

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>1</p> <p>9:30 Chair Yoga, GP 10:00 New Years' Resolutions Discussion, GP 10:30 Men's Support Group w/ Chaplain Fasil, PDR 10:30 Bridge/Cards, CR 1:00 Wellness Program, GP 2:00 † Rosary, PDR 2:30 Book Nook with Pam, GP 3:30 Matinee Movie, GP Netflix Wildcard*</p>	<p>2</p> <p>9:30 Fun & Fitness, GP 10:30 Picnic Lunch 🚌 10:15 Kitchen Corner: Perfect Snickerdoodle Cookies, GP 10:30 † Catholic Eucharist with St. Leo's the Great, AF 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</p>	<p>3</p> <p>9:30 Movin' & Groovin', GP 10:00 January IQ, GP 10:30 Prayer and Positivity Group with Ronda, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:00 Scenic Ride: Dunkin' Donuts 🚌 2:30 Pet Therapy with NCL, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>4</p> <p>9:30 Balance Fitness, 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 Crafty Corner: 2019 Door Burst (ac), GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>5</p> <p>9:30 Movin' & Groovin' Exercise Program, GP 10:30 News Currents, GP 11:30 Relax & Chat, FR 1:30 Wii Games, GP 2:30 Hot Chocolate & Conversation, Bistro 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	
<p>6</p> <p>10:00 Mass at St. Leo the Great Catholic Church 🚌 10:30 Chair Yoga/Slow Movement Exercise, GP 11:00 Daily Assurances (ac), GP 1:00 Protestant Communion with Roger Hartman, FR 1:30 Relax & Chat, GP 2:30 BUNCO, GP 3:30 \$BINGO, GP</p>	<p>7</p> <p>9:30 Balance Fitness, GP 10:00 Walking Group, MIL 10:00 Dominoes, CR 10:30 \$BINGO, GP 1:00 Wellness program, GP 2:30 Pet Therapy with Fairfax Animal Shelter, GP 3:30 🎵 Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>8</p> <p>9:30 AM Stretch, GP 10:00 Random Trivia (ac), GP 11:00 Word Games, GP 1:00 Wellness Program, GP 1:30 Menu Planning Meeting w/ Dietary Department, FR 2:00 † Rosary, PDR 2:30 🎵 Elvis' Birthday Tribute Concert with Randoll Rivers, FR 4:00 🎵 Music w/ Chaplain Pervaiz, GP 5:45 Evening Movie, GP</p>	<p>9</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Soft and Chewy M&M Cookies, GP 10:30 † Catholic Eucharist w/ St. Leo's the Great ,AF 10:30 Lunch Bunch: BRIO Tuscan Grille 🚌 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</p>	<p>10</p> <p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 Prayer and Positivity Group with Ronda, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, GP 2:00 Scenic Ride 🚌 2:30 Travelogue: Discovering Latvia (ac), GP 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>11</p> <p>9:30 Balance Fitness, GP 10:00 Dominoes, GP 10:30 Crafty Corner: Easy Weave Coasters (ac), GP 12:00 Men's Luncheon (SIA), GP 1:00 Wellness Program, GP 2:30 Winter Wonderland Mocktail Social & Resident Art Exhibit, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>12</p> <p>9:30 Chair Yoga, GP 10:30 News Currents, GP 11:30 Puzzle, CR 1:30 Wheel of Fortune, GP 2:30 Hot Chocolate & Conversation, Bistro 3:30 \$BINGO w/ the National Charity League Bluebells, GP</p> 
<p>13</p> <p>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, GP 1:30 Wii Games, GP 2:15 Splish-Splash: A Brief History of the Rise, Fall and Rise of the Bath (ac) 3:30 \$BINGO, GP</p>	<p>14</p> <p>9:30 Balance Fitness, GP 10:00 Chess/Cards, CR 10:00 Walking Group, MIL 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 1:30 Wii Games, GP 2:30 Who Made Us Laugh? (ac), GP 3:30 🎵 Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>15</p> <p>9:30 Chair Yoga, GP 10:00 Random Trivia (ac), GP 10:30 🎵 Piano Performance w/ Doug, FR 1:00 Wellness Program, GP 2:00 † Rosary, PDR 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>16</p> <p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Brown Sugar Crispies (ac), 10:30 † Catholic Eucharist with St. Leo's the Great, AF 10:30 Picnic Lunch 🚌 1:00 Wellness program, FR 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, CR 3:30 Bridge/Cards, CR 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>Calendar Icons</p> <p>🚌 Outing 🎵 Musical Program † Spiritual Program ☀️ Outdoor Activity</p> 	<p>Location Key</p> <p>2LR – 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</p>	 <p>ADULT DAY PROGRAM</p> <p>ACTIVITIES CALENDAR</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January

				<p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 Prayer and Positivity Group with Ronda, GP 11:00 Shopping Cart, Bistro 1:00 Wellness program, GP 2:00 Scenic Ride 2:30 Walking Group, MIL 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP 10:00 Daily Chronicles (ac), FR 10:30 Music Appreciation w/Laura, FR 12:30 Piano w/ Laura, FR 1:00 Wellness Program, GP 2:00 Music with Dennis Aguas, FR 3:30 \$BINGO, GP 6:00 Cantabile Orchestra, FR</p>	<p>9:30 Fun & Fitness, GP 10:30 News Currents, GP 1:30 Card Games, CR 2:30 Hot Chocolate & Conversation, Bistro 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
<p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church 10:30 † Sunday Morning Church Service with Ordained Anglican Priest Susan Rockwell, GP 1:30 Relax and Chat, 2LR 2:15 Bowling Club, GP 3:30 \$BINGO, GP</p>	<p>9:30 Balance Fitness, GP 10:00 Dominoes, CR 10:00 Walking Group, MIL 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 2:30 Drama Club: Ice-Fishing Novices (ac), GP 3:30 Handbell Choir, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Chair Yoga, GP 10:30 Burton Morris Pop Art (ac), GP 1:00 Wellness Program, GP 2:00 † Rosary, PDR 2:30 Book Nook, GP 3:30 National Activities Professionals Week Celebration, Bistro 4:00 Music w/ Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Fun & Fitness, GP 10:15 Kitchen Corner: Double Trouble Chocolate Cookies (ac), GP 10:30 Lunch Bunch: PJ Skidoos 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 Netflix Wildcard</p>	<p>9:30 Fitness Class, GP 10:00 Walking Group, MIL 10:30 Visits with Rhonda, AF 10:30 † Catholic Mass with St. Leo's the Great, GP 11:00 Shopping Cart, Bistro 1:00 Wellness Program, FR* 1:30 Live Music by Jubilee Christian, FR 2:30 Trivia, GP 2:00 Scenic Drive 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Balance Fitness, GP 10:00 Trivial Pursuit, FR 10:30 Music Appreciation with Dr. Laura Hills, FR 12:30 Piano with Laura, FR 1:00 Wellness Program, GP 2:15 Birthday Celebration with the CCWC, Bistro 3:30 \$BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Slow Movement Exercise Class, GP 10:30 News Currents, GP 11:30 Relax & Chat, GP 1:30 Wii Bowling, GP 2:30 Hot Chocolate & Conversation, Bistro 3:30 \$BINGO w/ the National Charity League Bluebells, GP 5:45 Evening Movie, GP Netflix Wildcard</p>
<p>9:30 Chair Exercise, GP 10:00 Mass at St. Leo the Great Catholic Church 10:30 Hymn Sing, GP 1:00 Relax & Chat, GP 1:30 Christ Presbyterian Church Service, FR 2:15 Ladder Ball, GP 3:30 \$BINGO, GP</p>	<p>9:30 Balance Fitness, GP 10:00 Card Games, CR 10:00 Walking Group, MIL 10:30 \$ BINGO, GP 1:00 Wellness Program, GP 2:00 Making Art with Merri (SIA), GP 3:30 Handbell Choir Concert, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Chair Yoga, GP 10:30 Resident Council Meeting, GP 11:00 Crossword Puzzle, GP 1:00 Wellness Program, FR* 1:30 Manicures w/ King of Kings Lutheran Church, GP 2:00 † Rosary, PDR 2:30 Book Nook, GP 3:30 Noodles & Balloons, GP 4:00 Music w/ Pervaiz, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Fun & Fitness, GP 10:30 Picnic Lunch 10:30 † Catholic Eucharist with St. Leo's the Great, AF 10:15 Kitchen Corner: Coffee Cookies (ac), GP 1:00 Wellness Program, GP 2:30 Ice Cream Social, Bistro 3:00 † Bible Study, GP 3:00 Bride/Cards, CR 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>9:30 Movin' & Groovin' Fitness Class, GP 10:30 Prayer and Positivity Group with Ronda, GP 11:00 Shopping Cart, Bistro 1:00 Wellness program, GP 2:00 Scenic Ride 2:30 Boggle, GP 3:30 \$ BINGO, GP 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>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</p>	 <p>ADULT DAY PROGRAM ACTIVITIES CALENDAR</p>