

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

**ALU**

**Activities Calendar**

**The Gardens at Fair Oaks Assisted Living**

<p><b>ALU</b></p> <p><b>Activities Calendar</b></p> <p><b>The Gardens at Fair Oaks Assisted Living</b></p>	<p><b>1</b></p> <p>9:30 Balance Fitness, GP 10:00 Card Games, CR 10:30 \$ BINGO, GP 1:00 Wellness program, GP 1:30 Relax &amp; Chat, FP ☀️ <b>2:30 Pet Therapy with Fairfax Animal Shelter, GP</b> 3:30 🎵 Hand bell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>2</b></p> <p>9:30 Chair Yoga, GP <b>10:30 Men's Support Group w/ Chaplain Fasil, GP</b> 10:30 Bridge/Cards, CR 11:00 Crossword Puzzle, GP 1:00 Wellness Program, GP 2:00 † Rosary with Bella, CR 2:30 Book Nook, GP 3:30 Chair Soccer, GP 4:00 🎵 Music with Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>3</b></p> <p>9:30 Fun &amp; Fitness, GP <b>10:30 Picnic Lunch</b> 🚌 <b>10:30 † Catholic Eucharist with St. Leo's the Great, AF</b> <b>10:30 🎵 Music Appreciation w/Laura, FR</b> <b>12:30 🎵 Piano w/ Laura, FR</b> 1:00 Wellness Program, GP 2:30 Scrabble, GP 3:00 † Bible Study, GP 3:30 Bridge/Cards, CR 3:30 Volleyball Game, GP 5:45 Evening Movie, GP</p>	<p><b>4</b></p> <p>9:30 Movin' &amp; Groovin', GP 10:00 Book Club, GP <b>10:30 October IQ, GP</b> 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP <b>1:30 Hartland Orchard: Apple Picking</b> 🚌 2:30 Scrapbooking, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>5</b></p> <p>9:30 Balance Fitness, GP <b>10:30 Hocus Pocus Door Décor (ac), GP</b> 1:00 Wellness Program, GP <b>2:30 Mocktail Tasting, Bistro</b> 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>6</b></p> <p>9:30 Movin' &amp; Groovin' Exercise Program, GP 10:30 News Currents, GP 11:30 Relax &amp; Chat, FP ☀️ 1:30 Wii Games, GP <b>2:30 NEW* Dictionary Dive (ac), GP</b> 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
<p><b>7</b></p> <p><b>10:00 Mass at St. Leo the Great Catholic Church</b> 🚌 10:30 Yoga/Slow Movement Exercise Class, GP <b>1:00 Protestant Communion with Roger Hartman, FR</b> 1:30 Wii Games, GP 2:30 Therapeutic Coloring/Art, GP 3:30 \$BINGO, GP</p>	<p><b>8</b></p> <p>9:30 Balance Fitness, GP <b>10:00 Columbus Day Trivia and Discussion (ac), CR</b> 10:30 \$ BINGO, GP 1:00 Wellness Program, GP <b>2:30 Sail on By for Columbus Day Cocktails, Bistro</b> <b>3:30 Pumpkin Painting with the NCL Blue Bells, GP</b> 5:45 Evening Movie, GP Netflix Wildcard <b>Columbus Day (US)</b></p>	<p><b>9</b></p> <p>9:30 AM Stretch, GP 10:00 Walking Group, MIL 10:30 Hangman, GP 1:00 Wellness Program, GP <b>1:30 Menu Planning Meeting, 2nd Floor</b> 2:00 † Rosary, CR 2:30 Book Nook, GP 3:30 Chair Soccer, GP 4:00 🎵 Music with Chaplain Pervaiz, GP 5:45 Evening Movie, GP</p>	<p><b>10</b></p> <p>9:30 Fun &amp; Fitness, GP <b>10:30 † Catholic Eucharist w/ St. Leo's the Great, AF</b> 10:30 Dominoes, CR 10:30 Therapeutic Art, GP <b>10:30 Lunch Bunch: BRIO Tuscan Grille</b> 🚌 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</p>	<p><b>11</b></p> <p>9:30 Movin' &amp; Groovin' Fitness Class, GP 10:30 Bowling Club, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:00 Tri-ominos (Dominoes with a Twist), GP <b>2:00 Scenic Drive</b> 🚌 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>12</b></p> <p>9:30 Balance Fitness, GP 10:00 Dominoes, GP <b>10:30 Kitchen Corner: Candy Corn Cookies (ac), GP</b> 1:00 Wellness Program, GP 2:30 Boggle/Word Games, GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>13</b></p> <p>9:30 Chair Yoga, GP 10:30 News Currents, GP 11:30 Relax &amp; Chat, FP ☀️ 1:30 Wheel of Fortune, GP 2:30 You Be the Judge/ Dear Abby Advice Columns, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
<p><b>14</b></p> <p><b>10:00 Mass at St. Leo the Great Catholic Church</b> 🚌 <b>10:30 † Christian Jubilee Church Service, GP</b> 11:30 Relax &amp; Chat, FP ☀️ 1:30 Hangman, GP 2:30 Ladder ball, GP 3:30 \$BINGO, GP</p>	<p><b>15</b></p> <p>9:30 Balance Fitness, GP 10:00 Card Games, CR 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 1:30 Relax &amp; Chat, FP ☀️ <b>2:30 Spider Web Ornament (ac), GP</b> 3:30 🎵 Hand bell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>16</b></p> <p>9:30 Chair Yoga, GP <b>10:30 🎵 Piano w/ Doug, FR</b> 11:00 Crossword Puzzle, GP 1:00 Wellness Program, GP 2:00 † Rosary, CR 2:30 Book Nook, GP 3:30 Chair Soccer, GP 4:00 🎵 Music with Chaplain Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p><b>17</b></p> <p>9:30 Fun &amp; Fitness, GP 10:30 Table Games, CR 10:30 Technology Class, GP <b>10:30 † Catholic Eucharist, AF</b> <b>10:30 Picnic Lunch Outing</b> 🚌 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</p>			



# **ALU**

## **Activities Calendar**

### **The Gardens at Fair Oaks Assisted**

### **Calendar Icons**






-  **Outing**
-  **Musical Program**
-  **Spiritual Program**
-  **Outdoor Activity**
-  **Resident Cost**

### **Location Key**

- 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 Room
  - SIA** – Sign up in Advance

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

**Each activity runs for a minimum of 30 minutes.**

<b>18</b>	<b>19</b>	<b>20</b>
<p>9:30 Movin' &amp; Groovin' Fitness Class, GP</p> <p>10:00 Walking Group, MIL</p> <p>10:30 Would You Rather, GP</p> <p>11:00 Shopping Cart, Bistro</p> <p>11:00 Card Games, CR</p> <p>1:00 Wellness program, GP</p> <p><b>2:00 Scenic Drive</b> </p> <p>2:30 Trivial Pursuit, FR</p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Balance Fitness, GP</p> <p><b>10:30 🎵 Music Appreciation w/Laura, FR</b></p> <p><b>12:00 Men's Luncheon (SIA), GP</b></p> <p><b>12:30 🎵 Piano w/ Laura, FR</b></p> <p>1:00 Wellness Program, GP</p> <p><b>2:30 Travelogue: A White House Tour (ac), 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>11:30 Front Porch Relax &amp; Chat ☀</p> <p>1:30 Uno/Card Games, CR</p> <p>2:30 Wheel of Fortune, GP</p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>
<b>21</b>	<b>22</b>	<b>23</b>
<p><b>10:00 Mass at St. Leo the Great Catholic Church</b> </p> <p><b>10:30 † Pender United Methodist Church Service, GP</b></p> <p>11:30 Relax &amp; Chat, FP ☀</p> <p>1:30 Hangman, GP</p> <p>2:30 Ladder Ball, GP</p> <p>3:30 \$BINGO, GP</p>	<p>9:30 Balance Fitness, GP</p> <p>10:00 Coloring Pages, CR</p> <p>10:30 \$ BINGO, GP</p> <p>1:00 Wellness Program, GP</p> <p>1:30 Relax &amp; Chat, FP ☀</p> <p><b>2:30 NEW* Community Service Committee Meeting, GP</b></p> <p>3:30 🎵 Hand bell Choir, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Chair Yoga, GP</p> <p><b>10:30 Drama Club (ac), GP</b></p> <p>11:00 Crossword Puzzle, GP</p> <p>1:00 Wellness Program, GP</p> <p>2:00 † Rosary, CR</p> <p>2:30 Book Nook, GP</p> <p>3:30 Chair Soccer, GP</p> <p>4:00 🎵 Music with Chaplain Pervaiz, GP</p> <p>5:45 Evening Movie, GP</p>
<b>24</b>	<b>25</b>	<b>26</b>
<p>9:30 Fun &amp; Fitness, GP</p> <p><b>10:30 Kitchen Corner: Sweet Pumpkin Shake (ac), GP</b></p> <p><b>10:30 Lunch Bunch: Silver Diner</b> </p> <p>1:00 Wellness Program, GP</p> <p>2:30 Ice Cream Social, Bistro</p> <p>3:00 † Bible Study, GP</p> <p>3:30 Bridge/Cards, CR</p> <p>3:30 Basketball, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Fitness Class, GP</p> <p><b>10:30 † Catholic Mass with St. Leo's, GP</b></p> <p>11:00 Shopping Cart, Bistro</p> <p>1:00 Wellness Program, GP</p> <p><b>1:30 🎵 LIVE Music with the Christian Jubilee, FR</b></p> <p>2:30 Computer Skills Class, GP</p> <p><b>2:00 Cox Farm: Pumpkin Picking</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>10:00 Trivial Pursuit, FR</p> <p><b>10:30 🎵 Music Appreciation with Dr. Laura Hills, FR</b></p> <p><b>12:00 🎵 Piano with Laura, FR</b></p> <p>1:00 Wellness Program, GP</p> <p><b>2:30 Birthday Celebration with the Clifton Community Women's Club, Bistro</b> ★</p> <p>3:30 \$BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>
<b>27</b>	<b>28</b>	<b>29</b>
<p>9:30 Slow Movement Exercise Class, GP</p> <p>10:30 News Currents, GP</p> <p>11:30 Relax &amp; Chat, GP</p> <p>1:30 Uno/Card Games, CR</p> <p>2:30 Boggle, GP</p> <p><b>3:30 \$BINGO w/ the National Charity League Bluebells, GP</b></p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<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 Games, GP</p> <p>2:30 Resident Volleyball Game, GP</p> <p>3:30 \$ BINGO, GP</p>	<p>9:30 Balance Fitness, GP</p> <p><b>10:00 Coffee and Donut Cart, AF</b></p> <p>10:30 \$ BINGO, GP</p> <p>1:00 Wellness Program, GP</p> <p>1:30 Resident's Choice Wii Game, GP</p> <p><b>2:00 Making Art with Merri (SIA), GP</b></p> <p>3:30 🎵 Hand bell Choir, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>
<b>30</b>	<b>31</b>	
<p>9:30 Chair Yoga, GP</p> <p><b>10:30 Resident Council Meeting, GP</b> ★</p> <p><b>11:00 Halloween Hangman (ac), GP</b></p> <p>1:00 Wellness Program, FR*</p> <p><b>1:30 Manicures w/ King of Kings Lutheran Church, GP</b></p> <p>2:00 † Rosary, CR</p> <p>2:30 Book Nook, GP</p> <p>3:30 Chair Soccer, GP</p> <p>4:00 🎵 Music with Chaplain Pervaiz, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Fun &amp; Fitness, GP</p> <p><b>10:30 Pumpkin Carving Contest Voting, Bistro</b></p> <p><b>10:30 † Catholic Eucharist w/ St. Leo's, AF</b></p> <p><b>10:30 Picnic Lunch Outing</b> </p> <p>1:00 Wellness program, GP</p> <p><b>2:30 Halloween Monster Mash Bash, Bistro</b></p> <p>3:00 † Bible Study, GP</p> <p><b>3:30 Trick Or Treating, AF</b></p> <p>5:45 Evening Movie, GP</p> <p><b>Halloween</b></p>	