

Sunday

Monday

Tuesday

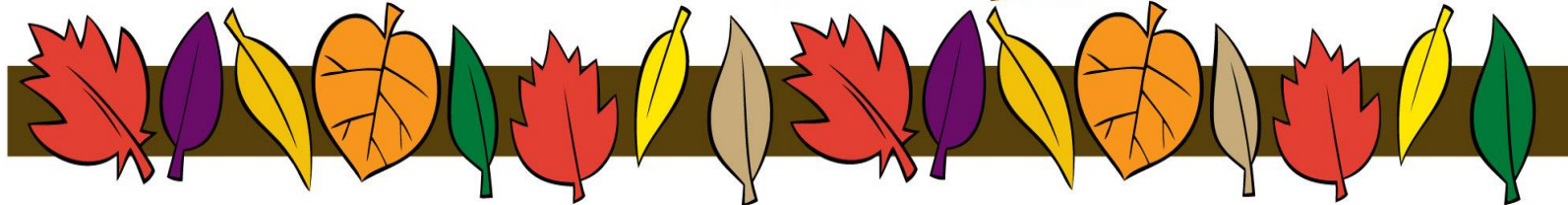
Wednesday

Thursday

Friday

Saturday

November



<p>9:30 Movin' & Groovin', GP 10:00 Book Club, GP 10:30 November IQ, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:00 Scenic Ride: Dunkin' Donuts </p> <p>2:30 Bowling Club, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP 10:30 Music Appreciation with Dr. Laura Hills, FR 12:30 Piano with Dr. Laura Hills, FR 1:00 Wellness Program, GP 2:15 Mixed Media Foil Art (ac), GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Movin' & Groovin' Exercise Program, GP 10:30 News Currents, GP 11:30 Relax & Chat, FR 1:30 Wii Games, GP 2:30 Kitchen Corner: Cheesy Turkey Snack (ac) with NCL, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
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<p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 Chair Yoga, GP 1:00 Protestant Communion with Roger Hartman, FR 1:30 Scrabble, CR 2:00 Discuss and Recall: Macy's Day Parade (ac), GP 3:30 \$BINGO, GP</p> <p>DAYLIGHT SAVINGS</p>	<p>9:30 Balance Fitness, GP 10:00 Dominoes, CR 10:30 \$BINGO, GP 1:00 Wellness program, GP 2:30 Pet Therapy with Fairfax Animal Shelter, GP 3:30 Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Chair Yoga, GP 10:30 Men's Support Group w/ Chaplain Fasil, GP 10:30 Bridge/Cards, CR 1:00 Wellness Program, GP 2:00 Rosary with Bella, CR 2:00 Outing to the Polls </p> <p>2:30 The Wandering Docent Presentation, GP 3:30 Chair Soccer, GP 4:00 Music w/ Chaplain Pervaiz, GP 5:45 Evening Movie, GP</p> <p>ELECTION DAY</p>	<p>9:30 Fun & Fitness, GP 10:30 Picnic Lunch </p> <p>10:30 Catholic Eucharist with St. Leo's the Great, AF 10:30 Walking Group, MIL 1:00 Wellness Program, GP 2:30 Ice Cream Social, Bistro 3:00 Bible Study, GP 3:00 Bridge/Cards, CR 3:30 Inflatable Ring Toss, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 Resident's Choice, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:00 Scenic Ride </p> <p>2:30 NEW* Music Performance w/Rick Lee, FR 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP 10:00 Dominoes, GP 10:30 Kitchen Corner: Spiced Pumpkin Cookies (ac), GP 1:00 Wellness Program, GP 2:15 Birthday Celebration with the Clifton Community Women's Club, Bistro </p> <p>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 2:30 Paper Airplane Race (ac), GP 3:00 \$BINGO w/ the National Charity League Bluebells, GP 4:00 JM Youth Orchestra Performance, FR</p>
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<p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 Catholic Jubilee Church Service, GP 11:30 Relax & Chat, GP 1:30 \$BINGO, GP 3:00 Veteran's Day Pinning Ceremony with Heartland, FR 4:00 Refreshments, Bistro</p> <p>HAPPY VETERAN'S DAY</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 NEW* Community Service Committee Meeting, GP 3:30 Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 AM Stretch, GP 10:30 Kitchen Corner: Easy Biscuit Pumpkin Loaf (ac), GP 11:00 Crossword Puzzle, GP 1:00 Wellness Program, GP 1:30 Menu Planning Meeting, 2nd Floor 2:00 Rosary with Bella, CR 2:30 Book Nook, GP 3:30 Volleyball, GP 4:00 Music w/ Chaplain Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Fun & Fitness, GP 10:30 Catholic Eucharist w/ St. Leo's the Great, AF 10:30 Horoscopes, GP 10:30 Lunch Bunch: Famous Dave's </p> <p>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>
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Calendar Icons

- Outing**
- Musical Program**
- Spiritual Program**
- Outdoor Activity**

Location Key

- 2nd 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

ALU
ASSISTED LIVING UNIT

ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November</h1>						

15	16	17	18	19	20	21	22	23	24
9:30 Movin' & Groovin' Fitness Class, GP 10:30 Getting to Know You Ball Toss, GP 11:00 Shopping Cart, Bistro 1:00 Wellness program, GP 2:00 Scenic Ride: Chantilly Dog Park 2:30 Walking Group, MIL 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard	9:30 Balance Fitness, GP 10:30 Music Appreciation w/Laura, FR (SIA), GP 12:00 Men's Luncheon (SIA), GP 12:30 Piano w/ Laura, FR 1:00 Wellness Program, GP 2:15 Travelogue: In Search of the Queen of Sheba (ac), GP 3:30 \$BINGO, GP 6:00 Cantabile Orchestra, FR	9:30 Fun & Fitness, GP 10:30 News Currents, GP 1:30 Card Games, CR 2:30 Maggie Lubinski String Orchestra Performance, FR 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard	9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church 10:30 Pender United Methodist Church Service/Hymn Sing, GP 1:00 Scrabble, GP 1:30 Hangman, GP 2:30 Ladder Ball, GP 3:30 \$BINGO, GP Thanksgiving Buffet 11-1	9:30 Balance Fitness, GP 10:00 Dominoes, CR 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 1:30 Front Porch Tales, OP 2:30 Drama Club: Friendsgiving (ac), GP 3:30 Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard 	9:30 Chair Yoga, GP 10:30 Piano Performance w/ Doug, FR 1:00 Wellness Program, GP 2:00 † Rosary, CR 2:30 Book Nook, GP 3:30 Chair Soccer, GP 4:00 Music with Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard	9:30 Fun & Fitness, GP 10:30 Catholic Eucharist, AF 10:30 Music Appreciation with Dr. Laura Hills, FR 12:00 Piano with Laura, FR 10:30 Picnic Lunch 1:00 Wellness program, FR* 2:00 Thanksgiving Table Décor with Sandi's Floral Creations, LLC, GP 3:00 † Bible Study, CR 5:45 Evening Movie, GP	9:30 Fitness Class, GP 10:00 Macy's Day Parade Viewing, FR 11:00 Shopping Cart, Bistro 1:00 Gratitude Turkey Craft (ac), GP 2:00 \$ BINGO, GP 	9:30 Balance Fitness, GP 10:00 Morning News, GP 10:30 NEW* Rebel Whist Card Game (ac), GP 1:00 Wellness Program, GP 2:30 Friendsgiving Mocktails, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard	9:30 Slow Movement Exercise Class, GP 10:30 News Currents, GP 11:30 Relax & Chat, GP 1:30 Wii Bowling, GP 2:30 Boggle, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard
25	26	27	28	29	30				
9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church 10:30 Hymn Sing, GP 11:30 Relax & Chat, GP 1:00 Dominoes/Card Games, CR 1:30 Christ Presbyterian Church Service, FR 3:30 \$BINGO, GP	9:30 Balance Fitness, GP 10:00 Card Games, CR 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 2:00 Making Art with Merri (SIA), GP 3:30 Handbell Choir Concert, GP 5:45 Evening Movie, GP Netflix Wildcard 	9:30 Chair Yoga, GP 10:30 Resident Council Meeting, GP 11:00 Crossword Puzzle, GP 1:00 Wellness Program, FR* 1:30 Manicures w/ King of Kings Lutheran Church, GP 2:00 † Rosary, CR 2:30 Book Nook, GP 3:30 Noodles & Balloons, GP 4:00 Music w/ Pervaiz, GP 5:45 Evening Movie, GP	9:30 Fun & Fitness, GP 10:30 Who Am I? (ac), GP 10:30 Lunch Bunch: Crossroads (Manassas) 1:00 Wellness Program, GP 2:00 Monthly Health Talk, 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	9:30 Fitness Class, GP 10:00 Walking Group, MIL 10:30 Catholic Mass with St. Leo's the Great, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 1:30 Live Music by Jubilee Christian, FR 2:30 Computer Skills Class, GP 2:00 Scenic Drive 3:30 \$ BINGO, GP 5:45 Evening Movie, GP	9:30 Balance Fitness, GP 10:00 Trivial Pursuit, FR 10:30 Music Appreciation with Dr. Laura Hills, FR 12:00 Piano with Laura, FR 1:00 Wellness Program, GP 2:30 A Friendly Game of Family Feud (ac), GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard	 ACTIVITIES CALENDAR			