























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church  Movement Exercise, GP 10:30 Trivia!, GP 1:00 Protestant Communion with Roger Hartman, FR 1:30 Wii Games, GP 2:00 Pet Therapy with NCL/ Pet Videos YouTube, GP 3:30 \$BINGO, GP</p>	<p>2</p> <p>9:30 Balance Fitness, GP 10:30 Craft: Mardi Gras Mask on Stick, GP 1:30 Wellness program, GP 2:30 Pet Therapy with Fairfax Animal Shelter, GP 3:30 Bible Games with Chaplain Fasil, CR 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>3</p> <p>9:30 AM Stretch, GP 10:00 Dominoes/Card Games, CR 10:30 Men's Support Group w/ Chaplain Fasil, PDR 10:30 What AM I? Mardi Gras, GP 1:30 Wellness Program, GP 2:15 Mardi Gras Social (Dance Hour), Bistro 3:30 Chair Soccer, GP 4:00  Music w/ Chaplain Pervaiz, GP 5:45 Evening Movie, GP</p>	<p>4</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Chocolate Chip Vanilla Coconut Cookies (Donna and friends), GP 10:30 Lunch Outing: Red Robbin  10:30 † Catholic Eucharist with St. Leo's the Great, AF 1:30 Wellness Program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study w/ Chaplain Fasil, GP 3:30  Name that Tune, FR</p>	<p>5</p> <p>9:30 Movin' & Groovin', GP 10:00 BOGGLE, GP 10:45 † Rosary w/ Bella, PDR 11:00 Shopping Cart, Bistro 1:30 Wellness Program, GP 2:00 Scenic Ride  2:15  Resident Handbell Choir, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>6</p> <p>9:30 Balance Fitness, GP 10:30 The Wandering Docent, GP 1:30 Wellness Program, GP 2:15 Happy Hour Social, Bistro 3:30 \$BINGO, GP 5:00 Evening Movie, GP Netflix Wildcard</p> 	<p>7</p> <p>9:30 Movin' & Groovin' Exercise Program, GP 10:30 Crocheting with Elba, GP 1:30 Wii Games, GP 2:15 News Currents, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP</p>
<p>8</p> <p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 † Christian Jubilee Church Service, GP 11:30 Relax & Chat, GP 1:30 Wii Bowling, GP 2:30 Hymn Songs w/ the Providence Church, FR 3:30 \$BINGO, GP</p>	<p>9</p> <p>9:30 Balance Fitness, GP 10:15  Music w/ Chaplain Pervaiz, GP 10:30 \$BINGO, GP 1:30 Wellness Program, GP 3:00 Crafting: 2-in-1 Crafty St. Paddy's Day Puzzle (ac) 3:30 Bible Games with Chaplain Fasil, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>10</p> <p>9:30 Chair Yoga, GP 10:00 Trivia (ac), GP 10:30 What AM I? Mardi Gras, GP 10:30 BOGGLE, GP 1:00 Wellness Program, GP 1:30 Menu Planning Meeting, FR 2:30 Book Nook w/ Pam, GP 3:30 Chair Soccer, GP 4:00  Music with Per</p>	<p>11</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Lovely Pastry Pockets, GP 10:30 Packed Lunch Outing  10:30 † Catholic Eucharist w/ St. Leo's the Great, AF 1:30 Wellness program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study w/ Chaplain Fasil, GP 3:30 Dominoes/Cards, CR 4:00 Daily Chronicles (ac), GP 5:45 Evening Movie, GP</p>	<p>12</p> <p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 St. Patrick's Day Rhyme Time (ac), GP 10:45 † Rosary w/ Bella, PDR 11:00 Shopping Cart, Bistro 1:30 Wellness Program, GP 2:00 Scenic Ride: WalMart Shopping  2:15  Resident Handbell Choir, GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP</p>	<p>13</p> <p>9:30 Balance Fitness, GP 10:00 Trivial Pursuit, FR 10:30  Music with Blair Pettyjohn, FR 1:30 Wellness Program, GP 2:30 Happy Hour Social (Dance Hour), Bistro 3:30 \$BINGO, GP 5:00 Evening Movie, GP Netflix Wildcard</p>	<p>14</p> <p>9:30 Movin' & Groovin' Exercise Program, GP 10:30 Crocheting with Elba, GP 1:30 Wii Games, GP 2:15 News Currents, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP</p>
<p>15</p> <p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 News Currents, GP* 10:30 Television Ministry (Joel Osteen), FR 1:30 Wii Games, GP 2:30 News Currents, FR* 3:30 \$BINGO, GP</p> 	<p>16</p> <p>9:30 Balance Fitness, GP 10:15  Music w/ Chaplain Pervaiz, GP 10:30  Sing Grove, FR 1:30 Wellness Program w/ Kavi, GP 2:30 Bible Games w/ Chaplain Fasil, GP, GP 3:30  Norm Voss Live!, FR 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>17</p> <p>9:30 Chair Yoga, GP 10:00 Trivia (ac), FR 10:30  Piano Performance w/ Doug, FR 1:30 Wellness Program, GP 2:30 St. Patrick's Day Social, Bistro 3:30 Chair Soccer, GP 4:00 Music w/ Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>ALU ASSISTED LIVING UNIT</p> <p>ACTIVITIES CALENDAR</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Key</p> <p>AF - All Floors CR - Card Room FP - Front Porch FR - Family Room GP - Gathering Place GB - Greenbriar MIL - Meet in Lobby OP - Outside Patio PDR - Private Dining Room (ac) - Activity Connection</p>		<p>Calendar Icons</p> <p> Outing  Musical Program  Spiritual Program  Outdoor Activity</p> <p><small>If you wish to attend a bus ride or outing, please see an activity team member. These events have limited</small></p>	<p>18</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: All the Luck Snack Mix, GP 10:30 † Catholic Eucharist with St. Leo's the Great, AF 10:30 Lunch Bunch: Silver Diner  1:30 Wellness program, FR 2:30 Ice Cream Social, Bistro 3:00 † Bible Study w/ Chaplain Fasil, GP 3:30 Dominoes/Cards, CR 4:00  Name that Tune, FR 5:45 Evening Movie, GP</p>	<p>19</p> <p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 Music w/ Gurda Williams, FR 10:45 † Rosary w/ Bella, PDR 11:00 Shopping Cart, Bistro 1:30 Wellness program, GP 2:00 Scenic Ride  2:15  Resident Handbell Choir, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>20</p> <p>9:30 Balance Fitness, GP 10:00 Music Travels Choir Group Performance, FR 12:00 Men's Luncheon (SIA), GP 1:30 Wellness Program, GP 2:30 Happy Hour Social (Dance Hour), Bistro 3:30 \$BINGO, GP 5:00 Evening Movie, GP Netflix Wildcard</p>	<p>21</p> <p>9:30 Fun & Fitness, GP 10:30 Crocheting with Elba, GP 1:30 Wii Games, GP 2:30 Ice Cream Social, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
<p>22</p> <p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 † Vienna Seventh Day Adventist Church Service, FR 1:30 Wii Bowling, GP 2:00 News Currents, GP 3:30 \$BINGO, GP</p> <p><i>"SPRING BUFFET"</i></p>	<p>23</p> <p>9:30 Balance Fitness, GP 10:15  Music w/ Chaplain Pervaiz, GP 10:30 \$BINGO, GP 1:30 Wellness Program, GP 2:30 Crafty Corner: Butterfly Box(ac), GP 3:30 Bible Games with Chaplain Fasil, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>24</p> <p>9:30 Chair Yoga, GP 10:00 BOGGLE, GP 1:30 Wellness Program, GP 2:30 Book Nook w/ Pam, GP 3:30 Chair Soccer, GP 4:00 Music w/ Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>25</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Blueberry Bliss, GP 10:30 Packed Lunch Outing  1:30 Wellness Program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study w/ Chaplain Fasil, GP 3:00 Bride/Cards, CR 4:00 Riddles, GP 5:45 Evening Movie, GP</p>	<p>26</p> <p>9:30 Fitness Class, GP 10:30 † Catholic Mass with St. Leo's the Great, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program (30-minutes), GP* 1:30  Live Music by Jubilee Christian, FR 2:45  Resident Handbell Choir, GP 2:00 Scenic Drive (Cherry Blossoms)  3:30 \$ BINGO, GP 5:45 Evening Movie, GP</p>	<p>27</p> <p>9:30 Balance Fitness, GP 10:30 Bonnie Kendrick Performs Irish, FR 1:30 Wellness Program, GP 2:15 Birthday Celebration with the CCWC, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>28</p> <p>9:30 Slow Movement Exercise Class, GP 10:30 Crocheting with Elba, GP 1:30 Wii Games, GP 2:30 News Currents 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
<p>29</p> <p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 Christian Jubilee Church Service, GP 1:30 Wii Bowling, GP 2:00 Daily Chronicles(ac), GP 3:30 \$BINGO, GP</p> 	<p>30</p> <p>9:30 Balance Fitness, GP 10:15  Music w/ Chaplain Pervaiz, GP 1:30 Wellness Program, FR* 2:00 Making Art with Merri from The Center for Well Being & Resiliency, GP 3:30 Celebration of Life Ceremony with Chaplain Fasil, FR 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>31</p> <p>9:30 Chair Yoga, GP 10:30 Resident Council Meeting, GP 11:00 Word Games, GP 1:00 Wellness Program, FR* 1:30 Manicures w/ King of Kings Lutheran Church, GP 2:30 Book Nook w/ Pam, GP 3:30 Chair Soccer, GP 4:00 Music w/ Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	 			