

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

		<p>9:30 Chair Yoga, GP  <b>10:00 New Years' Resolutions Discussion, GP</b>  <b>10:30 Men's Support Group w/ Chaplain Fasil, PDR</b>          10:30 Bridge/Cards, CR          1:00 Wellness Program, GP          2:00 † Rosary, PDR          2:30 Book Nook with Pam, GP  <b>3:30 Matinee Movie, GP Netflix Wildcard*</b></p>	<p>9:30 Fun &amp; Fitness, GP  <b>10:30 Picnic Lunch</b> 🚌  <b>10:15 Kitchen Corner: Perfect Snickerdoodle Cookies, GP</b>  <b>10:30 † Catholic Eucharist with St. Leo's the Great, AF</b>          1:00 Wellness Program, GP          2:30 Ice Cream Social, Bistro          3:00 † Bible Study, GP          3:30 Bridge/Cards, CR          5:45 Evening Movie, GP</p>	<p>9:30 Movin' &amp; Groovin', GP  <b>10:00 January IQ, GP</b>  <b>10:30 Prayer and Positivity Group with Ronda, GP</b>          11:00 Shopping Cart, Bistro          1:00 Wellness Program, GP  <b>2:00 Scenic Ride: Dunkin' Donuts</b> 🚌  <b>2:30 Pet Therapy with NCL, GP</b>          3:30 \$ BINGO, GP          5:45 Evening Movie, GP          Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP  <b>10:30 🎵 Music Appreciation with Dr. Laura Hills, FR</b>  <b>12:30 🎵 Piano with Dr. Laura Hills, FR</b>          1:00 Wellness Program, GP  <b>2:15 Crafty Corner: 2019 Door Burst (ac), GP</b>          3:30 \$BINGO, GP          5:45 Evening Movie, GP          Netflix Wildcard</p>	<p>9:30 Movin' &amp; Groovin' Exercise Program, GP          10:30 News Currents, GP          11:30 Relax &amp; Chat, FR          1:30 Wii Games, GP  <b>2:30 Hot Chocolate &amp; Conversation, Bistro</b>  <b>3:30 \$BINGO w/ the National Charity League Bluebells, GP</b>          5:45 Evening Movie, GP          Netflix Wildcard</p>
<p><b>10:00 Mass at St. Leo the Great Catholic Church</b> 🚌          10:30 Chair Yoga/Slow Movement Exercise, GP  <b>11:00 Daily Assurances (ac), GP</b>  <b>1:00 Protestant Communion with Roger Hartman, FR</b>          1:30 Relax &amp; Chat, GP          2:30 BUNCO, GP          3:30 \$BINGO, GP</p>	<p>9:30 Balance Fitness, GP          10:00 Walking Group, MIL          10:00 Dominoes, CR          10:30 \$BINGO, GP          1:00 Wellness program, GP  <b>2:30 Pet Therapy with Fairfax Animal Shelter, GP</b>          3:30 🎵 Handbell Choir, GP          5:45 Evening Movie, GP          Netflix Wildcard</p> 	<p>9:30 AM Stretch, GP          10:00 Random Trivia (ac), GP          11:00 Word Games, GP          1:00 Wellness Program, GP  <b>1:30 Menu Planning Meeting w/ Dietary Department, FR</b>          2:00 † Rosary, PDR  <b>2:30 🎵 Elvis' Birthday Tribute Concert with Randoll Rivers, FR</b>          4:00 🎵 Music w/ Chaplain Pervaiz, GP          5:45 Evening Movie, GP</p>	<p>9:30 Fun &amp; Fitness, GP  <b>10:15 Kitchen Corner: Soft and Chewy M&amp;M Cookies, GP</b>  <b>10:30 † Catholic Eucharist w/ St. Leo's the Great, AF</b>  <b>10:30 Lunch Bunch: BRIO Tuscan Grille</b> 🚌          1:00 Wellness program, GP          2:30 Ice Cream Social, Bistro          3:00 † Bible Study, GP          3:30 Wii Bowling, GP          3:30 Bridge/Cards, CR          5:45 Evening Movie, GP</p>	<p>9:30 Movin' &amp; Groovin' Fitness Class, GP  <b>10:30 Prayer and Positivity Group with Ronda, GP</b>          11:00 Shopping Cart, Bistro          1:00 Wellness Program, GP  <b>2:00 Scenic Ride</b> 🚌  <b>2:30 Travelogue: Discovering Latvia (ac), GP</b>          3:30 \$BINGO, GP          5:45 Evening Movie, GP          Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP          10:00 Dominoes, GP  <b>10:30 Crafty Corner: Easy Weave Coasters (ac), GP</b>  <b>12:00 Men's Luncheon (SIA), GP</b>          1:00 Wellness Program, GP  <b>2:30 Winter Wonderland Mocktail Social &amp; Resident Art Exhibit, Bistro</b>          3:30 \$BINGO, GP          5:45 Evening Movie, GP          Netflix Wildcard</p>	<p>9:30 Chair Yoga, GP          10:30 News Currents, GP          11:30 Puzzle, CR          1:30 Wheel of Fortune, GP  <b>2:30 Hot Chocolate &amp; Conversation, Bistro</b>  <b>3:30 \$BINGO w/ the National Charity League Bluebells, GP</b></p> 
<p>9:30 Chair Exercise, GP  <b>10:00 Mass at St. Leo the Great Catholic Church</b> 🚌  <b>10:30 † Christian Jubilee Church Service, GP</b>          11:30 Relax &amp; Chat, GP          1:30 Wii Games, GP  <b>2:15 Splish-Splash: A Brief History of the Rise, Fall and Rise of the Bath (ac)</b>          3:30 \$BINGO, GP</p>	<p>9:30 Balance Fitness, GP          10:00 Chess/Cards, CR          10:00 Walking Group, MIL          10:30 \$ BINGO, GP          1:00 Wellness Program, GP          1:30 Wii Games, GP  <b>2:30 Who Made Us Laugh? (ac), GP</b>          3:30 🎵 Handbell Choir, GP          5:45 Evening Movie, GP          Netflix Wildcard</p>	<p>9:30 Chair Yoga, GP          10:00 Random Trivia (ac), GP  <b>10:30 🎵 Piano Performance w/ Doug, FR</b>          1:00 Wellness Program, GP          2:00 † Rosary, PDR          2:30 Book Nook, GP          3:30 Chair Soccer, GP          4:00 🎵 Music with Pervaiz, GP          5:45 Evening Movie, GP          Netflix Wildcard</p>	<p>9:30 Fun &amp; Fitness, GP  <b>10:15 Kitchen Corner: Brown Sugar Crispies (ac),</b>  <b>10:30 † Catholic Eucharist with St. Leo's the Great, AF</b>  <b>10:30 Picnic Lunch</b> 🚌          1:00 Wellness program, FR          2:30 Ice Cream Social, Bistro          3:00 † Bible Study, CR          3:30 Bridge/Cards, CR          5:45 Evening Movie, GP          Netflix Wildcard</p>	<p><b>Calendar Icons</b></p> <p>🚌 <b>Outing</b>          🎵 <b>Musical Program</b>          † <b>Spiritual Program</b>          ☀️ <b>Outdoor Activity</b></p> 	<p><b>Location Key</b></p> <p>2LR – 2<sup>nd</sup> floor Living Room          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          SIA – Sign up in Advance          (ac)- Activity Connection</p>	<p><b>ALU</b>          ASSISTED LIVING UNIT</p> <p><b>ACTIVITIES CALENDAR</b></p>

Sunday

Monday

Tuesday









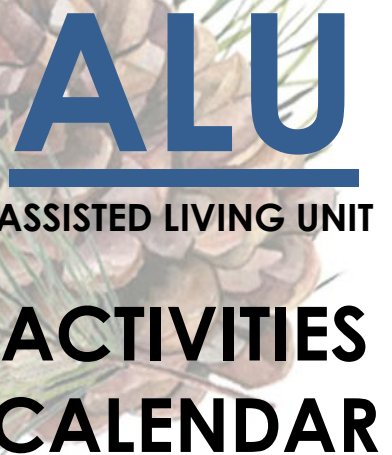
Wednesday

Thursday

Friday

Saturday

# January

<p style="text-align: right;"><b>17</b></p> <p>9:30 Movin' &amp; Groovin' Fitness Class, GP  <b>10:30 Prayer and Positivity Group with Ronda, GP</b>                  11:00 Shopping Cart, Bistro                  1:00 Wellness program, GP  <b>2:00 Scenic Ride</b>                   2:30 Walking Group, MIL                  3:30 \$ BINGO, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>18</b></p> <p>9:30 Balance Fitness, GP                  10:00 Daily Chronicles (ac), FR  <b>10:30 Music Appreciation w/Laura, FR</b>  <b>12:30 Piano w/ Laura, FR</b>                  1:00 Wellness Program, GP  <b>2:00 Music with Dennis Aguas, FR</b>                  3:30 \$BINGO, GP  <b>6:00 Cantabile Orchestra, FR</b></p>	<p style="text-align: right;"><b>19</b></p> <p>9:30 Fun &amp; Fitness, GP                  10:30 News Currents, GP                  1:30 Card Games, CR  <b>2:30 Hot Chocolate &amp; Conversation, Bistro</b>  <b>3:30 \$BINGO w/ the National Charity League Bluebells, GP</b>                  5:45 Evening Movie, GP                  Netflix Wildcard</p>				
<p style="text-align: right;"><b>20</b></p> <p>9:30 Chair Exercise, GP  <b>10:00 Mass at St. Leo the Great Catholic Church</b>   <b>10:30 † Sunday Morning Church Service with Ordained Anglican Priest Susan Rockwell, GP</b>                  1:30 Relax and Chat, 2LR                  2:15 Bowling Club, GP                  3:30 \$BINGO, GP</p>	<p style="text-align: right;"><b>21</b></p> <p>9:30 Balance Fitness, GP                  10:00 Dominoes, CR                  10:00 Walking Group, MIL                  10:30 \$ BINGO, GP                  1:00 Wellness Program, GP  <b>2:30 Drama Club: Ice-Fishing Novices (ac), GP</b>                  3:30 Handbell Choir, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p> 	<p style="text-align: right;"><b>22</b></p> <p>9:30 Chair Yoga, GP  <b>10:30 Burton Morris Pop Art (ac), GP</b>                  1:00 Wellness Program, GP                  2:00 † Rosary, PDR                  2:30 Book Nook, GP  <b>3:30 National Activities Professionals Week Celebration, Bistro</b>                  4:00 Music w/ Pervaiz, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>23</b></p> <p>9:30 Fun &amp; Fitness, GP  <b>10:15 Kitchen Corner: Double Trouble Chocolate Cookies (ac), GP</b>  <b>10:30 Lunch Bunch: PJ Skidoos</b>                   1:00 Wellness Program, GP                  2:30 Ice Cream Social, Bistro                  3:00 † Bible Study with Chaplain Fasil, GP                  3:30 Bridge/Cards, CR                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>24</b></p> <p>9:30 Fitness Class, GP                  10:00 Walking Group, MIL  <b>10:30 Visits with Rhonda, AF</b>  <b>10:30 † Catholic Mass with St. Leo's the Great, GP</b>                  11:00 Shopping Cart, Bistro                  1:00 Wellness Program, FR*  <b>1:30 Live Music by Jubilee Christian, FR</b>                  2:30 Trivia, GP  <b>2:00 Scenic Drive</b>                   3:30 \$ BINGO, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>25</b></p> <p>9:30 Balance Fitness, GP                  10:00 Trivial Pursuit, FR  <b>10:30 Music Appreciation with Dr. Laura Hills, FR</b>  <b>12:30 Piano with Laura, FR</b>                  1:00 Wellness Program, GP  <b>2:15 Birthday Celebration with the CCWC, Bistro</b>                  3:30 \$BINGO, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>26</b></p> <p>9:30 Slow Movement Exercise Class, GP                  10:30 News Currents, GP                  11:30 Relax &amp; Chat, GP                  1:30 Wii Bowling, GP  <b>2:30 Hot Chocolate &amp; Conversation, Bistro</b>  <b>3:30 \$BINGO w/ the National Charity League Bluebells, GP</b>                  5:45 Evening Movie, GP                  Netflix Wildcard</p>
<p style="text-align: right;"><b>27</b></p> <p>9:30 Chair Exercise, GP  <b>10:00 Mass at St. Leo the Great Catholic Church</b>                   10:30 Hymn Sing, GP                  1:00 Relax &amp; Chat, GP  <b>1:30 Christ Presbyterian Church Service, FR</b>                  2:15 Ladder Ball, GP                  3:30 \$BINGO, GP</p>	<p style="text-align: right;"><b>28</b></p> <p>9:30 Balance Fitness, GP                  10:00 Card Games, CR                  10:00 Walking Group, MIL                  10:30 \$ BINGO, GP                  1:00 Wellness Program, GP  <b>2:00 Making Art with Merri (SIA), GP</b>                  3:30 Handbell Choir Concert, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>29</b></p> <p>9:30 Chair Yoga, GP  <b>10:30 Resident Council Meeting, GP</b>                  11:00 Crossword Puzzle, GP                  1:00 Wellness Program, FR*  <b>1:30 Manicures w/ King of Kings Lutheran Church, GP</b>                  2:00 † Rosary, PDR                  2:30 Book Nook, GP                  3:30 Noodles &amp; Balloons, GP                  4:00 Music w/ Pervaiz, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>30</b></p> <p>9:30 Fun &amp; Fitness, GP  <b>10:30 Picnic Lunch</b>   <b>10:30 † Catholic Eucharist with St. Leo's the Great, AF</b>  <b>10:15 Kitchen Corner: Coffee Cookies (ac), GP</b>                  1:00 Wellness Program, GP                  2:30 Ice Cream Social, Bistro                  3:00 † Bible Study, GP                  3:00 Bride/Cards, CR                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: right;"><b>31</b></p> <p>9:30 Movin' &amp; Groovin' Fitness Class, GP  <b>10:30 Prayer and Positivity Group with Ronda, GP</b>                  11:00 Shopping Cart, Bistro                  1:00 Wellness program, GP  <b>2:00 Scenic Ride</b>                   2:30 Boggle, GP                  3:30 \$ BINGO, GP                  5:45 Evening Movie, GP                  Netflix Wildcard</p>	<p style="text-align: center;"><u><b>Location Key</b></u></p> <p><b>2nd Floor</b> – Living Room  <b>AF</b> - All Floors  <b>CR</b> - Card Room  <b>FP</b> - Front Porch  <b>FR</b> - Family Room  <b>GP</b> - Gathering Place  <b>GB</b> - Greenbriar  <b>MIL</b> – Meet in Lobby  <b>OP</b> - Outside Patio  <b>PDR</b> - Private Dining Room  <b>SIA</b> – Sign up in Advance  <b>(ac)</b>- Activity Connection</p>	 <p style="text-align: center;"><b>ALU</b>                  ASSISTED LIVING UNIT  <b>ACTIVITIES CALENDAR</b></p>