

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# well hello, march

# ALU

ASSISTED LIVING UNIT

## ACTIVITIES CALENDAR

					<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 Mocktail Happy Hour Social, Bistro</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>9:30 Chair Yoga/Slow Movement Exercise, GP  <b>10:00 Mass at St. Leo the Great Catholic Church</b> 🚌  10:30 Positive Stories/Messages, GP  <b>1:00 Protestant Communion with Roger Hartman, FR</b>  1:30 Relax &amp; Chat, GP  2:30 Wheel of Fortune/Hangman, 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 Boggle, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p>9:30 Chair Yoga, GP  10:00 Trivial Pursuit, GP  <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, GP  <b>3:30 Mardi Gras Celebration, Bistro</b>  4:00 🎵 Music with Chaplain Pervaiz, GP  5:45 Evening Movie, GP  <b>Mardi Gras</b></p>	<p>9:30 Fun &amp; Fitness, GP  <b>10:30 Picnic Lunch</b> 🚌  <b>10:30 † Ash Wednesday with St. Leo's the Great, GP</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  Netflix Wildcard  <b>Ash Wednesday</b></p>	<p>9:30 Movin' &amp; Groovin', GP  <b>10:00 March 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: Walmart Shopping Trip</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  10:00 Dominoes, GP  <b>10:30 Crafty Corner: Lucky Leprechaun Wreath (SIA), GP</b>  1:00 Wellness Program, GP  <b>2:00 🎵 Music with Dennis Aguas, FR</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  2:30 Trivial Pursuit, GP  <b>3:30 \$BINGO w/ the National Charity League Bluebells, GP</b>  5:45 Evening Movie, GP  Netflix Wildcard</p>
<p>9:30 Chair Yoga/Slow Movement 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  2:30 Getting to Know You, GP  3:30 \$BINGO, GP  <b>Daylight Saving Time Begins</b></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  2:30 Trivia Time! FR  <b>3:30 🎵 Music with Rick O'Lee, FR</b>  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  2:30 Book Nook, GP  3:30 Chair Soccer, GP  4:00 🎵 Music w/ Chaplain Pervaiz, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p>9:30 Fun &amp; Fitness, GP  <b>10:15 Kitchen Corner: Cinnamon Crinkles, GP</b>  <b>10:30 † Catholic Eucharist w/ St. Leo's the Great, AF</b>  <b>10:30 Lunch Bunch: Denny's</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  Netflix Wildcard</p>	<p>9:30 Movin' &amp; Groovin' Fitness Class, GP  <b>10:30 Prayer and Positivity Visits with Ronda, GP</b>  11:00 Shopping Cart, Bistro  1:00 Wellness Program, GP  <b>2:00 Scenic Ride</b> 🚌  <b>2:30 Travelogue, GP</b>  3:30 \$BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p><b>Calendar Icons</b></p> <ul style="list-style-type: none"> <li>🚌 <b>Outing</b></li> <li>🎵 <b>Musical Program</b></li> <li>† <b>Spiritual Program</b></li> <li>☀️ <b>Outdoor Activity</b></li> </ul> 	<p><b>Location Key</b></p> <ul style="list-style-type: none"> <li>2LR - 2nd floor Living Room</li> <li>AF - All Floors</li> <li>CR - Card Room</li> <li>FP - Front Porch</li> <li>FR - Family Room</li> <li>GP - Gathering Place</li> <li>GB - Greenbriar</li> <li>MIL - Meet in Lobby</li> <li>OP - Outside Patio</li> <li>PDR - Private Dining Room</li> <li>SIA - Sign up in Advance</li> <li>(ac) - Activity Connection</li> </ul>

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Saturday



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## ACTIVITIES CALENDAR

15

9:30 Balance Fitness, GP  
**10:30 🎵 Music Appreciation w/Laura, FR**  
**12:30 🎵 Piano w/ Laura, FR**  
 1:00 Wellness Program, GP  
**2:30 St. Patrick's Day Social, Bistro**  
 3:30 \$BINGO, GP  
**6:00 🎵 Cantabile Orchestra, FR**

16

9:30 Fun & Fitness, GP  
 10:30 News Currents, GP  
 1:30 Card Games, CR  
**2:30 Afternoon Tea, Bistro**  
**3:30 \$BINGO w/ the National Charity League Bluebells, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

17

9:30 Chair Exercise, GP  
**10:00 Mass at St. Leo the Great Catholic Church** 🚌  
**10:30 † Sunday Morning Church Service with Ordained Anglican Priest Susan Rockwell, GP**  
 1:30 Relax and Chat, 2LR  
**2:15 Truth or Blarney(ac),GP**  
 3:30 \$BINGO,GP  
**St. Patrick's Day!**

18

9:30 Balance Fitness, GP  
 10:00 Dominoes, CR  
 10:00 Walking Group, MIL  
 10:30 \$ BINGO, GP  
 1:00 Wellness Program, GP  
**2:30 Drama Club, GP**  
**3:30 🎵 Name that Irish Tune (ac), GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

19

9:30 Chair Yoga, GP  
 10:00 Trivia (ac), GP  
**10:30 🎵 Piano Performance w/ Doug, FR**  
 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

20

9:30 Fun & Fitness, GP  
**10:15 Kitchen Corner: Cinnamon King Cake, GP**  
**10:30 † Catholic Eucharist with St. Leo's the Great, AF**  
**10:30 Picnic Lunch** 🚌  
 1:00 Wellness program, FR  
 2:30 Ice Cream Social  
 3:00 † Bible Study, CR  
 3:30 Bridge/Cards, CR  
 5:45 Evening Movie, GP

21

9:30 Movin' & Groovin',GP  
**10:30 🎵 The Song Masters Music Performance, FR**  
 11:00 Shopping Cart, Bistro  
 1:00 Wellness program, GP  
**2:00 Scenic Ride** 🚌  
 2:30 Walking Group, MIL  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

22

9:30 Balance Fitness, GP  
 10:00 Trivial Pursuit, FR  
**10:30 🎵 Music Appreciation with Dr. Laura Hills, FR**  
**12:30 🎵 Piano w/ Laura, FR**  
 1:00 Wellness Program, GP  
**2:15 Birthday Celebration with the CCWC, Bistro**  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP

23

9:30 Fun & Fitness, GP  
 10:30 News Currents, GP  
 1:30 Wii Games, GP  
 2:30 Trivial Pursuit, GP  
**3:30 \$BINGO w/ the National Charity League Bluebells, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

24

9:30 Chair Exercise, GP  
**10:00 Mass at St. Leo the Great Catholic Church** 🚌  
**10:30 Morning Prayer – Psalm 23 (ac)/Hymn Sing, FR**  
 1:00 Relax & Chat, GP  
 2:15 Wii Games, GP  
 3:30 \$BINGO, GP

25

9:30 Balance Fitness, GP  
 10:00 Card Games, CR  
 10:00 Walking Group, MIL  
 10:30 \$ BINGO, GP  
 1:00 Wellness Program, GP  
**2:00 Making Art with Merri (SIA), GP**  
 3:30 🎵 Handbell Choir, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

26

9:30 Chair Yoga, GP  
**10:30 Resident Council Meeting, GP**  
 1:00 Wellness Program, FR\*  
**1:30 Manicures w/ King of Kings Lutheran Church, GP**  
 2:00 † Rosary, PDR  
 2:30 Book Nook, GP  
 3:30 Noodles & Balloons, GP  
 4:00 Music w/ Pervaiz, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

27

9:30 Fun & Fitness, GP  
**10:15 Kitchen Corner: Cream Cheese Oreo Bars, GP**  
**10:30 Lunch Bunch: Red, Hot & Blue BBQ (Fairfax)** 🚌  
 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

28

9:30 Fitness Class, GP  
 10:00 Walking Group, MIL  
**10:30 Visits with Rhonda, AF**  
**10:30 † Catholic Mass with St. Leo's the Great, GP**  
 11:00 Shopping Cart, Bistro  
 1:00 Wellness Program, FR\*  
**1:30 🎵 Live Music by Jubilee Christian, FR**  
 2:30 Trivia, GP  
**2:00 Scenic Drive** 🚌  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

29

9:30 Balance Fitness, GP  
 10:00 Trivial Pursuit, FR  
**10:30 🎵 Music Appreciation with Dr. Laura Hills, FR**  
**12:30 🎵 Piano with Laura, FR**  
 1:00 Wellness Program, GP  
**2:00 🎵 Sojourners Musical Performance, FR**  
**3:00 Shabbat Service with Rabbi Bruce Aft, PDR**  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

30

9:30 Fun & Fitness, GP  
 10:30 News Currents, GP  
 1:30 Name Five/ Categories , GP  
**2:30 Ice Cream Social, Bistro**  
**3:30 \$BINGO w/ the National Charity League Bluebells, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

31

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  
**2:00 🎵 Violin with Shearom & students, FR**  
 3:30 \$BINGO, GP

