

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# JUNE



## Assisted Living Unit (ALU) Activities

### LOCATION KEY

- 2<sup>nd</sup> 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

9:30 Balance Fitness, GP  
**10:30 Music Appreciation with Dr. Laura Hills, FR**  
**12:00 Piano with Laura, FR**  
 1:00 Wellness Program, GP  
**2:30 National Donut Day Celebration (80<sup>th</sup> Anniversary), Bistro**  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Fun & Fitness, GP  
 10:30 News Currents, GP  
 11:30 Front Porch Relax & Chat ☀  
 1:30 Wii Games, GP  
 1:30 Card Games, CR  
**2:30 JM Youth Orchestra Performance, FR**  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

**10:00 Mass at St. Leo the Great Catholic Church** 🚌  
 10:30 Positive Messages & Short Stories, GP  
**2:00 Providence Singers Performance, FR**  
 3:30 \$BINGO, GP  
**6:00 Little Angel's Orchestra Performance, FR**

9:30 Balance Fitness, GP  
 10:00 Front Porch Relax & Chat, FP ☀  
 10:30 \$ BINGO, GP  
 1:00 Wellness program, GP  
 1:30 Outdoor Visits, FP ☀  
**2:30 Pet Therapy with Fairfax Animal Shelter, GP**  
 3:30 Hand bell Choir, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Fun & Fitness, GP  
 10:00 Walking Group, MIL  
**10:30 Men's Support Group w/ Chaplain Fasil, GP**  
 10:30 Bridge/Cards, CR  
 11:00 Crossword Puzzle with Bianca, GP  
 1:00 Wellness Program, GP  
**2:00 Rosary with Bella, CR**  
 2:30 Outdoor iSpy, FP ☀  
 3:30 Chair Soccer, GP  
 4:00 Music with Pervaiz, GP  
 5:45 Evening Movie, GP

9:30 Fun & Fitness, GP  
 10:00 Trivial Pursuit, GP  
**10:30 Catholic Eucharist with St. Leo's the Great, AF**  
**10:00 Picnic Lunch Outing** 🚌  
 10:30 Rhythm Band, GP  
 1:00 Wellness Program, GP  
 2:30 Ice Cream Social, Bistro  
 3:00 Bridge/Cards, CR  
**3:30 DC Mad Science Show, GP**  
 5:45 Evening Movie, GP

9:30 Balance Fitness, GP  
 10:00 Walking Group, MIL  
**10:30 June IQ (Trivia), GP**  
 11:00 Shopping Cart, Bistro  
 11:00 Card Games, CR  
 1:00 Wellness Program, GP  
 2:30 Ladder Ball, GP  
**2:30 Scenic Drive** 🚌  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Balance Fitness, GP  
**10:30 Kitchen Corner**  
 11:00 Front Porch Short Stories, FP ☀  
 1:00 Wellness Program, GP  
**2:30 Banana Split Day Celebration, 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 Front Porch Relax & Chat ☀  
 1:30 Ladder ball, GP  
 1:30 Card Games, CR  
 2:30 Kids performs Broadway, GP  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

**10:00 Mass at St. Leo the Great Catholic Church** 🚌  
**10:30 Christian Jubilee Church Service, GP**  
 1:30 Hangman, GP  
 2:30 BINGO, GP  
**3:30 Ester's Piano Recital, FR**



Father's Day Buffet!

9:30 Balance Fitness, GP  
 10:00 Front Porch Relax & Chat, FP ☀  
 10:30 \$ BINGO, GP  
 1:00 Wellness Program, GP  
 1:30 Front Porch Tales, FP ☀  
 2:30 Resident Volleyball Game, GP  
 3:30 Handbell Choir, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Fun & Fitness, GP  
 10:00 Walking Group, MIL  
 10:30 Bridge/Table Games, CR  
**11:00 Crossword Puzzle with Bianca, GP**  
 1:00 Wellness Program, GP  
**1:30 Menu Planning Meeting, PDR**  
**2:00 Rosary with Bella, CR**  
 2:30 Book Nook, GP  
 3:30 Chair Soccer, GP  
 4:00 Music w/ Chaplain Pervaiz, GP  
 5:45 Evening Movie, GP











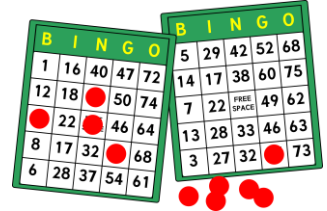
9:30 Fun & Fitness, GP  
**10:30 Catholic Eucharist with St. Leo's the Great, AF**  
 10:30 Gardening, OP ☀  
**10:30 Lunch Bunch: Chuy's Mexican Grille** 🚌  
 1:00 Wellness program, GP  
**2:30 Swirlies Ice Cream Truck, FP ☀**  
**3:00 Bible Study w/ Chaplain Fasil, GP**  
 3:30 Bridge/Cards, CR  
 3:30 Volleyball Game, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Fun & Fitness, GP  
 10:00 Walking Group, MIL  
 10:30 Bowling, GP  
 11:00 Shopping Cart, Bistro  
 11:00 Board Games, CR  
 1:00 Wellness Program, GP  
**2:30 "It's a Grand Old Flag" Flag Day Program (ac), GP**  
**2:30 Scenic Drive**  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Balance Fitness, GP  
**10:30 Music Appreciation w/Laura, FR**  
 11:30 Relax & Chat, FP ☀  
**12:00 Men's Luncheon (SIA), GP**  
**12:30 Piano w/ Laura, FR**  
 1:00 Wellness Program, GP  
 2:30 Boggle, GP  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP

9:30 Chair Yoga, GP  
 10:30 News Currents, GP  
 11:30 Front Porch Relax & Chat ☀  
 1:30 Wheel of Fortune, GP  
 2:30 Name that Tune, FR  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard



<p align="center"><b>17</b></p> <p><b>10:00 Mass at St. Leo the Great Catholic Church</b>   <b>10:30 Pender United Methodist Church Service, FR</b>  <b>1:30 † Sunday Service with Christ Presbyterian Church, GP</b>  <b>2:30 Father's Day Celebration, Bistro</b>  3:30 \$ BINGO, GP</p> <p align="center"><i>Happy Father's Day!</i></p> 	<p align="center"><b>18</b></p> <p>9:30 Balance Fitness, GP  10:00 Front Porch Relax &amp; Chat, FP ☀️  10:30 \$ BINGO, GP  1:00 Wellness Program, GP  1:30 Outdoor Visits, FP ☀️  <b>2:30 🎵 Old Dominion Duo LIVE Music Performance, FR</b>  3:30 🎵 Handbell Choir, GP  5:45 Evening Movie, GP  Netflix Wildcard</p> 	<p align="center"><b>19</b></p> <p>9:30 Balance Fitness, GP  10:00 Walking Group, MIL  <b>10:30 🎵 Piano with Doug, FR</b>  1:00 Wellness Program, GP  <b>2:00 † Rosary with Bella, CR</b>  2:30 Book Nook, GP  2:30 Outdoor Relax &amp; Chat, FP ☀️  3:30 Chair Soccer, GP  4:00 Music w/ Chaplain Pervaiz, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p align="center"><b>20</b></p> <p>9:30 Fun &amp; Fitness, GP  10:00 Resident's Choice, GP  <b>10:30 † Catholic Eucharist with St. Leo's the Great, AF</b>  10:30 Name that Tune, GP  <b>10:30 Picnic Lunch Outing</b>   1:00 Wellness program, GP  2:30 Ice Cream Social, Bistro  <b>3:00 † Bible Study w/ Chaplain Fasil, GP</b>  3:30 Bridge/Cards, CR  3:30 Basketball Game, GP  5:45 Evening Movie, GP</p> 	<p align="center"><b>21</b></p> <p>9:30 Fun &amp; Fitness, 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  1:00 Wellness program, GP  2:30 Basketball Game, GP  <b>2:30 Scenic Drive</b>  3:30 \$ BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p align="center"><b>22</b></p> <p>9:30 Balance Fitness, GP  10:00 Positive News Stories, FR  10:30 Karaoke/Sing A Long, GP  1:00 Wellness Program, GP  <b>2:30 Month of June Birthday Celebration with the Clifton Community Women's Club, Bistro</b> ★  3:30 \$BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p> <p align="center"><i>Happy Take Your Dog to Work Day!</i></p>	<p align="center"><b>23</b></p> <p>9:30 Fun &amp; Fitness, GP  10:30 News Currents, GP  11:30 Front Porch Relax &amp; Chat ☀️  1:30 Uno/Card Games, CR  2:30 Wheel of Fortune, GP  3:30 \$ BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p> 
<p align="center"><b>24</b></p> <p><b>10:00 Mass at St. Leo the Great Catholic Church</b>   10:00 Balance Fitness, GP  11:00 † Hymn Singing, GP  <b>1:30 Christ Presbyterian Church Service, FR</b>  1:30 Wii Games, GP  2:30 Wheel of Fortune, GP  3:30 \$ BINGO, GP</p> 	<p align="center"><b>25</b></p> <p>9:30 Balance Fitness, GP  10:00 Front Porch Relax and Chat, FP ☀️  10:30 \$ BINGO, GP  1:00 Wellness Program, FR*  <b>2:00 Making Art with Merri Interactive Program (SIA), GP</b>  <b>3:30 🎵 Resident Handbell Choir Concert, GP</b>  4:30 Outdoor Visits, FP☀️  5:45 Evening Movie, GP  Netflix Wildcard</p> 	<p align="center"><b>26</b></p> <p>9:30 Warming Up, GP  10:00 Walking Group, MIL  <b>10:30 Resident Council Meeting, GP</b> ★  11:00 Crossword Puzzle with Bianca, GP  1:00 Wellness Program, GP  <b>2:00 † Rosary with Bella, CR</b>  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 align="center"><b>27</b></p> <p>9:30 Fun &amp; Fitness, GP  10:00 Dominoes, CR  <b>10:30 † Catholic Eucharist with St. Leo's the Great, AF</b>  10:30 Travelogue, GP  <b>10:30 Lunch Bunch: Viaggio Italian Restaurant (Clifton)</b>   1:00 Wellness Program, GP  <b>2:00 Health Talk with Snigdha, GP</b>  2:30 Ice Cream Social, Bistro  <b>3:00 † Bible Study w/ Chaplain Fasil, GP</b>  3:30 Bridge/Cards, CR  3:30 Basketball, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p align="center"><b>28</b></p> <p>9:30 Balance Fitness, GP  10:00 Walking Group, MIL  <b>10:30 † Catholic Mass with St. Leo's the Great Catholic Church, GP</b>  10:30 Card Games, CR  11:00 Shopping Cart, Bistro  11:00 Board Game, CR  1:00 Wellness Program, GP  <b>1:30 🎵 Live Music by Jubilee Christian, FR</b>  2:30 Computer Class, GP  <b>2:30 Scenic Drive</b>  3:30 \$ BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p align="center"><b>29</b></p> <p>9:30 Balance Fitness, GP  10:00 Trivial Pursuit, GP  <b>10:30 🎵 Music Appreciation with Dr. Laura Hills, FR</b>  <b>12:00 🎵 Piano with Laura, FR</b>  1:00 Wellness Program, GP  <b>1:00 Manicures with King of Kings Lutheran Church, Bistro</b>  2:30 Getting to Know You Ball Toss, GP  3:30 \$BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p>	<p align="center"><b>30</b></p> <p>9:30 Fun &amp; Fitness, GP  10:30 News Currents, GP  11:30 Front Porch Relax &amp; Chat ☀️  1:30 Uno/Card Games, CR  2:30 Name that Tune, FR  3:30 \$ BINGO, GP  5:45 Evening Movie, GP  Netflix Wildcard</p> 

# JUN



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