length: 1 hour.</td>
<td></td>
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</tbody>
</table>

Transportation will leave WF Hall at 10:55 a.m. and the Commons at 11 a.m. Turn in event request.

Transportation will leave WF Hall at 6:40 p.m. and the Commons at 6:45 p.m. Turn in event request.

Transportation will leave WF Hall at 9:25 a.m. and the Commons at 9:30 a.m. Turn in event request.

Transportation will leave WF Hall at 12 p.m. and the Commons at 12:05 p.m. Turn in event request.
Virginia International Tattoo

**Sunday, April 30**  
2:30 p.m. (Scope Arena, Norfolk)

The legendary Tattoos of Edinburgh and Nova Scotia are now rivaled by the largest Tattoo in the U.S. — our own Virginia International Tattoo. Mounting a mighty spectacle that changes every year, the Virginia International Tattoo summons more than 1,000 performers including fife and drum corps, bagpipers, military bands, precision drill teams and performing ensembles ranging from step dancers to motorcycle stunt drivers. A salute to international friendship and an emotional call to the love of country in us all, the Tattoo is an unmissable celebration. See the show that America’s premier tourism organization has named the Number One U.S. destination for travelers (American Bus Association Best of the Top 100 Events in North America).

**Turn in event request for standby only.**  
If you already purchased your ticket you do not need to sign up for transportation.

Transportation will leave WF Hall at 12:25 p.m. and the Commons at 12:35 p.m.  
**Turn in event request.**

Resident Board Meeting

**Monday, April 10 - 2:30 p.m.**  
(Stratford second floor conference room)

Association President:  
**Kathy McAvoy**

Vice President:  
**Loretta Murphy**

Secretary:  
**Barbara Mowery**

Treasurer:  
**Karla Conner**

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 - 11 a.m.** (Regal Dining Room)  
**First Thursday of the month**  
Chair: **Carol Scheid**

**HOSPITALITY COMMITTEE - 10:30 a.m.**  
(third floor Manchester Lounge)  
**First Monday of the month**  
Chair: **Judy Reckman**

**ACTIVITY COMMITTEE - 1 p.m.** (Hobby shop)  
**First Wednesday of the month**  
Chair: **Joyce Onesty**

**BUILDING & GROUNDS - 2 p.m.**  
(second floor Stratford Conference Room)  
**Second Thursday of the month**  
Chair: **Carol Scheid**
Friday, April 14 - 11 a.m. (Manor Theater)
Join Vitalize 360 coach Ashley Denney for an introduction session to the Vitalize 360 program, held on the second Friday of each month. Ashley will provide information and answer questions about the program. Turn in event request.

Information Session

Wii Bowling
- **Thursdays in April - 3 to 4 p.m.** (Group Exercise Room)
Nintendo Wii® sports games are fun for everyone! No sign up required, just stop in and play. See Ashley with questions.

April Massage Special:
$10 off a One-Hour Massage
Book a massage in the month of April and receive $10 off a full hour of relaxing, therapeutic massage for only $50. It makes a great gift for yourself or a loved one. Call Rose Winter at 817-5628 and schedule yours today.

Smart Striders Club
- **Wednesdays in April - 1 p.m.** (meet in Bistro)
National Walking Day is April 5, the perfect time to kick off our new club. Join Ashley for a walk around the pond, plus learn how to use your pedometer devices, such as smart phones, pedometers, Fitbit bands and more! No sign up required. See Ashley with questions.

On the Website...
**www.warwickforestresidents.com**
Each month, look for new articles about various fitness topics listed on the resident website, under the information tab.

**April articles:**
- Benefits of Walking by the American Heart Association
- New walking routes around campus complete with mileage and estimation of steps!

Ashley Denney
Wellness & Fitness Manager
886-3972
ashley.denney@rivhs.com
We have some exciting news to share! On Wednesday, May 17 the Newport News Golf Club at Deer Run will be hosting the 18th Annual Senior Amateur Golf Classic. Golfers age 50 and better of all skill levels will gather for a fun-filled day of spirited competition. It was rated by participating golfers as “the area’s best managed tournament.” Flights will be based on the number of players in the following categories:

- Men - ages 50-59, ages 60-69, ages 70+
- Mixed (women/men)
- Women Teams

Registration Deadline: Tuesday, May 9
Rain Date: Wednesday, May 24

Captain’s Choice format, shot gun start at 8 a.m.

The regular price to register is $68 per golfer. However, Warwick Forest will be the tournament title sponsor for 2017. My question for you is: how many of you would like to participate if registration is free? Would you still be interested if we weren’t able to offer free registration? I would also be happy to have nice Warwick Forest golf shirts made for those who do participate and any other gear you recommend or request.

A special thank you to all the Easter bunnies out there who keep their front doors stocked with candy for the passersby. It’s the perfect afternoon pick-me-up! We hope you have a happy Easter and know how much you are appreciated.

All the best,

Andrea M. Staskiel
Director of Marketing
Worship Services

- **Sundays - 2 p.m.** (Burton Hall)
  - April 2: Worship
    Ed Salinas, Gloucester Church of Christ
  - April 9: Worship
    Angie Hoen, Aldersgate UMC
  - April 16: Easter Worship
    Rev. Graham Patterson, Warwick Forest
  - April 23: Worship
    Gina Anderson-Cloud, Warwick Forest Memorial UMC
  - April 30: Worship
    Bill Lamont, Hidenwood Presbyterian

Classical Music Conversation

*Led by Rev. Graham Patterson, Chaplain*

- **Tuesday, April 18 - 2:30 p.m.** (Living Room)
  Sergei Rachmaninoff (1873-1943), a great composer and pianist (especially famous for his piano concertos), left Russia in 1918, after the revolution, never to return.

Transitions Support Group

*Led by Rev. Graham Patterson, Chaplain*

- **Thursday, April 20**
  - 3:30 p.m. (second floor living room)

  Gather with new and old friends in a trustworthy atmosphere of sharing and support for those facing the difficult challenges of changing circumstances — losing a loved one, moving to a new living situation, dealing with new health problems, painful family issues or other stressors.
Neighborhood movies

- **Monday, April 3** - 7 p.m. (Manor Theater)
- **Wednesday, April 5** - 3:30 p.m. (Manor Theater)
- **Friday, April 7** - 7 p.m. (Manor Theater)
  
  "Greater" (2016) PG — Neal McDonough & Leslie Easterbrook
  
  The story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football.

- **Monday, April 10** - 7 p.m. (Manor Theater)
- **Wednesday, April 12** - 3:30 p.m. (Manor Theater)
- **Friday, April 14** - 7 p.m. (Manor Theater)
  
  "Hacksaw Ridge" (2016) R, Andrew Garfield & Sam Worthington
  
  WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people and becomes the first man in American history to receive the Medal of Honor without firing a shot.

- **Monday, April 17** - 7 p.m. (Manor Theater)
- **Wednesday, April 19** - 3:30 p.m. (Manor Theater)
- **Friday, April 21** - 7 p.m. (Manor Theater)
  
  "Jackie" (2016) R, Natalie Portman & Peter Sarsgaard
  
  Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children and define her husband's historic legacy.

- **Monday, April 24** - 7 p.m. (Manor Theater)
- **Friday, April 28** - 7 p.m. (Manor Theater)
  
  "Collateral Beauty" (2016) PG-13, Will Smith & Edward Norton
  
  Retreating from life after a tragedy, a man questions the universe by writing to Love, Time and Death. Receiving unexpected answers, he begins to see how these things interlock and how even loss can reveal moments of meaning and beauty.

Warwick Forest Book Club: "Being Mortal" by Atul Gawande

- **Thursday, April 20** - 1 p.m. (Manchester Lounge III)

  Medicine has triumphed in modern times, transforming the dangers of childbirth, injury and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should.
**Saturday, April 1**

APRIL FOOL’S DAY

2:00  Canasta (Manchester Lounge III)
6:30  Bridge (Community Room)

**Sunday, April 2**

2:00  Worship (Burton Hall)
      Ed Salinas, Gloucester Church of Christ

**Monday, April 3**

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: Greater (Manor Theater)

**Tuesday, April 4**

8:00  Aqua Ease AFEP (Aquatic Center)
9:00  Cardio Lite (Fitness Center)
10:00 Stream to Sea Stroll
      (York River State Park, Williamsburg)
      Transportation will leave WF Hall
      at 9 a.m., the Commons at 9:05 a.m.
10:00 Coffee with friends (Bistro)
10:00  Aqua Aerobics (Aquatic Center)
11:00 DVD Series: Turning Points (Manor Theater)
11:00 Balance & Fit (Community Room)
2:00  Tai Chi (Fitness Center)
2:30  Adventure Club Info Meeting (Manor Theater)
3:00  DVD Series: Turning Points (Manor Theater)

**Wednesday, April 5**

NATIONAL WALKING DAY

8:00  Aqua Aerobics (Aquatic Center)
9:00  Strength & Stretch (Fitness Center)
9:00  Citizen Police Academy (Community Room)
10:30 “Just Moving” class (Fitness Center)
1:00  Smart Striders Club (meet in the Bistro)
2:00  Chaplain’s Chat: “Your Best Year Ever”
      (Manor Theater)
2:00  Carte’ Mobile Boutique until 5 p.m.
      (Community Room)
3:30  Movie: Greater (Manor Theater)
6:45  Dominoes (Living Room)

**Thursday, April 6**

8:00  Aqua Ease AFEP (Aquatic Center)
10:00  Fit & Strong (Community Room)
10:00  Aqua Aerobics (Aquatic Center)
11:00  DVD Series: Turning Points (Manor Theater)
11:00  Balance & Fit (Community Room)
3:00  DVD Series: Turning Points (Manor Theater)
3:00  Wii Bowling (Group Exercise Room)
5:00  Club Thursdays (Living Room)

**Friday, April 7**

8:00  Aqua Aerobics (Aquatic Center)
9:00  Strength & Stretch (Fitness Center)
11:30 Restorative Yoga (Community Room)
3:00  Reading, Book Sale and Book Signing by Author Brad Parks
      (Christopher Newport University Yoder Barn)
      Transportation will leave WF Hall
      at 1:55 p.m., the Commons at 2 p.m.
7:00  Movie: Greater (Manor Theater)
8:00  Virginia Symphony: “Tchaikovsky’s Symphony No. 5”
      (Ferguson Center for the Arts)
      Transportation will leave WF Hall
      at 7 p.m., the Commons at 7:05 p.m.

**Saturday, April 8**

2:00  Canasta (Manchester Lounge III)
6:30  Bridge (Community Room)
Sunday, April 9
PALM SUNDAY
2:00 Worship (Burton Hall)
   Angie Hoen, Aldersgate UMC

Monday, April 10
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: *Hacksaw Ridge*
   (Manor Theater)

Tuesday, April 11
8:00 Aqua Ease AFEP (Aquatic Center)
9:00 Cardio Lite (Fitness Center)
9:30 Richmond Day Trip returning at 3:30 p.m.
   *Transportation will leave WF Hall at 8 a.m., the Commons at 8:05 a.m.*
10:00 Coffee with friends (Bistro)
10:00 Aqua Aerobics (Aquatic Center)
11:00 Balance & Fit (Community Room)
11:00 DVD Series: *Turning Points* (Manor Theater)
2:00 Tai Chi (Fitness Center)
3:00 DVD Series: *Turning Points* (Manor Theater)
7:00 Sing-along with Betty Powell and Friends
   (Community Room)

Wednesday, April 12
8:00 Aqua Aerobics (Aquatic Center)
9:00 Strength & Stretch (Fitness Center)
9:00 Citizen Police Academy (Community Room)
10:30 “Just Moving” class (Fitness Center)
1:00 Smart Striders Club (meet in the Bistro)
2:00 Chaplain’s Chat: “*Your Best Year Ever*”
   (Manor Theater)
3:30 Movie: *Hacksaw Ridge*
   (Manor Theater)
6:45 Dominoes (Living Room)

Friday, April 14
GOOD FRIDAY
8:00 Aqua Aerobics (Aquatic Center)
9:00 Strength & Stretch (Fitness Center)
10:00 Stations of the Cross
   (The Good Shepherd Chapel in The Gardens)
11:00 Vitalize 360 Information (Manor Theater)
11:30 Restorative Yoga (Community Room)
7:00 Movie: *Hacksaw Ridge*
   (Manor Theater)

Saturday, April 15
11:00 Community Easter Egg Hunt
   (Warwick Forest Manchester Lawn)
   *Lunch to be provided starting at noon.*
2:00 Canasta (Manchester Lounge III)
6:30 Bridge (Community Room)
**Neighborhood calendar**

**Sunday, April 16**

**EASTER SUNDAY**

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

**Monday, April 17**

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 with Susan (Hobby Shop)  
7:00  Movie: Jackie (Manor Theater)

**Tuesday, April 18**

8:00  Aqua Ease AFEP (Aquatic Center)  
9:00  Cardio Lite (Fitness Center)  
10:00  Coffee with friends (Bistro)  
10:00  Catholic Mass (The Good Shepherd Chapel in The Gardens)  
10:00  Aqua Aerobics (Aquatic Center)  
11:00  Balance & Fit (Community Room)  
11:00  DVD Series: Turning Points (Manor Theater)  
1:00  Book Club (Manchester Lounge III)  
3:00  Wii Bowling (Group Exercise Room)  
3:00  DVD Series: Turning Points (Manor Theater)  
3:30  Transitions Support Group (second floor living room, Keswick Place)  
5:00  Club Thursdays (Living Room)

**Wednesday, April 19**

8:00  Aqua Aerobics (Aquatic Center)  
9:00  Strength & Stretch (Fitness Center)  
9:00  Citizen Police Academy (Community Room)  
10:30  “Just Moving” class (Fitness Center)

**Thursday, April 20**

8:00  Aqua Ease AFEP (Aquatic Center)  
10:00  Fit & Strong (Community Room)  
10:00  Aqua Aerobics (Aquatic Center)  
11:00  Balance & Fit (Community Room)  
11:00  DVD Series: Turning Points (Manor Theater)  
12:30  Denbigh High School Aviation Academy Tour (Aviation Academy)  
Transportation will leave WF Hall at 12 p.m., the Commons at 12:05 p.m.  
1:00  Book Club (Manchester Lounge III)  
3:00  Wii Bowling (Group Exercise Room)  
3:00  DVD Series: Turning Points (Manor Theater)  
3:30  Transitions Support Group (second floor living room, Keswick Place)  
5:00  Club Thursdays (Living Room)

**Friday, April 21**

8:00  Aqua Aerobics (Aquatic Center)  
9:00  Strength & Stretch (Fitness Center)  
11:30  Restorative Yoga (Community Room)  
7:00  Movie: Jackie (Manor Theater)

7:30  Virginia Choral Society: “Sing Joyfully”  
(First Baptist Church, Newport News)  
Transportation will leave WF Hall at 6:40 p.m., the Commons at 6:45 p.m.
Saturday, April 22
2:00 Canasta (Manchester Lounge III)
3:00 Golf Tournament “Swing Party”
    Performance by The Ford’s Colony
    Dance Band (Living Room Patio)
6:30 Bridge (Community Room)

Sunday, April 23
2:00 Worship (Burton Hall)
    Gina Anderson-Cloud,
    Warwick Forest Memorial UMC

Monday, April 24
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: Collateral Beauty
    (Manor Theater)
7:00 Bingo (Community Room)

Tuesday, April 25
8:00 Aqua Ease AFEP (Aquatic Center)
9:00 Cardio Lite (Fitness Center)
10:00 Coffee with friends (Bistro)
10:00 Aqua Aerobics (Aquatic Center)
11:00 Balance & Fit (Community Room)
11:00 DVD Series: Turning Points (Manor Theater)
2:00 Tai Chi (Fitness Center)
3:00 DVD Series: Turning Points (Manor Theater)

Wednesday, April 26
8:00 Aqua Aerobics (Aquatic Center)
9:00 Strength & Stretch (Fitness Center)
9:00 Citizen Police Academy
    (Community Room)

10:00 The Mariners’ Museum Nolan Trail Walk
    (The Mariners’ Museum)
    Transportation will leave WF Hall at
    9:25 p.m., the Commons at 9:30 p.m.
10:30 “Just Moving” class (Fitness Center)
1:00 Smart Striders Club (meet in the Bistro)
2:00 Chaplain’s Chat: “Your Best Year Ever”
    (Manor Theater)
6:45 Dominoes (Living Room)

Thursday, April 27
8:00 Aqua Ease AFEP (Aquatic Center)
10:00 Fit & Strong (Community Room)
10:00 Aqua Aerobics (Aquatic Center)
11:00 Balance & Fit (Community Room)
11:00 DVD Series: Turning Points (Manor Theater)
3:00 Wii Bowling (Group Exercise Room)
3:00 DVD Series: Turning Points (Manor Theater)
5:00 Club Thursdays (Living Room)

Friday, April 28
8:00 Aqua Aerobics (Aquatic Center)
9:00 Strength & Stretch (Fitness Center)
11:30 Restorative Yoga (Community Room)
7:00 Movie: Collateral Beauty
    (Manor Theater)

Saturday, April 29
2:00 Canasta (Manchester Lounge III)
6:30 Bridge (Community Room)

Sunday, April 30
2:00 Worship (Burton Hall)
    Bill Lamont, Hidenwood Presbyterian
2:30 Virginia International Tattoo
    (Scope Arena, Norfolk)
    Transportation will leave WF Hall at
    12:25 p.m., the Commons at 12:35 p.m.
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 TELEPHONE NUMBERS

- Maintenance: 875-2025
- Reservation Line: 969-1040
- Resident Services Director: 886-2144
- Event Planner: 886-2111
- Clinic Nurse: 886-2253
- Commons Front Desk: 877-1495

For immediate information on leisure and wellness events, check the following:

- Event Hotline: dial 886-2222 from any phone

- Warwick Forest Online:  
  Log in to wfrresidents.com and enter your password or request one online

- In-house television Cox channel 1960 (Cox subscribers only)

- The event boards located in each neighborhood

- The monthly “Happenings” newsletter