

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 Hymn Sing, GB</p> <p>1:00 Protestant Communion with Roger Hartman, GP</p> <p>2:30 Puzzles and Ponderings, GB</p> <p>3:30 \$BINGO, GP</p> 	<p>2</p> <p>9:30 Balance Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 \$ BINGO, GB</p> <p>1:30 Relax & Chat, OP☀</p> <p>2:00 Afternoon Walk ☀</p> <p>2:30 Pet Therapy with Fairfax Animal Shelter, GP</p> <p>3:30 Book Nook, OP ☀</p> <p>4:00 Sing A Long, GB</p> <p>5:45 Soft Music, GB</p> 	<p>3</p> <p>9:30 Fun & Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 Chicken Coop Feeding, Gazebo ☀</p> <p>11:00 Bread Machine Sensory Group, GB</p> <p>1:00 Wellness Program, GB</p> <p>2:00 † Rosary, CR</p> <p>2:00 Book Nook, OP ☀</p> <p>2:30 Downtime/Snack, GB</p> <p>3:00 Jewelry Making, GB</p> <p>3:30 🎵 Music with Chaplain Pervaiz, Gazebo ☀</p> <p>4:00 Chair Soccer, GB</p> <p>5:45 Evening Movie, GB</p>	<p>4</p> <p>9:30 Fun & Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 † Catholic Eucharist, AF</p> <p>10:00 Picnic Lunch Outing</p> <p>10:30 4th of July Home Décor Craft, GB</p> <p>1:00 Relax & Chat ☀</p> <p>2:00 Wordscapes Game, GB</p> <p>2:30 Independence Day Red Velvet Cupcakes, GP</p> <p>5:45 Soft Music, GB</p>	<p>5</p> <p>9:30 Balance Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:15 July IQ (Trivia), GB</p> <p>11:00 Wii Games, GB</p> <p>1:00 Fly Ball, GB</p> <p>2:30 Musical Memories, GB</p> <p>2:30 Scenic Drive </p> <p>3:30 \$ BINGO, GB</p> <p>4:30 Outdoor Relax & Chat ☀</p> <p>5:45 Evening Movie, GB</p> <p>Netflix Wildcard</p> 	<p>6</p> <p>9:30 Balance Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 🎵 Music Appreciation with Dr. Laura Hills, FR</p> <p>1:00 Movin' & Groovin' Exercise Program, GB</p> <p>2:30 A Scientific Patriotic Cocktail Experiment, GB</p> <p>3:30 Resident's Choice, GB</p> <p>5:30 4th of July Extravaganza, FP ☀</p> 	<p>7</p> <p>9:30 Fun & Fitness, GB</p> <p>10:30 Chair Soccer, GB</p> <p>1:30 Dominoes, GB</p> <p>2:30 Wii Games, GB</p> <p>3:30 Happy Feet Cloggers Performance, FR</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p> 
<p>8</p> <p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:30 † Christian Jubilee Church Service, GP</p> <p>1:30 Hangman, GP</p> <p>2:30 Getting to Know You Ball Toss, GP</p> <p>3:30 \$ BINGO, GP</p> 	<p>9</p> <p>9:30 Balance Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 \$BINGO, GB</p> <p>1:00 Wellness Program, GP</p> <p>1:30 Outdoor Visits, FP ☀</p> <p>2:30 Adaptive Basketball Game, GB</p> <p>3:30 🎵 Personalized Playlists, Gazebo ☀</p> <p>4:00 Fly Ball, GB</p> <p>5:45 Soft Music, GB</p> 	<p>10</p> <p>9:30 Fun & Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 Scrapbook Craft, GB</p> <p>1:00 Wellness Program, GP</p> <p>1:30 Menu Planning Meeting, 2nd Floor</p> <p>2:00 † Rosary, PDR</p> <p>2:30 Downtime/Snack</p> <p>3:00 Book Nook, GB</p> <p>4:00 Chair Soccer, GB</p> <p>5:45 Evening Movie, GP</p> 	<p>11</p> <p>9:30 Fun & Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 Catholic Eucharist, AF</p> <p>10:30 Gardening, OP ☀</p> <p>10:30 Lunch Bunch: Red, Hot & Blue BBQ </p> <p>1:00 Wellness program, GP</p> <p>2:30 Ice Cream Social, Gazebo ☀</p> <p>3:00 Outdoor Trivia, OP ☀</p> <p>3:00 Bible Study w/ Fasil, GP</p> <p>3:30 🎵 Name that Tune, GB</p> <p>3:30 Volleyball Game, GB</p> <p>5:45 Soft Music, GB</p>	<p>12</p> <p>9:30 Fun & Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 Freeze Dance, GB</p> <p>11:00 Puzzles & Ponderings, GB</p> <p>1:00 Fly Ball, GB</p> <p>2:00 State Plate Game (ac), GB</p> <p>2:30 Scenic Drive</p> <p>3:30 \$ BINGO, GB</p> <p>5:45 Evening Movie, GB</p> <p>Netflix Wildcard</p> 	<p>13</p> <p>9:30 Balance Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 Pet Therapy with Star, GB</p> <p>11:00 Name that Tune, GB</p> <p>1:00 Movin' & Groovin' Exercise Program, GB</p> <p>2:30 Happy Hour Social, Bistro</p> <p>3:30 Table Ball Game, GB</p> <p>5:45 Evening Movie, GB</p> <p>Netflix Wildcard</p> 	<p>14</p> <p>9:30 Movin' & Groovin' Exercise Program, GB</p> <p>10:30 Chair Soccer, GB</p> <p>1:30 Would You Rather Ball Toss, GB</p> <p>2:30 Wheel of Fortune, GB</p> <p>3:30 \$ BINGO, GP</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p> 
<p>15</p> <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 Paint By Number Craft, GB</p> <p>3:30 \$ BINGO, GP</p>	<p>16</p> <p>9:30 Balance Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 \$ BINGO, GB</p> <p>1:00 Wellness Program, GP</p> <p>1:30 Outdoor Visits, FP ☀</p> <p>2:30 Open Recreation Room/Resident's Choice, GP</p> <p>3:30 🎵 Personalized Playlists, Gazebo ☀</p> <p>4:00 Sing A Long/Music, GB</p> <p>5:45 Soft Music, GB</p>	<p>17</p> <p>9:30 Balance Fitness, GB</p> <p>10:00 Menu Planning, GB</p> <p>10:30 🎵 Piano with Doug, FR</p> <p>1:00 Wellness Program, GP</p> <p>2:00 † Rosary, PDR</p> <p>2:00 Getting to Know You Program, GB</p> <p>2:30 Downtime/Snack</p> <p>3:00 Book Nook, GB</p> <p>3:30 🎵 Music with Chaplain Pervaiz, Gazebo ☀</p> <p>5:45 Evening Movie, GP</p> <p>Netflix Wildcard</p>	<p>GREENBRIAR (GB)</p> <p>ADULT DAY CARE ACTIVITIES</p>  <p>July 2018</p>			

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Greenbriar (GB) Adult Day Activities Calendar

LOCATION KEY

- 2nd Floor – Living Room
- AF - All Floors
- BS – Beauty Salon
- CR - Card Room
- FP - Front Porch
- FR - Family Room
- GP - Gathering Place
- GB - Greenbriar
- MIL – Meet in Lobby
- OP - Outside Patio/Gazebo
- PDR - Private Dining
- (SIA) – Sign up in Advance



18
 9:30 Fun & Fitness, GB
 10:00 Menu Planning, GB
 10:30 † Catholic Eucharist, AF
 10:30 🎵 Karaoke, GB
10:30 Picnic Lunch Outing 🚌
 1:00 Wellness program, GP
 2:00 Coloring Pages, GB
 2:30 Ice Cream Social, GB
 3:00 † Bible Study, GP
 3:30 Big Letter Words, GB
 3:30 Fly Ball, GB
 4:00 Dice Games, GB
 5:45 Soft Music, GB

19
 9:30 Fun & Fitness, GP
 10:00 Walking Group, MIL
 10:30 Getting to Know you Ball Toss, GP
 11:00 Shopping Cart, Bistro
 11:00 Card Games, CR
1:00 LIVE! Music with Norm Voss, FR
 2:00 Afternoon Walk, AF
 2:30 Downtime/Snack, GB
 3:00 Sunflower Paintings, GB
2:30 Scenic Drive
 3:30 \$ BINGO, GB
 5:45 Evening Movie, GB

20
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
10:30 🎵 Music Appreciation w/Laura, FR
12:00 Men's Luncheon (SIA), GP
12:30 🎵 Piano w/ Laura, FR
 1:00 Wellness Program, GP
 2:30 Fashion throughout the Decades, GB
 3:30 Resident's Choice, GB
6:00 Cantabile Orchestra FR
 Netflix Wildcard

21
 9:30 Chair Yoga, GB
 10:30 News Currents, GB
 1:30 Ring Toss Game, GB
 2:30 Wheel of Fortune, GB
 3:30 \$ BINGO, GP
 5:45 Evening Movie, GP
 Netflix Wildcard



22
10:00 Mass at St. Leo the Great Catholic Church 🚌
 10:00 Balance Fitness, GP
 11:00 † Hymn Singing, GP
1:30 Christ Presbyterian Church Service, FR
 1:30 Wii Games, GP
 2:00 Wheel of Fortune, GP
 3:30 \$ BINGO, GP



23
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
 10:30 \$ BINGO, GB
 1:00 Wellness Program, GB
 1:30 Outdoor Visits, FP ☀️
 2:30 Open Recreation Room/Resident's Choice, GB
 3:30 🎵 Personalized Playlists, Gazebo ☀️
 4:00 Would You Rather, GB
 5:45 Soft Music, GB

24
 9:30 Fun & Fitness, GB
 10:00 Menu Planning, GB
10:30 MOM's Group of Fairfax Intergenerational Program, Gazebo ☀️
 1:00 Wellness Program, GP
 2:00 † Rosary, CR
 2:00 Book Nook ☀️
 2:30 Downtime/Snack ☀️
 3:00 Discuss and Recall
 3:30 🎵 Music with Chaplain Pervaiz ☀️
 4:00 Chair Soccer, GB
 5:45 Evening Movie, GB

25
 9:30 Fun & Fitness, GB
 10:00 Menu Planning, GB
 10:30 † Catholic Eucharist, AF
 10:30 Travelogue, GB
10:30 Lunch Bunch: Red Robbin 🚌
 1:00 Wellness Program, GP
 2:30 Downtime/Snack, GB
 3:00 Math & Memory, GB
 3:30 Bowling Club, GB
 4:00 Dice Games, GB
 5:45 Soft Music, GB

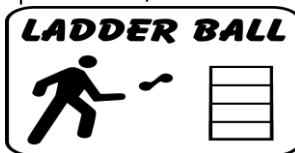
26
 9:30 Balance Fitness, GP
 10:00 Menu Planning, GB
10:30 † Catholic Mass with St. Leo the Great, GP
 10:30 Card Games, CB
 1:00 Wellness Program, GB
1:30 🎵 Live Music by Jubilee Christian, FR
 2:30 Downtime/Snack, GB
 3:00 Computer Skills, GB
2:30 Scenic Drive
 3:30 \$ BINGO, GB
 5:45 Evening Movie, GB

27
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
10:30 🎵 Music Appreciation w/Laura, FR
 1:00 Wellness Program, GP
 2:00 Relax and Chat, FP ☀️
2:30 Month of July Birthday Celebration with the Clifton Community Women's Club, Bistro ★
 3:30 Ring Toss Game, GB
 5:45 Evening Movie, GB

28
 9:30 Fun & Fitness, GB
 10:30 News Currents, GB
 1:30 Wii Games, GB
 2:30 Name that Tune, GB
 3:30 \$ BINGO, GP
 5:45 Evening Movie, GP
 Netflix Wildcard



29
10:00 Mass at St. Leo the Great Catholic Church 🚌
10:30 † Christian Jubilee Church Service, GP
 1:30 Hangman, GB
 2:30 Ladder Ball, GB
 3:30 \$ BINGO, GP



30
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
 10:30 \$BINGO, GB
 1:00 Wellness Program, GP
 1:30 Outdoor Visits, FP ☀️
 2:30 Adaptive Basketball Game, GB
 3:30 🎵 Personalized Playlists, Gazebo ☀️
 4:00 Fly Ball, GB
 5:45 Soft Music, GB

31
 9:30 Warming Up, GB
 10:00 Menu Planning, GB
10:30 Resident Council Meeting, GP ★
 11:00 Outdoor Trivia ☀️
 1:00 Chair Yoga, GB
 2:00 † Rosary, PDR
 2:30 Downtime/Snack, GB
 3:30 🎵 Music with Chaplain Pervaiz, OP
 4:00 Chair Soccer, GB
 5:45 Evening Movie, GP

GREENBRIAR (GB) ADULT DAY CARE ACTIVITIES

