

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# ALU

ASSISTED LIVING UNIT

## ACTIVITIES CALENDAR

### Location Key

- AF - All Floors
- CR - Card Room
- FP - Front Porch
- FR - Family Room
- GP - Gathering Place
- GB - Greenbriar
- OP - Outside Patio
- 2<sup>nd</sup> Floor - Living Room
- PDR - Private Dining Room
- MIL - Meet in Lobby

Any additions or changes to the calendar will be posted on the daily schedule.

Each activity runs for a minimum of 30 minutes.

\* Eucharist every Wednesday at 10:00 AM



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 Ground Hog Day Social, Bistro**  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Movin' & Groovin' Exercise Program, GP  
 10:30 News Currents, GP  
**11:30 Ground Hog Day Coloring Pages (ac), CR**  
**1:30 The Furry Forecaster Mad Lib (ac), GP**  
**2:30 "Me and My Shadow" Game (ac), GP**  
**3:30 \$BINGO w/ the National Charity League Bluebells, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard


**10:00 Mass at St. Leo the Great Catholic Church**   
 10:30 Chair Yoga/Slow Movement Exercise, GP  
**11:00 Well-Grounded: The Story of Groundhogs Day (ac), GP**  
**1:00 Protestant Communion with Roger Hartman, FR**  
 2:15 Hangman, GP  
 3:30 \$BINGO, GP  
**6:00 Super Bowl Sunday, GP**

9:30 Balance Fitness, GP  
 10:00 Walking Group, MIL  
 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



9:30 Chair Yoga, GP  
 10:00 Walking Group, MIL  
**10:30 Men's Support Group w/ Chaplain Fasil, PDR**  
**10:30 Valentine Wreath Crafting, GP**  
 1:00 Wellness Program, GP  
 2:00 † Rosary, PDR  
 2:30 Book Nook, GP  
 3:30 Chair Soccer, GP  
 4:00 Music with Chaplain Pervaiz, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Fun & Fitness, GP  
**10:30 Picnic Lunch**   
**10:15 Kitchen Corner: Bread Machine Banana Nut Bread (ac), GP**  
**10:30 † Catholic Eucharist with St. Leo's the Great, AF**  
 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

9:30 Movin' & Groovin', GP  
**10:00 February IQ, GP**  
**10:30 Prayer and Positivity Group with Ronda, 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

9:30 Balance Fitness, GP  
 10:00 Dominoes, GP  
**10:30 Celebrating African American History Month (ac), GP**  
**12:00 Men's Luncheon (SIA), GP**  
 1:00 Wellness Program, GP  
**2:15 Chinese New Year Celebration, Bistro**  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Chair Yoga, GP  
 10:30 News Currents, GP  
 11:30 Puzzle, CR  
 1:30 Dominoes, GP  
 2:30 Bowling, GP  
**3:30 \$BINGO w/ the National Charity League Bluebells, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

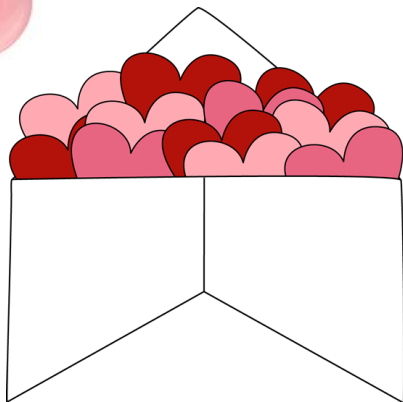















9:30 Chair Exercise, GP  
**10:00 Mass at St. Leo the Great Catholic Church**   
**10:30 † Christian Jubilee Church Service, GP**  
 11:30 Relax & Chat, GP  
 1:30 Wii Bowling, GP  
**2:15 Mad Libs: A Mixed Up Fairytale (ac), GP**  
 3:30 \$BINGO, GP

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 Who Am I? (ac), GP**  
 3:30 Handbell Choir, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard



9:30 AM Stretch, GP  
 10:00 Random Trivia (ac), GP  
 11:00 Word Games, GP  
 1:00 Wellness Program, GP  
**1:30 Menu Planning Meeting w/ Dietary Department, FR**  
 2:00 † Rosary, PDR  
 2:30 Chair Soccer, GP  
 4:00 Music w/ Chaplain Pervaiz, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard



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	<p><b>Location Key</b></p> <p><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>OP</b> - Outside Patio  <b>2nd Floor</b> – Living Room  <b>PDR</b> - Private Dining Room  <b>MIL</b> – Meet in Lobby</p>	<p><b>Calendar Icons</b></p> <p> <b>Outing</b>   <b>Musical Program</b>   <b>Church Service</b>   <b>Outdoor Activity</b>   <b>Golden Ticket</b></p> <p>If you wish to attend a bus ride or outing, please see an activity team member. These events have limited seating availability and we ask that you sign up in advance!</p>	<p>9:30 Fun &amp; Fitness, GP  <b>10:15 Kitchen Corner: Veggie Tortellini Salad (ac), GP</b>  <b>10:30 † Catholic Eucharist w/ St. Leo's the Great, AF</b>  <b>10:30 Lunch Bunch: PF Changs</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 Visits with Rhonda, AF</b>  <b>10:30 Love Songs with Gurda Williams, GP</b>  11:00 Shopping Cart, Bistro  1:00 Wellness Program, GP  <b>2:00 Scenic Ride</b>   <b>2:30 Valentine's Day Sweet Heart Social, Bistro</b>  3:30 \$BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</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>2:15 Happy Hour Social, Bistro</b>  3:30 \$BINGO, GP  <b>6:00 Cantabile Orchestra, FR</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>17  9:30 Chair Exercise, GP  <b>10:00 Mass at St. Leo the Great Catholic Church</b>   <b>10:30 † Sunday Morning Church Service w/ Ordained Anglican Priest Susan Rockwell, GP</b>  1:30 Relax and Chat, 2LR  <b>2:00 Pet Therapy with The National Charity League, GP</b>  3:30 \$BINGO, GP</p>	<p>18  9:30 Balance Fitness, GP  10:00 Dominoes, CR  10:30 \$ BINGO, GP  1:00 Wellness Program, GP  <b>2:30 Drama Club: Hansel and Gretel vs. Ms. 'Whitch' (ac), GP</b>  3:30 Handbell Choir, GP  5:45 Evening Movie, GP  Netflix Wildcard</p> 	<p>19  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  <b>2:15 Old Dominion Duo Performance, FR</b>  3:30 Book Nook, GP  4:00 Music with Pervaiz, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p>20  9:30 Fun &amp; Fitness, GP  <b>10:15 Kitchen Corner: Pink Cream Cheese Oreo Cookies, GP</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  <b>3:00 Our Town Topics: Foundations of Washington with Elaine Flynn, FR</b>  5:45 Evening Movie, GP</p>	<p>21  9:30 Movin' &amp; Groovin', GP  10:00 Trivia, 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: Dunkin' Donuts</b>   <b>2:30 Travelogue: Travelling the Underground Railroad(ac), GP</b>  3:30 \$ BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p>22  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>23  9:30 Slow Movement Exercise Class, GP  10:30 News Currents, GP  11:30 Relax &amp; Chat, GP  1:30 Wii Bowling, GP  <b>2:00 Ester Piano Studio Performance, FR</b>  <b>3:30 \$BINGO w/ the National Charity League Bluebells, GP</b>  5:45 Evening Movie, GP  Netflix Wildcard</p>
<p>24  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>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  <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>26  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</p>	<p>27  9:30 Fun &amp; Fitness, GP  <b>10:15 Kitchen Corner: Loaded Avocado Dip</b>  <b>10:30 † Catholic Eucharist w/ St. Leo's the Great, AF</b>  <b>10:30 Lunch Bunch: PF Changs</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>28  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>	