

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February

The Gardens at Fair Oaks Assisted Living
4310 Forest Hill Drive Fairfax, VA 22030
(703) 278-1001

9:30 Balance Fitness, GP ¹
10:30 Virginia International University (VIU) Presentation, GP ★
11:00 Shopping Cart, Bistro
11:30 Chair Cardio, FR
1:00 Wellness Program, FR
2:00 Boggle, GP
2:30 Scenic Drive 🚗
3:30 \$ BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard

9:30 Balance Fitness, GP ²
10:00 Groundhog's Day Results & Discussion, GP
10:30 🎵 **Music Appreciation w/Laura, FR**
11:30 Chair Cardio, FR
12:30 🎵 **Piano w/ Dr. Laura Hills, FR**
1:00 Wellness program, FR
2:30 Groundhog's Day Celebration, Bistro
3:30 \$BINGO, GP
5:45 Evening Movie, GP

9:30 Movin' & Groovin' Exercise Program, GP ³
10:30 News Currents, GP
1:30 Personalized Playlists, FR
2:00 Heart Strings Card Making (ac), GP
3:30 \$ BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard

⁴
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 Super Bowl Themed Party, Bistro
3:30 \$BINGO, GP
6:30 SUPER BOWL, GP

⁵
9:30 Balance Fitness, GP
10:30 \$ BINGO, GP
11:30 Chair Cardio. FR
1:00 Wellness program, FR
2:30 Fairfax Animal Shelter, GP ★
3:30 🎵 **Hand bell Choir, GP**
5:45 Evening Movie, GP

⁶
9:30 Fun & Fitness, GP
10:30 Crossword Puzzle, GP
11:30 Chair Cardio, FR
1:00 Wellness Program, FR
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

⁷
9:30 Fun & Fitness, GP
10:30 † Catholic Eucharist, FR
10:30 Picnic Lunch Outing 🚗
10:30 Getting to Know You Program, GP
11:30 Chair Cardio, FR
1:30 Wellness Program, FR
2:30 Ice Cream Social, Bistro
3:00 Mad Science Show, GP ★
5:45 Evening Movie, GP

⁸
9:30 Fun & Fitness, GP
10:00 Tissue paper Flower Craft, GP 🌸
11:00 Shopping Cart, Bistro
11:30 Chair Cardio, FR
1:00 Wellness Program, FR
2:00 Love is in the Air Trivia (ac), FR
2:30 Scenic Drive
3:30 \$ BINGO, GP
5:45 Evening Movie, GP

⁹
9:30 Balance Fitness, FR*
10:00 Care with Love Paint and Sip Art Class, GP ★
11:30 Chair Cardio, FR
1:00 Wellness Program, FR
2:30 Smooth Operator Drama Club Skit (ac), GP
3:30 \$BINGO, GP
5:45 Evening Movie, GP

¹⁰
9:30 Chair Yoga, GP
10:30 News Currents, GP
1:30 Golf, GP
2:30 🎵 **Name That "Heart" Tune (ac), FR**
3:30 \$ BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard

¹¹
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 Valentine's Day Card Making, GP

¹²
9:30 Balance Fitness, GP
10:30 \$ BINGO, GP
11:30 Chair Cardio, FR
1:00 Wellness Program, FR
2:30 John Lewis: Civil Rights Leader and Politician (ac), GP
3:30 🎵 **Handbell Choir, GP**
5:45 Evening Movie, GP
Netflix Wildcard

¹³
9:30 Fun & Fitness, GP
10:30 Crossword Puzzle, GP
11:30 Chair Cardio, FR
1:00 Wellness Program, FR
1:30 Menu Planning Meeting, PDR
2:00 † Rosary, PDR
2:30 Book Nook, GP
3:00 Mardi Gras Celebration, Bistro
4:00 Music w/ Chaplain Pervaiz, GP
5:45 Evening Movie, GP
Netflix Wildcard

¹⁴
9:30 Fun & Fitness, GP
10:30 † Catholic Eucharist, AF
10:30 Spin-o-Matic Sentiments Game (ac), GP
10:30 Lunch Bunch: Sakura Japanese Steakhouse 🚗
11:30 Chair Cardio, FR
1:30 Wellness program, FR
2:30 Valentine's Day Social, Bistro 🍷
3:30 Love is in the Air Mad Libs (ac), GP
5:45 Evening Movie, GP

¹⁵
9:30 Fun & Fitness, GP
10:30 Virginia International University (VIU) Presentation, GP ★
11:00 Shopping Cart, Bistro
11:30 Chair Cardio, FR
1:30 Wellness program, FR
2:30 Word Power, GP
2:30 Scenic Drive
3:30 \$ BINGO
5:45 Evening Movie, GP
Netflix Wildcard

¹⁶
9:30 Balance Fitness, GP
10:30 🎵 **Music Appreciation with Laura, FR**
11:30 Chair Cardio, FR
12:30 🎵 **Piano with Laura, FR**
1:00 Wellness Program, FR
2:30 Chinese New Year Celebration, Bistro
3:30 \$BINGO, GP
5:45 Evening Movie, GP

¹⁷
9:30 Fun & Fitness, GP
10:30 News Currents, GP
1:30 Boggle, GP
2:30 🎵 Name That Tune, FR
3:30 \$ BINGO, GP
5:45 Evening Movie, GP
Netflix Wildcard

February 2018

Sunday

Monday



Tuesday

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Friday

Saturday

18	19	20	21	22	23	24	
<p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 Pender United Methodist Church Service, FR</p> <p>1:30 † Sunday Service with Christ Presbyterian Church, GP</p> <p>2:30 Wii Bowling, GP</p> <p>3:30 \$ BINGO, GP</p>	<p>9:30 Balance Fitness, GP</p> <p>10:30 \$ BINGO, GP</p> <p>11:30 Chair Cardio, FR</p> <p>1:00 Wellness Program, GP</p> <p>2:30 🎵 Old Dominion Duo, FR</p> <p>3:30 President's Day Trivia, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP</p> <p>10:30 🎵 Piano with Doug, GP</p> <p>11:30 Chair Cardio, FR</p> <p>1:00 Wellness Program, FR</p> <p>2:00 † Rosary, PDR</p> <p>2:30 Book Nook, 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>Netflix Wildcard</p>	<p>9:30 Fun & Fitness, GP</p> <p>10:30 † Catholic Eucharist, FR</p> <p>10:30 Mad Libs, GP</p> <p>10:30 Picnic Lunch Outing </p> <p>11:00 Dominoes, GP</p> <p>11:30 Chair Cardio, FR</p> <p>1:30 Wellness program, FR</p> <p>2:30 Ice Cream Social, Bistro</p> <p>3:30 Boggle, GP</p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Balance Fitness, GP</p> <p>10:30 † Catholic Mass, GP</p> <p>10:30 Card Games, CR</p> <p>11:00 Shopping Cart, Bistro</p> <p>11:30 Chair Cardio, FR</p> <p>1:00 Wellness Program, GP</p> <p>1:30 🎵 Live Music by Jubilee Christian, FR</p> <p>2:30 Computer Skills Class, GP</p> <p>2:30 Scenic Drive</p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Balance Fitness, GP</p> <p>10:30 🎵 Music Appreciation with Laura, FR</p> <p>11:30 Chair Cardio, FR</p> <p>12:30 🎵 Piano with Laura, FR</p> <p>1:00 Wellness Program, FR</p> <p>1:30 \$ BINGO, GP</p> <p>2:30 Birthday Celebration with the CCWC, Bistro ★</p> <p>3:30 Friday Trivia, FR</p> <p>5:45 Evening Movie, GP</p>	<p>9:30 Seated Salsa Dancing, GP</p> <p>10:30 News Currents, GP</p> <p>1:30 Wii Games, GP</p> <p>2:30 Trivial Pursuit, FR</p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	
25	26	27	28	<p>Calendar Icons</p> <ul style="list-style-type: none">  Outing  Musical Program  Outdoor Activity  Bingo Coupons <p>If you wish to attend a bus ride or outing, please see an activity assistant. These events have limited seating availability and we ask that you sign up in advance</p>		<p>Any additions or changes to the calendar will be posted on the daily schedule.</p> <p>Each activity runs for a minimum of 30 minutes</p>	<p>Assisted Living Unit (ALU) Activities</p> 
<p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:00 Balance Fitness, GP</p> <p>11:00 † Hymn Singing, GP</p> <p>1:30 Christ Presbyterian Church Service, FR</p> <p>1:30 Wii Wheel of Fortune, GP</p> <p>2:30 Karaoke Contest, FR</p> <p>3:30 \$ BINGO, GP</p>	<p>9:30 Balance Fitness, GP</p> <p>10:30 \$ BINGO, GP</p> <p>11:30 Chair Cardio, FR</p> <p>1:00 Wellness Program, FR</p> <p>1:30 UNO, GP</p> <p>2:30 🎵 Johnny Cash, FR</p> <p>3:30 🎵 Handbell Choir Concert, GP</p> <p>5:45 Evening Movie</p> <p>Netflix Wildcard</p>	<p>9:30 Warming Up, GP</p> <p>10:30 Resident Council Meeting, GP</p> <p>11:00 Crossword Puzzle, GP</p> <p>11:30 Chair Cardio, FR</p> <p>1:00 Wellness Program, FR</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>4:00 Music w/ Chaplain Pervaiz, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>9:30 Fun & Fitness, GP</p> <p>10:30 † Catholic Eucharist, FR</p> <p>10:30 Lunch Bunch: PJ Skidoos </p> <p>10:30 Travelogue: The Philippians</p> <p>11:30 Chair Cardio, FR</p> <p>1:30 Who, What, When, FR</p> <p>2:30 Ice Cream Social, Bistro</p> <p>3:00 † Bible Study with Fasil, CR</p> <p>3:30 Ask Me Anything, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>				