

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February

**Special Care Unit/Green Briar Adult Day**  
The Gardens at Fair Oaks Assisted Living  
4310 Forest Hill Drive Fairfax, VA 22030  
(703) 278-1001

9:30 Chair Cardio  
10:00 February IQ (trivia)  
**10:30 🎵 Music with Tender Polman**  
1:30 Reading Circle  
2:15 Wellness Program  
**2:30 Ground Hog's Day Cupcakes**  
3:00 Puzzle Time  
4:30 Name that Tune: Love Songs Edition  
6:00 Soft Music

**1** 9:30 News & Views  
**10:00 🎵 Music Appreciation w/Laura**  
10:30 Morning Fitness  
**11:00 Ground Hog Day Results and Discussion**  
**1:30 Punxsutawney Spirit**  
2:15 Wellness program  
**3:00 Ground Hog's Day Celebration**  
3:30 Getting to Know You  
6:00 Soft Music

**2** 9:30 Movin' & Groovin' Exercise  
10:00 News  
Currents/Newspaper  
11:00 Morning Walk  
1:00 Relax & Chat  
**2:30 Afternoon Tea**  
3:00 Name that Tune  
3:30 Afternoon Trivia  
6:00 Soft Music

**4** 9:30 Chair Yoga  
10:00 Television Ministry  
10:00 Word Search  
11:00 † Hymn Sing  
1:00 Spelling Bee  
2:00 Rhyme Time  
2:30 Down Time/Snack  
3:00 Personalized Playlists  
3:30 Movin' & Groovin' Exercise Program  
6:00 Soft Music

**5** 9:30 Chair Cardio  
**10:00 🎵 Music w/ Chaplain Pervaiz**  
10:30 Weather, Date and Upcoming Events  
11:30 Memory and Mathematics  
1:30 Would You Rather  
2:00 Down Time/Snack  
2:15 Wellness Program  
3:30 Balloon Volleyball  
6:00 Soft Music

**6** 9:30 Chair Cardio  
10:30 Weather, Date and Upcoming Events  
11:00 Morning Trivia  
1:30 Afternoon walk  
1:30 Down Time/Snack  
**2:30 🚗 Scenic Drive**  
3:00 Simulated Pet Therapy  
3:30 Bowling  
6:00 Soft Music

**7** 9:30 Chair Cardio  
10:30 Weather, Date and Upcoming Events  
11:00 Famous Faces and Places  
1:00 Afternoon Walk  
1:30 Downtime/Snack  
2:15 Wellness Program  
3:00 Puzzles and Ponderings  
4:30 Name that Tune  
6:00 Soft Music

**8** 9:30 Chair Cardio  
10:30 Cranium Crunches (ac)  
11:00 Chicken Soup: Positive Messages  
1:00 Afternoon Walk  
1:30 Down time/Snack  
2:15 Wellness Program  
**3:30 🎵 Musical Performance with Blair Petty John**  
4:00 Afternoon Walk  
6:00 Soft Music


**9** 9:30 News & Views  
10:00 Morning Fitness  
**11:00 🚗 Picnic Lunch**  
11:00 Add it Up  
1:00 Would you Rather  
2:00 Down Time/Snacks  
2:15 Wellness Program  
3:30 Ask Me Anything  
6:00 Soft Music

**10** 9:30 Morning Fitness  
10:00 Reminiscing  
11:00 Hand Care  
1:00 Wii Games  
2:00 Coloring Mandalas  
**2:30 Afternoon Tea**  
2:30 Table Games  
3:30 Dice Game  
6:00 Soft Music

**11** 9:30 Stretch it Out  
10:00 Television Ministry  
11:00 † Hymn Sing  
1:00 Getting to Know You  
2:00 The Price is Right  
2:30 Down Time/Snack  
3:00 Geography  
3:30 Sorting/Trivia  
6:00 Soft Music

**12** 9:30 Chair Cardio  
**10:00 🎵 Music w/ Chaplain Pervaiz**  
10:30 Weather, Date, News Upcoming Events  
1:00 Puzzle Group  
1:30 Simon Says Game  
2:00 Down Time/Snack  
2:15 Wellness Program  
3:00 Love Songs  
3:30 States Game  
6:00 Soft Music

**13** 9:30 Chair Cardio  
10:15 Morning Walk  
10:30 Weather, Date and Upcoming Events  
**11:00 Mardi Gras Mask Making Craft**  
1:00 Afternoon walk  
1:30 Down Time/Snack  
2:15 Wellness Program  
**2:30 🚗 Scenic Drive**  
**3:30 Mardi Gras Celebration**  
6:00 Soft Music

**14** 9:30 Morning Fitness  
**10:00 Heart Doily Craft**  
**11:00 Discuss and Recall: Valentine's Day**  
1:00 Personalized Playlists (music)  
1:30 Down Time/Snack  
2:15 Wellness Program  
**3:30 Valentine's Day Social**  
6:00 Love Songs  
 **Happy Valentine's Day!**

**15** 9:30 Chair Cardio  
10:30 Who, What, When Questions  
11:00 Chicken Soup: Positive Messages  
1:30 Afternoon Walk  
2:30 Down time/Snack  
2:15 Wellness Program  
3:30 Kitchen Corner: Heart Cookies  
4:00 Afternoon Walk  
6:00 Soft Music

**16** 9:30 News & Views  
**10:00 🎵 Music Appreciation w/ Laura, C**  
10:30 Morning Fitness  
**11:00 🚗 Lunch Bunch: Silver Diner**  
11:00 Puzzle Time  
1:00 Table Games  
1:30 Fact or Fiction  
2:15 Wellness Program  
3:00 Who Am I? Game  
4:00 Chair Soccer  
6:00 Soft Music

**17** 9:30 Movin' & Groovin' Exercise Program  
10:00 News  
Currents/Newspaper  
11:00 Morning Walk  
1:30 Relax & Chat  
**2:30 Afternoon Tea**  
3:30 Laughter is the Best Medicine (Jokes and Riddles)  
6:00 Soft Music



# February 2018

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Saturday

18	19	20	21	22	23	24
<p>9:30 Chair Yoga 10:00 Television Ministry 11:00 † Hymn Sing 12:30 Wheel of Fortune 1:00 Pictionary Game 2:00 Finish the Phrase 2:30 Down Time/Snack 3:00 Balloon Volleyball 3:30 Puzzles and Ponderings 6:00 Soft Music</p>	<p>9:30 Chair Cardio <b>10:00 🎵 Music w/ Chaplain Pervaiz</b> 10:00 Name that Tune 10:30 Today in the News 11:30 Categories: Name 5 1:00 You Can Puzzle It Too (ac) 2:15 Wellness Program 2:00 Down Time/Snack 2:30 Ask Me Anything? <b>3:30 🎵 Old Dominion Duo Musical Performance</b> 6:00 Soft Music</p>	<p>9:30 Chair Cardio 10:15 Morning Walk 10:30 Weather, Date and Upcoming Events 11:00 Mandala Coloring Pages 1:30 Afternoon walk 1:30 Down Time/Snack 2:15 Wellness Program <b>2:30 🚌 Scenic Drive</b> 3:30 Sing A Long 6:00 Soft Music</p>	<p>9:30 Mind, Body and Soul 10:15 Weather, Date and Upcoming Events 10:30 Fun Facts 11:00 Reading Circle 1:30 Down time/Snack 2:00 Table Games 2:15 Wellness Program 3:00 Simulated Pet Therapy 6:00 Soft Music</p>	<p>9:30 Chair Cardio 10:30 Brain Teasers 11:00 Chicken Soup: Positive Messages 1:30 Afternoon Walk 2:00 Down time/Snack 2:15 Wellness Program 3:00 Fly Ball 4:00 Afternoon Walk 6:00 Soft Music</p>	<p>9:30 News &amp; Views <b>10:00 🎵 Music w/ Laura, C</b> 10:30 Morning Fitness <b>11:00 🚌 Picnic Lunch</b> 1:00 Would you Rather Ball Toss Game 2:00 Down Time/Snacks 2:15 Wellness Program 3:30 Geography 6:00 Soft Music</p>	<p>9:30 Movin' &amp; Groovin' Exercise Program 10:00 News Currents/Newspaper 11:00 Morning Walk 1:00 Relax &amp; Chat <b>2:30 Afternoon Tea</b> 3:00 Bowling 3:30 Afternoon Trivia 6:00 Soft Music</p>
<p>25</p> <p>9:30 Stretch it Out 10:00 Television Ministry 11:00 † Hymn Sing 1:00 Getting to Know You 2:00 The Price is Right 2:30 Down Time/Snack 3:00 Name that Tune 3:30 Sorting/Trivia 4:00 Puzzle Time 6:00 Soft Music</p>	<p>26</p> <p>9:30 Chair Cardio <b>10:00 🎵 Music w/ Chaplain Pervaiz</b> 10:30 Weather, Date, News Upcoming Events 1:00 Puzzle Group 1:30 Simon Says Game 2:00 Down Time/Snack 2:15 Wellness Program 3:00 Love Songs <b>3:30 🎵 Live! Johnny Cash Music</b> 4:00 Getting to Know you Game 6:00 Soft Music</p>	<p>27</p> <p>9:30 Chair Cardio 10:15 Morning Walk 10:30 Weather, Date and Upcoming Events 11:00 Short Stories 1:00 Afternoon walk 1:30 Bowling 2:15 Wellness Program 2:30 Down Time/Snack <b>2:30 🚌 Scenic Drive</b> 3:00 Travelogue 6:00 Soft Music</p>	<p>28</p> <p>9:30 Chair Cardio 10:15 Weather, Date and Upcoming Events 10:30 Book Nook 1:00 Cranium Crunches 2:00 Down Time/Snack 2:15 Wellness program 3:00 What Would You Do? Game 4:00 Simulated Pet Therapy 4:30 Personalized Playlists 6:00 Soft Music</p>	<p><u>Calendar Icons</u></p> <ul style="list-style-type: none"> <li>🚌 Outing</li> <li>🎵 Musical Program</li> <li>☀️ Outdoor Activity</li> <li>💰 Bingo Coupons</li> </ul> <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>Special Care Unit Activities</p> 