

Sunday

Monday

Tuesday

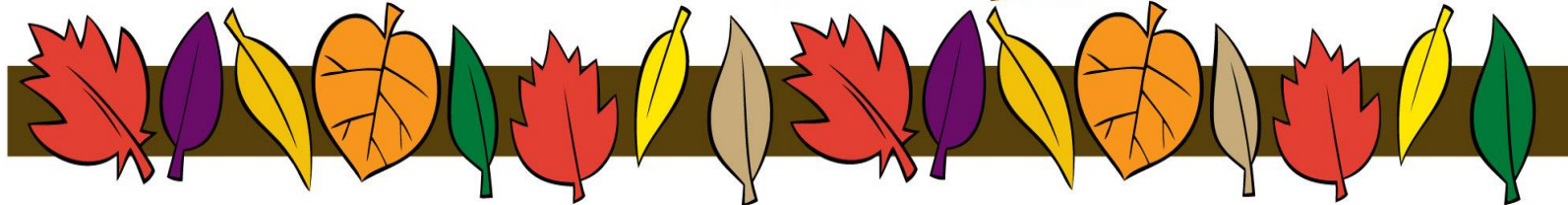
Wednesday

Thursday

Friday

Saturday

November



9:30 Movin' & Groovin', GB
 10:00 Menu Planning, GB
10:30 November IQ, GB
 11:00 Shopping Cart, Bistro
 1:00 Wellness Program, GP
2:00 Scenic Ride 
 2:30 The Price is Right, GB
 3:30 \$ BINGO, GB
 5:45 Evening Movie, GP
 Netflix Wildcard





9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
10:30 Music Appreciation with Dr. Laura Hills, FR
12:30 Piano with Dr. Laura Hills, FR
 1:00 Wellness Program, GP
2:15 Mixed Media Foil Art (ac), GP
 3:30 Geography, GB
 5:45 Evening Movie, GP


9:30 Movin' & Groovin' Exercise Program, GB
 10:30 News Currents, GB
 11:30 Relax & Chat, GB
 1:30 Wii Games, GB
2:30 Kitchen Corner: Cheesy Turkey Snack (ac), GP
3:30 \$BINGO w/ the National Charity League Bluebells, GP
 5:45 Evening Movie, GP
 Netflix Wildcard

4
10:00 Mass at St. Leo the Great Catholic Church 
 10:00 Menu Planning, GB
 10:30 Chair Yoga, GB
1:00 Protestant Communion with Roger Hartman, FR
 1:30 Higher or Lower Card Game, GB
2:00 Discuss and Recall: Macy's Day Parade (ac), GB
 3:30 Sing A Long, GB

5
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
 10:30 Alphabet Game, GB
 1:00 Wellness program, GP
 1:30 Relax & Chat
2:30 Pet Therapy with Fairfax Animal Shelter, GP
 3:30 Susie Q Sing A Long, GB
 5:45 Evening Movie, GP
 Netflix Wildcard

6
 9:30 Chair Yoga, GB
 10:00 Menu Planning, GB
 10:30 Finish the Phrase, GB
 1:00 Wellness Program, GP
 2:00 † Rosary with Bella, CR
2:30 Outing to the Polls 
2:30 The Wandering Docent Presentation, GP
 3:30 Chair Soccer, GP
 4:00 Music w/ Chaplain Pervaiz, GP
 5:45 Evening Movie, GP
ELECTION DAY

7
 9:30 Fun & Fitness, GB
 10:00 Menu Planning, GB
10:30 Picnic Lunch 
10:30 † Catholic Eucharist with St. Leo's the Great, AF
 10:30 Travelogue, GB
 1:00 Wellness Program, GP
 2:30 Ice Cream Social, Bistro
 3:00 † Bible Study, GP
 3:30 Bowling, GB
 5:45 Evening Movie, GP
 Netflix Wildcard

8
 9:30 Movin' & Groovin' Fitness Class, GB
 10:00 Menu Planning, GB
 10:30 Higher or Lower Card Game, GB
 11:00 Shopping Cart, Bistro
 1:00 Wellness Program, GP
2:00 Scenic Ride 
2:30 NEW* Music Performance w/Rick Lee, FR
 3:30 \$BINGO, GP
 5:45 Evening Movie, GP
 Netflix Wildcard

9
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
10:30 Kitchen Corner: Spiced Pumpkin Cookies (ac), GP
 1:00 Wellness Program, GP
2:30 A Friendly Game of Family Feud (ac), GB
 3:30 Sing A Long, GB
 5:45 Evening Movie, GP
 Netflix Wildcard

10
 9:30 Chair Yoga, GB
 10:30 News Currents, GB
 11:30 Puzzle Time, GB
 1:30 Wheel of Fortune, GB
2:30 Paper Airplane Race (ac), GP
3:30 \$BINGO w/ the National Charity League Bluebells, GP
 5:45 Evening Movie, GP
 Netflix Wildcard

11
 9:30 Chair Exercise, GP
10:00 Mass at St. Leo the Great Catholic Church 
10:30 † Christian Jubilee Church Service, GP
 11:30 Relax & Chat, GB
 1:30 Card Games, GB
3:00 Veteran's Day Pinning Ceremony with Heartland, FR
4:00 Refreshments, Bistro





HAPPY VETERAN'S DAY


12
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
 10:30 The Price is Right Game, GB
 1:00 Wellness Program, GP
 2:00 Wii Games, GB
 2:30 Crafty Corner, GB
 3:30 Susie Q Sing A Long, GB
 5:45 Evening Movie, GP
 Netflix Wildcard

13
 9:30 AM Stretch, GP
10:30 Kitchen Corner: Easy Biscuit Pumpkin Loaf (ac), GP
 1:00 Wellness Program, GP
1:30 Menu Planning Meeting, 2nd Floor
 2:00 † Rosary with Bella, CR
 2:30 Book Nook, GP
 3:30 Finish the Phrase, GB
 4:00 Music w/ Chaplain Pervaiz, GP
 5:45 Evening Movie, GP
 Netflix Wildcard

14
 9:30 Fun & Fitness, GB
 10:00 Menu Planning, GB
10:30 † Catholic Eucharist w/ St. Leo's the Great, AF
10:30 Lunch Bunch: Famous Dave's 
 1:00 Wellness program, GP
 2:30 Travelogue, GB
 3:00 † Bible Study, GP
 3:30 Volleyball, GP
 5:45 Evening Movie, GP

Calendar Icons

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



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
- (ac)**- Activity Connection

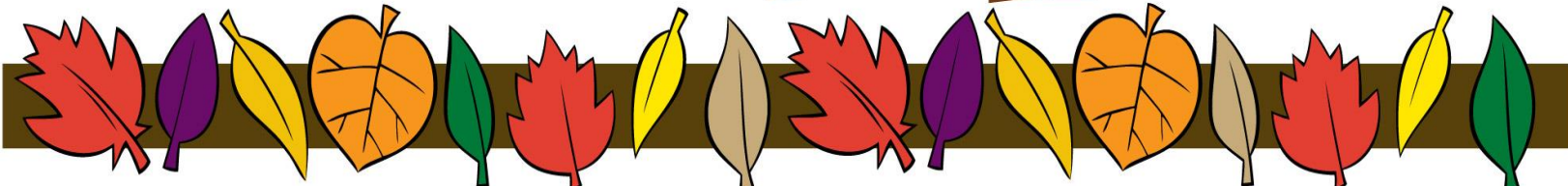


GREENBRIAR ADULT DAY

ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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November



<p style="text-align: right; font-weight: bold;">18</p> <p>9:30 Chair Exercise, GB 10:00 Mass at St. Leo the Great Catholic Church  10:30 † Pender United Methodist Church Service/Hymn Sing, GP 1:30 Alphabet Game, Gb 2:30 Sing A Long, GB 3:30 Crafty Corner, GB Thanksgiving Buffet 11-1</p>	<p style="text-align: right; font-weight: bold;">19</p> <p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 Mandala Coloring Pages, GB 1:00 Wellness Program, GP 2:30 Drama Club: Friendsgiving (ac), GB 3:30 🎵 Susie Q Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard </p>	<p style="text-align: right; font-weight: bold;">20</p> <p>9:30 Chair Yoga, GB 10:00 Menu Planning, GB 10:30 🎵 Piano Performance w/ Doug, FR 1:00 Wellness Program, GB 2:00 † Rosary, CR 2:30 Higher or Lower Card Game, GB 3:30 Chair Soccer, GP 4:00 🎵 Music with Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p style="text-align: right; font-weight: bold;">21</p> <p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:30 † Catholic Eucharist, AF 10:30 🎵 Music Appreciation with Dr. Laura Hills, FR 12:00 🎵 Piano with Laura, FR 10:30 Picnic Lunch Outing  1:00 Wellness program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, GP 3:30 Balloon Volley, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>9:30 Fitness Class, GB 10:00 Menu Planning, GB 10:00 Macy's Day Parade Viewing, FR 11:00 Shopping Cart, Bistro 1:30 Gratitude Turkey Craft (ac), GP 2:30 \$ BINGO, GP </p>	<p style="text-align: right; font-weight: bold;">23</p> <p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 🎵 Sing A Long Songs, GB 11:00 Higher or Lower, GB 1:00 Wellness Program, GP 2:30 Friendsgiving Mocktails, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>9:30 Slow Movement Exercise Class, GB 10:00 Menu Planning, GB 10:30 News Currents, GB 11:30 Relax & Chat, GB 1:30 Higher or Lower Card Game, GB 2:30 Crafty Corner, GB 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP</p>
<p style="text-align: right; font-weight: bold;">25</p> <p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 Hymn Sing, GB 11:00 Higher or Lower Card Game, GB 1:30 Christ Presbyterian Church Service, FR 2:30 Table Ball, GB 3:30 Mandala Coloring Paged, GB</p>	<p style="text-align: right; font-weight: bold;">26</p> <p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 Frisbee Hoop Game, GB 1:00 Wellness Program, GP 2:00 Making Art with Merri (SIA), GP 3:30 🎵 Susie Q Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard </p>	<p style="text-align: right; font-weight: bold;">27</p> <p>9:30 Chair Yoga, GB 10:00 Menu Planning, GB 10:30 Resident Council Meeting, GP 1:00 Wellness Program, FR* 1:30 Manicures w/ King of Kings Lutheran Church, GP 2:00 † Rosary, CR 2:30 Book Nook, GP 3:30 Noodles & Balloons, GP 4:00 Music w/ Pervaiz, GP 5:45 Evening Movie, GP</p>	<p style="text-align: right; font-weight: bold;">28</p> <p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:30 Who Am I? (ac), GB 10:30 Lunch Bunch: Crossroads (Manassas)  1:00 Wellness Program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study with Chaplain Fasil, GP 3:30 Travelogue, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p style="text-align: right; font-weight: bold;">29</p> <p>9:30 Fitness Class, GB 10:00 Menu Planning, GB 10:30 † Catholic Mass with St. Leo's the Great, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 1:30 🎵 Live Music by Jubilee Christian, FR 2:30 The Price is Right, GB 2:00 Scenic Drive  3:30 \$ BINGO, GB 5:45 Evening Movie, GP</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 🎵 Music Appreciation with Dr. Laura Hills, FR 12:00 🎵 Piano with Laura, FR 1:00 Wellness Program, GP 2:30 Birthday Celebration with the Clifton Community Women's Club, Bistro ★ 3:30 🎵 Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	 <p style="font-weight: bold; font-size: 1.2em;">GREENBRIAR ADULT DAY</p> <p style="font-weight: bold; font-size: 2em; margin-top: 20px;">ACTIVITIES CALENDAR</p>