

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DECEMBER

ASSISTED LIVING UNIT (ALU) ACTIVITIES CALENDAR

						<p>9:30 Movin' & Groovin' Exercise Program, GP 10:30 News Currents, GP 1:30 Wii Games, GP 2:30 Christmas Craft with NCL, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
<p>2 10:00 Mass at St. Leo the Great Catholic Church  10:00 Christmas Musical: Here Comes Heaven at the Christian Jubilee Center  1:00 Protestant Communion with Roger Hartman, FR 2:00 Technology Class with Roshaan, GP 3:30 \$BINGO, GP</p>	<p>3 9:30 Balance Fitness, GP 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>4 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 2:30 Book Nook with Pam, GP 3:30 Sojourner's Holiday Music, FR 6:00  Holiday Music with The Adventist Academy, FR</p>	<p>5 9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Chex Mix Christmas Crack, GP 10:30 † Catholic Eucharist with St. Leo's the Great, AF 10:30 Picnic Lunch  1:00 Wellness Program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, GP 3:00 Bride/Cards, CR 3:30 Chanukah Celebration with Chabad Tyson, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>6 9:30 Movin' & Groovin', GP 10:00 December IQ, GP 10:30 Getting to Know You Game, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:00 Scenic Ride  2:30 Bowling Club, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard </p>	<p>7 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 Egg Nog and Cookies Social, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>8 9:30 Chair Yoga, GP 10:30 News Currents, GP 1:00  Sheen Music Studio Performance, FR 2:30 Trivial Pursuit, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 6:00 Scenic Ride: One Loudon Christmas Lights/Mormon Temple  </p>
<p>9 9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 † Christian Jubilee Church Service, GP 1:30  Girl Scouts Troop 1383 Christmas Caroling, AF 2:30 Noodles & Balloons, GP 3:30 \$BINGO, GP 6:00  Little Angels Orchestra, FR</p>	<p>10 9:30 Balance Fitness, GP 10:00 Walking Group, MIL 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 1:30 Wii Games, GP 2:30 Community Service Committee Meeting, GP 3:30  Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>11 9:30 AM Stretch, GP 10:30 Scrooge (Bah! Humbug!) Card Game (ac), GP 11:00 Crossword Puzzle, GP 1:00 Wellness Program, GP 1:30 Menu Planning Meeting, FR* 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>12 9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Chocolate Chip Cashew Cookies, GP 10:30 Catholic Eucharist, AF 10:30 Lunch Bunch: Olive Garden  1:00 Wellness program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, GP 3:30 Wii Bowling, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>13 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 Pictionary, GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard 6:00 Scenic Ride: Bull Run Park Christmas Lights  </p>	<p>14 9:30 Balance Fitness, GP 10:00 Dominoes, GP 10:30  Singing Time! (Christmas songs), GP 12:00 Men's Luncheon (SIA), GP 1:00 Wellness Program, GP 2:15 Birthday Celebration with the Clifton Community Women's Club, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP </p>	<p>15 9:30 Chair Yoga, GP 10:30  The Christmas Cantata, FR 1:30 News Currents, GP Hangman, GP 2:30  Cello Recital with Tan, FR 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>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 🎵 Jost Piano Studio, GP 2:30 Ladder Ball, GP 3:30 \$BINGO, GP</p> 	<p>17</p> <p>9:30 Balance Fitness, GP 10:00 King of Kings Play with Chaplain Pervaiz, GP* 1:00 Wellness Program, GP 1:30 Wii Games, GP 2:00 Making Art with Merri (SIA), GP* 3:30 🎵 Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>18</p> <p>9:30 Chair Yoga, GP 10:30 🎵 Piano Performance w/ Doug, FR 1:00 Wellness Program, FR* 1:30 King of Kings Lutheran Church Manicures, GP 2:00 † Rosary, CR 2:30 Book Nook, GP 3:30 Chair Soccer, GP 4:00 🎵 Music w/Pervaiz, GP 5:45 Evening Movie, GP</p> 	<p>19</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Christmas Tree Brownies, GP 10:30 Catholic Eucharist, AF 10:30 Picnic Lunch  1:00 Wellness program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, GP 5:45 Evening Movie, GP</p> 	<p>20</p> <p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 Scrooge (Bah! Humbug!) Card Game (ac), GP 11:00 Shopping Cart, Bistro 1:00 Wellness program, GP 2:00 Scenic Drive  2:30 Walking Group, MIL 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>21</p> <p>9:30 Balance Fitness, GP 10:00 Morning News, GP 10:30 🎵 Music Appreciation with Dr. Laura Hills, FR 12:30 🎵 Piano with Laura, FR 1:00 Wellness Program, GP 2:30 Holiday Social and meet & Greet Santa (John Grimsley), Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>22</p> <p>9:30 Chair Yoga, GP 10:30 News Currents, GP 1:30 Card Games, CR 2:30 Christmas Caroling with NCL, AF 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 
<p>23</p> <p>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</p> 	<p>24</p> <p>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 Christmas Eve Egg Nog Social, Bistro 3:30 🎵 Handbell Choir Concert, GP 6:00 Jubilee Christian Christmas Carols, FR</p> 	<p>25</p> <p>9:30 Chair Yoga, GP 10:30 Sounds of the Season Sing A Long (ac), GP 11:00 Card Games, CR 1:00 Wellness Program, FR* 2:30 Matinee Christmas Movie, GP</p> 	<p>26</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Ginger Bread House, GP 10:30 Lunch Bunch: Esposito's  1:00 Wellness Program, GP 2:00 Monthly Health Talk, GP 2:30 Ice Cream Social 3:00 † Bible Study with Chaplain Fasil, GP 3:30 Chair Soccer, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>27</p> <p>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 Netflix Wildcard</p>	<p>28</p> <p>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 2:30 Noodles and Balloons, GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>29</p> <p>9:30 Chair Yoga, GP 10:30 News Currents, GP 1:30 Dominos, CR 2:00 Bowling, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 
<p>30</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 New Year's Resolutions Discussion, GP 3:30 \$BINGO, GP</p>	<p>31</p> <p>9:30 Balance Fitness, GP 10:00 Card Games, CR 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 2:30 🎵 New Year's Eve Music Appreciation with Dr. Laura Hills, FR 3:30 New Year's Eve Bash!, Bistro 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>ASSISTED LIVING UNIT (ALU) ACTIVITIES CALENDAR</p> <p>December</p> 		<p>Location Key</p> <p>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</p>	<p>Calendar Icons</p> <p> Outing  Musical Program † Spiritual Program  Outdoor Activity</p> 	<p>ALU</p> <p>ASSISTED LIVING UNIT</p> <p>ACTIVITIES CALENDAR</p>