

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 Yoga/Slow Movement Exercise Class, GP</p> <p>1:00 Protestant Communion with Roger Hartman, FR</p> <p>1:30 Outdoor Visits, FP</p> <p>2:00 Fun Sponge Fireworks Craft (ac), GP</p> <p>3:30 \$BINGO, GP</p> 	<p>2</p> <p>9:30 Balance Fitness, GP</p> <p>10:00 Front Porch Relax & Chat, FP ☀</p> <p>10:30 \$ BINGO, GP</p> <p>1:15 Wellness program, GP</p> <p>1:30 Outdoor Visits, OP ☀</p> <p>2:00 Gardening, OP ☀</p> <p>2:30 Pet Therapy with Fairfax Animal Shelter, GP</p> <p>3:30 🎵 Hand bell Choir, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p> 	<p>3</p> <p>9:30 Chair Yoga, GP</p> <p>10:00 Walking Group, MIL</p> <p>10:30 Men's Support Group w/ Chaplain Fasil, GP</p> <p>10:30 Bridge/Cards, CR</p> <p>11:00 Crossword Puzzle with Bianca, GP</p> <p>1:15 Wellness Program, GP</p> <p>2:00 † Rosary with Bella, CR</p> <p>2:30 Tie Dye T-Shirts, GP</p> <p>3:30 Chair Soccer, GP</p> <p>4:00 🎵 Music with Pervaiz, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>4</p> <p>9:30 Fun & Fitness, GP</p> <p>10:00 4th of July Trivia, GP</p> <p>10:30 † Catholic Eucharist with St. Leo's the Great, AF</p> <p>10:30 4th of July Fairfax City Parade Viewing, FR</p> <p>1:15 Wellness Program, GP</p> <p>2:30 Independence Day Red Velvet Cupcakes, GP</p> <p>4:00 American Tunes Karaoke, GP</p> <p>5:45 Evening Movie, GP</p> <p>Happy 4th of July!</p>	<p>5</p> <p>9:30 Movin' & Groovin' Fitness Class, GP</p> <p>10:00 Book Club with Martha Boone, GP</p> <p>10:30 July IQ (Trivia), GP</p> <p>11:00 Shopping Cart, Bistro</p> <p>11:00 Card Games, CR</p> <p>1:15 Wellness Program, GP</p> <p>2:30 Ladder Ball, GP</p> <p>2:00 Scenic Drive </p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p> 	<p>6</p> <p>9:30 Balance Fitness, GP</p> <p>10:30 🎵 Music Appreciation w/Laura, FR</p> <p>11:00 Front Porch Short Stories, FP ☀</p> <p>12:30 🎵 Piano w/ Laura, FR</p> <p>2:00 A Scientific Patriotic Cocktail Experiment, GP</p> <p>3:30 \$BINGO, GP</p> <p>5:30 4th of July Extravaganza!</p> 	<p>7</p> <p>9:30 Movin' & Groovin' Exercise Program, GP</p> <p>10:30 News Currents, GP</p> <p>11:30 Front Porch Relax & Chat ☀</p> <p>1:30 \$BINGO, GP</p> <p>2:30 "Go Fish" Card Game, CR</p> <p>3:30 Happy Feet Cloggers Performance, FR</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p> 
<p>8</p> <p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 † Christian Jubilee Church Service, GP</p> <p>1:30 Hangman, GP</p> <p>2:30 Remembering the Beach Sensory Presentation (ac), GP</p> <p>3:30 \$BINGO, GP</p> 	<p>9</p> <p>9:30 Balance Fitness, GP</p> <p>10:00 Front Porch Relax & Chat, FP ☀</p> <p>10:30 \$ BINGO, GP</p> <p>1:15 Wellness Program, GP</p> <p>1:30 Outdoor Relax & Chat, OP ☀</p> <p>2:30 Resident Volleyball Game, GP</p> <p>3:30 🎵 Hand bell Choir, GP</p> <p>5:45 Evening Movie, GP</p> 	<p>10</p> <p>9:30 AM Stretch, GP</p> <p>10:00 Walking Group, MIL</p> <p>10:30 Bridge Club, CR</p> <p>11:00 Crossword Puzzle, GP</p> <p>1:15 Wellness Program, GP</p> <p>1:30 Menu Planning Meeting, 2nd Floor</p> <p>2:00 † Rosary with Bella, CR</p> <p>2:30 Book Nook w/ Pam, GP</p> <p>3:30 Chair Soccer, GP</p> <p>4:00 🎵 Music w/ Chaplain Pervaiz, GP</p> <p>5:45 Evening Movie, GP</p>	<p>11</p> <p>9:30 Fun & Fitness, GP</p> <p>10:30 † Catholic Eucharist with St. Leo's the Great ,AF</p> <p>10:30 Gardening, OP ☀</p> <p>10:30 Lunch Bunch: Red, Hot & Blue BBQ </p> <p>1:15 Wellness program, GP</p> <p>2:30 Ice cream Social, Bistro</p> <p>3:00 † Bible Study w/ Chaplain Fasil, GP</p> <p>3:30 Bridge/Cards, CR</p> <p>3:30 Volleyball Game, GP</p> <p>5:45 Evening Movie, GP</p>	<p>12</p> <p>9:30 Movin' & Groovin' Fitness Class, GP</p> <p>10:00 Walking Group, MIL</p> <p>10:30 Bowling Club, GP</p> <p>11:00 Shopping Cart, Bistro</p> <p>1:15 Wellness Program, GP</p> <p>2:30 State Plate Game (ac), GP</p> <p>2:00 Scenic Drive</p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p> 	<p>13</p> <p>9:30 Balance Fitness, GP</p> <p>10:30 Firework Paintings, GP</p> <p>12:00 Men's Luncheon (SIA), GP</p> <p>1:15 Wellness Program, GP</p> <p>2:30 Happy Hour Social, Bistro</p> <p>3:30 \$BINGO, GP</p> <p>5:45 Evening Movie, GP</p> 	<p>14</p> <p>9:30 Chair Yoga, GP</p> <p>10:30 News Currents, GP</p> <p>1:30 Wheel of Fortune, GP</p> <p>2:30 🎵 Name that Tune, FR</p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p> 
<p>15</p> <p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 † Pender United Methodist Church Service, GP</p> <p>1:30 Hangman, GP</p> <p>2:30 Ladder Ball, GP</p> <p>3:30 \$BINGO, GP</p> 	<p>16</p> <p>9:30 Balance Fitness, GP</p> <p>10:00 Front Porch Relax & Chat, FP ☀</p> <p>10:30 \$ BINGO, GP</p> <p>1:00 Wellness Program, GP</p> <p>1:30 Front Porch Tales, FP ☀</p> <p>2:30 Resident Basketball Game, GP</p> <p>3:30 🎵 Hand bell Choir, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>17</p> <p>9:30 Chair Yoga, GP</p> <p>10:30 🎵 Piano w/ Doug, FR</p> <p>10:30 Bridge/Cards, CR</p> <p>11:00 Crossword Puzzle with Bianca, GP</p> <p>1:00 Wellness Program, GP</p> <p>2:00 † Rosary with Bella, CR</p> <p>2:30 Book Nook with Pam, GP</p> <p>3:30 Chair Soccer, GP</p> <p>4:00 🎵 Music with Pervaiz, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>				

ASSISTED LIVING (ALU) Activities Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

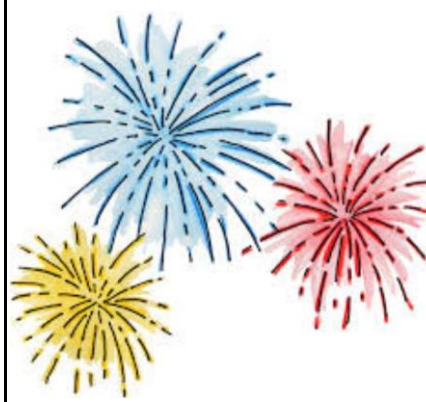
Saturday

Assisted Living Unit (ALU)

Activities Calendar

LOCATION KEY

- 2nd Floor – Living Room
- AF - All Floors
- BS – Beauty Salon
- CR - Card Room
- FP - Front Porch
- FR - Family Room
- GP - Gathering Place
- GB - Greenbriar
- MIL – Meet in Lobby
- OP - Outside Patio/Gazebo
- PDR - Private Dining
- (SIA) – Sign up in Advance



18

9:30 Fun & Fitness, GP
10:00 Resident's Choice, GP
10:30 † Catholic Eucharist with St. Leo's the Great, AF
10:30 Name that Tune, GP
10:30 Picnic Lunch Outing

1:15 Wellness program, GP
2:30 Ice Cream Social, Bistro
3:00 † Bible Study, GP
3:30 Bridge/Cards, CR
3:30 Basketball Game, GP
5:45 Evening Movie, GP

19

9:30 Movin' & Groovin' Fitness Class, GP
10:00 Walking Group, MIL
10:30 Getting to Know you Ball Toss, GP
11:00 Shopping Cart, Bistro
11:00 Card Games, CR
1:15 Wellness program, GP
1:30 LIVE! Music with Norm Voss, FR
2:00 Scenic Drive
2:30 Trivial Pursuit, FR
3:30 \$ BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard

20

9:30 Balance Fitness, GP
10:00 Positive News Stories, FR
10:30 🎵 Music Appreciation w/Laura, FR
11:00 Front Porch Visits, FP
12:30 🎵 Piano w/ Laura, FR
1:15 Wellness Program, GP
2:30 Month of July Birthday Celebration with the Clifton Community Women's Club, Bistro ★
3:30 \$BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard

21

9:30 Fun & Fitness, GP
10:30 News Currents, GP
1:30 Uno/Card Games, CR
2:30 Wheel of Fortune, GP
3:30 \$ BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard



Happy Birthday Celesta!

22

10:00 Mass at St. Leo the Great Catholic Church

10:00 Balance Fitness, GP
11:00 † Hymn Singing, GP
1:30 Christ Presbyterian Church Service, FR
1:30 Wii Games, GP
2:30 Hidden Fruits and Vegetables (ac), GP
3:30 \$ BINGO, GP

23

9:30 Balance Fitness, GP
10:00 Front Porch Relax & Chat, FP ☀️
10:30 \$ BINGO, GP
1:15 Wellness Program, GP
1:30 Outdoor Visits, FP ☀️
2:30 Word Power, GP
3:30 🎵 Hand bell Choir, GP
5:45 Evening Movie, GP
Netflix Wildcard



24

9:30 AM Stretch, GP
10:00 Walking Group, MIL
10:30 Bridge/Cards, CR
11:00 Crossword Puzzle, GP
1:15 Wellness Program, GP
2:00 † Rosary with Bella, CR
2:30 Book Nook with Pam, GP
3:30 Chair Soccer, GP
4:00 🎵 Music w/ Chaplain Pervaiz, GP
5:45 Evening Movie, GP

25

9:30 Fun & Fitness, GP
10:30 Travelogue, GP
10:30 Lunch Bunch: Red Robbin

1:15 Wellness Program, GP
2:00 Monthly Health Talk with Snigdha, GP
3:00 † Bible Study, GP
3:30 Bridge/Cards, CR
3:30 Basketball Game, GP
5:45 Evening Movie, GP
Happy Birthday Catherine!

26


9:30 Fitness Class, GP
10:30 † Catholic Mass with St. Leo's the Great, GP
10:30 Card Games, CR
11:00 Shopping Cart, Bistro
1:15 Wellness Program, GP
1:30 🎵 Live Music by Jubilee Christian, FR
2:30 Computer Class, GP
2:00 Scenic Drive
3:30 \$ BINGO, GP
5:45 Evening Movie, GP

27

9:30 Balance Fitness, GP
10:00 Trivial Pursuit, GP
10:30 🎵 Music Appreciation with Dr. Laura Hills, FR
12:00 🎵 Piano with Laura, FR
1:15 Wellness Program, GP
2:30 Giant Jenga, GP
3:30 \$BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard

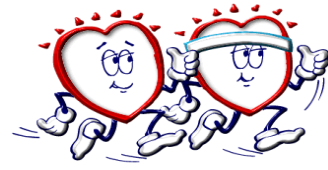
28

9:30 Slow Movement Exercise Class, GP
10:30 News Currents, GP
1:30 Uno/Card Games, CR
2:30 Name that Tune, FR
3:30 \$ BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard



29

9:30 Balance Fitness, GP
10:30 † Christian Jubilee Church Service, GP
1:30 Getting to Know you Ball Toss, GP
2:30 Wii Bowling, GP
3:30 \$BINGO, GP



30

9:30 Balance Fitness, GP
10:00 Front Porch Relax & Chat, FP ☀️
10:30 \$ BINGO, GP
1:15 Wellness Program, GP
1:30 Outdoor Visits, FP ☀️
2:00 Making Art with Victoria (SIA), GP
3:30 🎵 Hand bell Choir, GP
5:45 Evening Movie, GP
Netflix Wildcard

31

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 Chair Soccer, GP
4:00 Music w/ Pervaiz, GP
5:45 Evening Movie, GP



ASSISTED LIVING (ALU) Activities Calendar