

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# well hello, march

**Assisted Living Unit (ALU)**

The Gardens at Fair Oaks

4310 Forest Hill Drive Fairfax, Virginia 22030

(703) 278-1001



9:30 Balance Fitness, GP <sup>1</sup>  
**10:30 March IQ (Trivia), GP**  
 11:00 Shopping Cart, Bistro  
**1:00 Wellness Program, FR**  
**2:00 Purim Celebration with Chabad Tysons, GP**  
**2:30 Scenic Drive**   
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Balance Fitness, GP <sup>2</sup>  
**10:30 You be the Judge FR**  
 11:30 Trivial Pursuit, FR  
**1:00 Wellness Program, GP**  
**2:00 Paper Lantern Craft (ac), GP**  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

9:30 Fun & Fitness, GP <sup>3</sup>  
 11:00 News Currents, GP  
 1:30 Golf, GP  
 2:30 Name That Tune, FR  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>4</sup>  
**10:00 Mass at St. Leo the Great Catholic Church**   
 10:00 Balance Fitness, GP  
 11:00 † Hymn Singing, GP  
**1:00 Protestant Communion with Roger Hartman, FR**  
 2:30 Ask Me Anything, GP  
 3:30 \$BINGO, GP

<sup>5</sup>  
 9:30 Balance Fitness, GP  
 10:30 \$ BINGO, GP  
 1:00 Wellness program, FR  
**2:30 Fairfax Animal Shelter, GP**   
**3:30 Hand bell Choir, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>6</sup>  
 9:30 Fun & Fitness, GP  
**10:30 Men's Support Group w/ Chaplain Fasil, CR**  
 10:30 Crossword Puzzle, GP  
 11:30 Uno, CR  
 1:00 Wellness Program, FR  
**2:00 † Rosary, CR**  
**2:30 The Wandering Docent, GP**  
 3:30 Chair Soccer, GP  
**4:00 Music with Chaplain Pervaiz, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>7</sup>  
 9:30 Fun & Fitness, GP  
**10:30 † Catholic Eucharist, FR**  
**10:30 Picnic Lunch Outing**   
 10:30 Trivial pursuit, GP  
 1:30 Wellness Program, FR  
 2:30 Ice Cream Social, Bistro  
**3:00 Mad Science Show, GP**   
 5:45 Evening Movie, GP

<sup>8</sup>  
 9:30 Fun & Fitness, GP  
**10:00 International Women's Day Discussion, GP**  
 11:00 Shopping Cart, Bistro  
 1:00 Wellness Program, FR  
**2:00 Write you own Limerick/ Poetry Group, GP**  
**2:30 Scenic Drive**  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>9</sup>  
 9:30 Balance Fitness, GP  
 10:30 Newspaper Articles, GP  
**11:00 March Madness Basketball Game, GP**  
 1:00 Wellness Program, FR  
**2:00 Kitchen Corner: Minty Shamrock Parfaits (ac), GP**  
 3:30 \$BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>10</sup>  
 9:30 Movin' & Groovin' Exercise Program, GP  
 10:30 News Currents, GP  
 1:30 Personalized Playlists, FR  
**2:00 Spring Break Travelogue with Tropical Fruit Smoothies, GP**  
 3:30 \$ BINGO, GP  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>11</sup>  
**10:00 Mass at St. Leo the Great Catholic Church**   
**10:30 † Christian Jubilee Church Service, FR**  
 1:30 \$ BINGO, GP  
 3:00 This Week in History, GP  
**3:30 Name that Irish Tune, GP**

<sup>12</sup>  
 9:30 Balance Fitness, GP  
 10:30 \$ BINGO, GP  
 11:30 Boggle, GP  
 1:00 Wellness Program, FR  
 2:30 Balloon Volleyball, GP  
**3:30 Handbell Choir, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>13</sup>  
 9:30 Fun & Fitness, GP  
 10:30 Crossword Puzzle, GP  
 11:30 Name that Tune, GP  
 1:00 Wellness Program, FR  
**1:30 Menu Planning Meeting, PDR**  
**2:00 † Rosary, PDR**  
 2:30 Book Nook, GP  
 3:30 Chair Soccer, GP  
**4:00 Music w/ Chaplain Pervaiz, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>14</sup>  
 9:30 Fun & Fitness, GP  
 10:30 † Catholic Eucharist, AF  
 10:30 Uno, CR  
**10:30 Lunch Bunch: Cracker Barrel**   
 11:00 Knitting Club, GP  
 1:30 Wellness program, FR  
 2:30 Ice Cream Social, Bistro  
**3:00 † Bible Study w/ Fasil, CR**  
**3:30 Irish Folks Who Am I? Game (ac), GP**  
 5:45 Evening Movie, GP

<sup>15</sup>  
 9:30 Fun & Fitness, GP  
**10:30 Resident Choir/Voice Showcase, GP**  
 11:00 Shopping Cart, Bistro  
 1:00 Wellness program, FR  
 2:30 Boggle, GP  
**2:30 Scenic Drive**  
 3:30 \$ BINGO  
 5:45 Evening Movie, GP  
 Netflix Wildcard

<sup>16</sup>  
 9:30 Balance Fitness, GP  
**10:30 Music Appreciation w/Laura, FR**  
 11:30 Brain Teasers, FR  
**12:00 Men's Luncheon (SIA), Bistro**  
**12:30 Piano w/ Laura, FR**  
 1:30 Wellness Program, FR  
**2:30 Shamrock Shake and Shmingle Social, Bistro**  
 3:30 \$BINGO, GP  
**6:00 Cantible Orchestra Performance, FR**

<sup>17</sup>  
**9:30 Celtic Themed Exercise, GP**  
 10:30 News Currents, GP  
 1:30 \$BINGO, GP  
**3:00 Truth or Blarney (True or False game), GP**  
**3:30 Happy Feet Cloggers, GP**  
 5:45 Evening Movie, GP  
 Netflix Wildcard



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## Assisted Living Unit (ALU)

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4310 Forest Hill Drive Fairfax, Virginia 22030

703-278-1001



### Location Key

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

### Calendar Icons

- Outing
- Musical Program
- Spiritual Program
- Outdoor Activity
- Golden Ticket

If you wish to attend a bus ride or outing, please see an activity team member. These events have limited

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**

18	19	20	21	22	23	24
<p><b>10:00 Mass at St. Leo the Great Catholic Church</b> </p> <p><b>10:30 Pender United Methodist Church Service, FR</b></p> <p><b>1:30 † Sunday Service with Christ Presbyterian Church, GP</b></p> <p><b>2:00 Saadia Family Piano Recital, FR</b></p> <p>3:30 \$ BINGO, GP</p>	<p>9:30 Balance Fitness, GP</p> <p>10:30 \$ BINGO, GP</p> <p>11:30 Hangman, GP</p> <p><b>1:00 Wellness Program, FR</b></p> <p><b>2:30  District Music Performance , FR</b></p> <p>3:30 Wheel of Fortune, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP</p> <p><b>10:30  Piano with Doug, GP</b></p> <p><b>11:30 Passover with Chabad Tysons, GP</b></p> <p><b>1:00 Wellness Program, FR</b></p> <p>2:00 † Rosary, PDR</p> <p>2:30 Book Nook, GP</p> <p>3:30 Chair Soccer, GP</p> <p><b>4:00 Music w/ Chaplain Pervaiz, GP</b></p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Fun &amp; Fitness, GP</p> <p>10:30 † Catholic Eucharist, FR</p> <p>10:30 Dominoes, GP</p> <p><b>10:30 Picnic Lunch Outing</b> </p> <p>11:00 Dominoes, GP</p> <p><b>1:00 Wellness program, FR</b></p> <p>2:30 Ice Cream Social, Bistro</p> <p><b>3:00 † Bible Study w/ Fasil, CR</b></p> <p>3:30 Boggle, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p><b>9:30 Balance Fitness, GP</b></p> <p>10:30 † Catholic Mass, GP</p> <p>10:30 Card Games, CR</p> <p>11:00 Shopping Cart, Bistro</p> <p><b>1:00 Wellness Program, FR</b></p> <p><b>1:30  Live Music by Jubilee Christian, FR</b></p> <p><b>2:30 Computer Skills Class, GP</b></p> <p><b>2:30 Scenic Drive</b></p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP</p> <p><b>10:00 Can't Egg-nore Door Décor (ac), GP</b></p> <p><b>10:30  Music Appreciation with Laura, FR</b></p> <p><b>11:30 Basketball Trivia, FR</b></p> <p><b>12:30  Piano with Laura, FR</b></p> <p><b>1:00 Wellness Program, GP</b></p> <p><b>2:30 Birthday Celebration with the CCWC, Bistro</b> </p> <p>3:30 \$BINGO, GP</p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Fun &amp; Fitness, GP</p> <p><b>10:30 Zion Church International Easter Service, FR</b></p> <p>1:30 Boggle, 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>
25	26	27	28	29	30	31
<p><b>10:00 Mass at St. Leo the Great Catholic Church</b> </p> <p>10:00 Balance Fitness, GP</p> <p>11:00 † Hymn Singing, GP</p> <p><b>1:30 Christ Presbyterian Church Service, FR</b></p> <p>1:30 Wii Wheel of Fortune, GP</p> <p><b>2:30 Academy Awards Winners Hangman, GP</b></p> <p>3:30 \$ BINGO, GP</p>	<p>9:30 Balance Fitness, GP</p> <p>10:30 \$ BINGO, GP</p> <p>11:30 Name that Tune, GP</p> <p><b>1:00 Wellness Program, FR</b></p> <p>1:30 UNO, GP</p> <p>2:30 Balloon Volleyball, GP</p> <p><b>3:30  Handbell Choir Concert, GP</b></p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Warming Up, GP</p> <p><b>10:30 Resident Council Meeting, GP</b></p> <p>11:00 Crossword Puzzle, GP</p> <p><b>1:00 Wellness Program, FR</b></p> <p>1:30 Hangman, GP</p> <p>2:00 † Rosary, PDR</p> <p>2:30 Book Nook, GP</p> <p>3:30 Chair Soccer, GP</p> <p><b>4:00 Music w/ Chaplain Pervaiz, GP</b></p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Fun &amp; Fitness, GP</p> <p>10:30 † Catholic Eucharist, FR</p> <p><b>10:30 Lunch Bunch: Red Hot &amp; Blue BBQ</b> </p> <p><b>11:00 Travelogue: Ireland, GP</b></p> <p>1:00 Wellness Program, FR</p> <p>2:30 Ice Cream Social, Bistro</p> <p><b>3:00 † Bible Study w/ Fasil, CR</b></p> <p>3:30 Ask Me Anything, GP</p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Fun &amp; Fitness, GP</p> <p><b>10:30 Scrambled Eggs Game (ac), GP</b></p> <p>11:00 Shopping Cart, Bistro</p> <p><b>1:00 Wellness Program, FR</b></p> <p>2:00 Resident's Choice Board Game, GP</p> <p><b>2:30 Scenic Drive</b></p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP</p> <p><b>10:00 Friday Trivia, FR</b></p> <p><b>10:30  Music Appreciation w/Laura, FR</b></p> <p><b>12:30  Piano w/ Dr. Laura Hills, FR</b></p> <p><b>1:00 Wellness program, GP</b></p> <p><b>2:00 Easter Egg Decorating, GP</b></p> <p>3:30 \$BINGO, GP</p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Fun &amp; Fitness, GP</p> <p>10:30 News Currents, GP</p> <p>1:30 Baggo, GP</p> <p><b>2:30 Easter Egg Hunt, GP</b></p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>