

Sunday

Monday

Tuesday

Wednesday


Thursday


Friday

Saturday

DECEMBER

Greenbriar Adult Day (GB) ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Movin' & Groovin' Exercise Program, GP 10:00 Menu Planning, GP 10:30 News Currents, GP 1:30 Wii Games, GP 2:30 Christmas Wreath Craft with NCL, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP
2 10:00 Mass at St. Leo the Great Catholic Church 10:00 Menu Planning, GP 10:30 Chair Yoga, GP 1:00 Protestant Communion with Roger Hartman, FR 1:30 Card Games, CR 2:00 Technology Class with Roshan, GP 3:30 \$BINGO, GP 	3 9:30 Balance Fitness, GP 10:00 Menu Planning, GB 10:30 Higher or Lower Card Game, GB 1:00 Wellness program, GP 2:30 Pet Therapy with Fairfax Animal Shelter, GP 3:30 Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard 	4 9:30 Chair Yoga, GB 10:00 Menu Planning, GB 10:30 The Alphabet Game, GB 1:00 Wellness Program, GP 2:00 † Rosary with Bella, CR 2:00 Scenic Ride 2:30 Holiday Scratch-Off Shenanigans Game (ac), GP 3:30 Sojourner's Holiday Music, FR 4:00 Music w/ Chaplain Pervaiz, GP 5:45 Evening Movie, GP	5 9:30 Fun & Fitness, GP 10:00 Menu Planning, GP 10:00 Kitchen Corner: Chex Mix Christmas Crack, GP 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 3:00 Bride/Cards, CR 3:30 Noodles & Balloons, GP 5:45 Evening Movie, GP Netflix Wildcard	6 9:30 Movin' & Groovin', GB 10:00 December IQ, GB 10:30 Daily Chronicles (ac), GB 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:00 Scenic Ride 2:30 Higher or Lower Card Game, GB 3:30 Yesterdays, GB 5:45 Evening Movie, GP Netflix Wildcard 	7 9:30 Balance Fitness, GP 10:00 Menu Planning, GP 10:30 Music Appreciation with Dr. Laura Hills, FR 12:30 Piano with Dr. Laura Hills, FR 1:00 Wellness Program, GP 2:15 Egg Nog and Cookies Social, Bistro 3:30 Geography, GB 5:45 Evening Movie, GP Netflix Wildcard	8 9:30 Chair Yoga, GP 10:30 News Currents, GP 1:00 Sheen Music Studio Performance, FR 2:30 Trivial Pursuit, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 6:00 Scenic Ride: One Loudon/Mormon Temple Holiday Lights 
9 9:30 Chair Exercise, GP 10:00 Menu Planning, GP 10:00 Mass at St. Leo the Great Catholic Church 10:30 † Christian Jubilee Church Service, GP 1:30 Wii Games, GP 2:30 Random Trivia (ac), GP 3:30 \$BINGO, GP 6:00 Little Angels Orchestra, FR 	10 9:30 Balance Fitness, GP 10:00 Menu Planning, GB 10:30 Crafty Corner, GB 1:00 Wellness Program, GP 1:30 Wii Games, GB 2:30 Community Service Committee Meeting, GB 3:30 Susie Q Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard	11 9:30 AM Stretch, GB 10:00 Menu Planning, GB 10:30 Scrooge (Bah! Humbug!) Card Game (ac), GB 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 Volleyball, GP 4:00 Music w/ Chaplain Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard	12 9:30 Fun & Fitness, GP 10:00 Kitchen Corner: Crisp Peppermint Cookies, GP 10:30 † Catholic Eucharist w/ St. Leo's the Great, AF 10:30 Lunch Bunch: Olive Garden 1:00 Wellness program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, GP 3:30 Wii Bowling, GP 3:30 Bridge/Cards, CR 5:45 Evening Movie, GP	13 9:30 Movin' & Groovin' Fitness Class, GB 10:00 Menu Planning, GB 10:30 The Price is Right, GB 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:30 Puzzles, GB 3:30 Yesterdays, GB 5:45 Evening Movie, GP Netflix Wildcard 6:00 Scenic Ride: Bull Run Park Christmas Lights 	14 9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 Sing A Long, GB 1:00 Wellness Program, GP 12:00 Men's Luncheon (SIA), GP 2:15 Birthday Celebration with the Clifton Community Women's Club, Bistro * 3:30 Geography, GB 5:45 Evening Movie, GP Netflix Wildcard	15 9:30 Chair Yoga, GP 10:00 Menu Planning, GP 1:30 News Currents, GP Hangman, GP 10:30 The Christmas Cantata, FR 1:30 Trivial Pursuit, FR 2:30 Cello Recital with Tan, FR 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>9:30 Chair Exercise, GP 10:00 Menu Planning, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 † Pender United Methodist Church Service/Hymn Sing, GP 1:00 Scrabble, GP 1:30 Hangman, GP 2:30 Ladder Ball, GP 3:30 \$BINGO, GP</p> 	<p>17</p> <p>9:30 Balance Fitness, GP 10:00 Menu Planning, GB 10:30 Crafty Corner, GB 1:00 Wellness Program, GP 1:30 Wii Games, GB 2:00 Making Art with Merri (SIA), GP 3:30  Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>18</p> <p>9:30 Chair Yoga, GP 10:00 Menu Planning, GP 10:30  Piano Performance w/ Doug, FR 1:00 Wellness Program, FR* 1:30 King of Kings Lutheran Church Manicures, GP 2:00 † Rosary, CR 2:30 Book Nook, GP 3:30 Chair Soccer, GP 4:00  Music w/Pervaiz, GP 5:45 Evening Movie, GP</p>	<p>19</p> <p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:15 Kitchen Corner: Christmas Tree Brownies, GP 10:30 Catholic Eucharist, AF 10:30 Picnic Lunch  1:00 Wellness program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, CR 5:45 Evening Movie, GP</p> 	<p>20</p> <p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 Scrooge (Bah! Humbug!) Card Game (ac), GP 11:00 Shopping Cart, Bistro 1:00 Wellness program, GP 2:30 Walking Group, MIL 3:30 Yesterdays, GB 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>21</p> <p>9:30 Balance Fitness, GP 10:00 Menu Planning, GP 10:30  Music Appreciation with Dr. Laura Hills, FR 12:30  Piano with Laura, FR 1:00 Wellness Program, GP 2:30 Mocktail Social, Bistro 3:30 Puzzle Time, GB 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>22</p> <p>9:30 Chair Yoga, GP 10:00 Menu Planning, GP 10:30 News Currents, GP 1:30 Card Games, CR 2:30 Christmas Caroling with NCL, AF 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP</p> 
<p>23</p> <p>9:30 Chair Exercise, GP 10:00 Menu Planning, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 Hymn Sing, GP 11:30 Relax & Chat, GP 1:00 Dominoes/Card Games, CR 1:30 Christ Presbyterian Church Service, FR 3:30 \$BINGO, GP</p> 	<p>24</p> <p>9:30 Balance Fitness, GP 10:00 Menu Planning, GB 10:30 Higher or Lower Card Game, GB 1:00 Wellness Program, GP 2:30 Christmas Eve Egg Nog Social, Bistro 3:30  Handbell Choir Concert, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>25</p> <p>9:30 Chair Yoga, GP 10:00 Menu Planning, GP 10:30 Sounds of the Season Sing A Long (ac), GP 11:00 Card Games, CR 1:00 Wellness Program, FR* 2:30 Matinee Christmas Movie, GP</p> 	<p>26</p> <p>9:30 Fun & Fitness, GP 10:00 Menu Planning, GB 10:15 Kitchen Corner: Ginger Bread House, GP 10:30 Lunch Bunch: Esposito's  1:00 Wellness Program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study with Chaplain Fasil, GP 3:30 Bridge/Cards, CR 5:45 Evening Movie, GP</p>	<p>27</p> <p>9:30 Fitness Class, GB 10:00 Menu Planning, GB 10:30 Junk Drawer Detective (ac), 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 Hymn Sing, GB 2:00 Scenic Drive  3:30 Yesterdays, GB 5:45 Evening Movie, GP</p> 	<p>28</p> <p>9:30 Balance Fitness, GP 10:00 Menu Planning, GP 10:30  Music Appreciation with Dr. Laura Hills, FR 12:30  Piano with Laura, FR 2:30 Chocolate Candy Day Trivia (ac), GP 3:30 Geography, GB 5:45 Evening Movie, GP Netflix Wildcard</p> 	<p>29</p> <p>9:30 Chair Yoga, GP 10:00 Menu Planning, GP 10:30 News Currents, GP 1:30 Dominos, CR 2:00 Bowling, GP 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p> 
<p>30</p> <p>9:30 Chair Exercise, GP 10:00 Menu Planning, GP 10:00 Mass at St. Leo the Great Catholic Church  10:30 † Christian Jubilee Church Service, GP 11:30 Relax & Chat, GP 1:30 Wii Bowling, GP 2:30 New Year's Resolutions Discussion, GP 3:30 \$BINGO, GP</p>	<p>31</p> <p>9:30 Balance Fitness, GP 10:00 Menu Planning, GP 10:30 \$BINGO, GP 1:00 Wellness Program, GP 2:30 New Year's Eve Celebration with Dr. Laura Hills, Bistro/FR 3:30 New Year's Eve Bash! Bistro 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>GREENBRIAR UNIT (GBU) ACTIVITIES CALENDAR</p> <p>December</p> 		<p>Location Key</p> <p>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</p>	<p>Calendar Icons</p> <p> Outing  Musical Program † Spiritual Program  Outdoor Activity</p> 	<p>GB</p> <p>GREENBRIAR ADULT DAY</p> <p>ACTIVITIES CALENDAR</p>