

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



well hello, march

GREEN BRIAR ADULT DAY

The Gardens at Fair Oaks

**4310 Forest Hill Drive Fairfax, Virginia 22030
(703) 278-1001**

The Gardens at Fair Oaks Adult Day Program (Greenbriar)

9:30 Balance Fitness, GB ¹
10:00 Menu Planning, GB
10:15 Weather, Date &
Upcoming Events, GB
10:30 Reading Circle, GB
11:30 Puzzles, GB
1:00 Afternoon Walk
1:30 Tic Tac Toe, GB
2:00 Boggle, GB
2:30 Down Time/Snack
3:30 Getting to Know
You, GB
5:45 Evening Movie, GB

9:30 Balance Fitness, GB ²
10:00 Menu Planning, GB
10:15 Weather, Date &
Upcoming Events, GB
**10:30 March madness
Basketball Game, GB**
11:30 Would You Rather
Ball Toss, GB
1:00 Afternoon walk
1:30 Wii Games, GB
2:30 Down time/Snack, GB
**3:30 Paper Lantern Craft
(ac), GB**
5:45 Evening Movie, GB

9:30 Fun & Fitness, GB ³
10:00 Menu Planning, GB
10:15 Weather, Date &
Upcoming Events, GB
10:30 Flower Arranging,
GB
11:30 Positive
Newspaper Articles, GB
1:00 Afternoon Walk
1:30 Relax & Refresh
2:30 Afternoon Tea, GB
3:00 Adult Coloring, GB
3:30 Music Hour, GB
5:45 Evening Movie, GB

⁴
**10:00 Mass at St. Leo the
Great Catholic Church**
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events
10:30 Balance Fitness, GB
11:30 Hymn Sing, GB
1:00 Afternoon Walk
**1:00 Protestant Communion
with Roger Hartman, FR**
2:30 Down time/Snack, GB
3:30 \$BINGO, GP*
5:45 Soft Music, GB

⁵
9:30 Balance Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events
10:30 \$ BINGO, GB
11:30 Reading Circle, GB
1:00 Afternoon Walk
1:30 Board Games
2:00 Down time/Snack
**2:30 Fairfax Animal Shelter,
GP ★**
3:30 Volley ball, GB
5:45 Evening Movie, GB

⁶
9:30 Fun & Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
10:30 Geography, GB
11:30 Finish the Phrase, GB
1:00 Afternoon Walk
2:00 † Rosary, CR
**2:30 The Wandering
Docent, GP ★**
3:30 Chair Soccer, GB
5:45 Soft Music, GB

⁷
9:30 Fun & Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
10:30 † Catholic Eucharist, AF
10:30 Getting to Know You
Program, GB
1:00 Afternoon Walk
**2:30 Ice Cream Social,
Bistro***
**3:00 Mad Science Show,
GP ★**
5:45 Evening Movie, GB

⁸
9:30 Fun & Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
**10:30 International
Women's Day Discussion,
GB**
11:30 Table Games, GB
1:00 Afternoon Walk
2:00 Limericks, GB
2:30 Down time/Snack
3:30 Puzzles & Ponderings, GB
5:45 Evening Movie, GP

⁹
9:30 Balance Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
10:30 Math problems, GB
11:30 Sorting Games, GB
1:00 Afternoon Walk
1:30 Relax & Refresh
**2:30 Kitchen Corner: Minty
Shamrock Parfaits (ac),
GP***
3:30 Boggle, GB
5:45 Evening Movie, GB

¹⁰
9:30 Movin' & Groovin'
Exercise Program, GB
10:00 Menu Planning, GB
10:15 Weather/News, GB
10:30 Chair Yoga, GB
11:30 Mental Fitness, GB
1:00 Afternoon Walk
1:30 Personalized
Playlists, GB
2:30 Afternoon Tea, GB
3:00 Travelogue, GB
3:30 Short Stories, GB
5:45 Evening Movie, GP

¹¹
**10:00 Mass at St. Leo the
Great Catholic Church**
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
**10:30 † Christian Jubilee
Church Service, FR**
11:30 Number Game
1:00 Afternoon Walk
1:30 Crafty Corner, GB
2:30 Down time/Snack, GB
3:00 Sing A Long, GB
**3:30 Name that Irish Tune,
GB**
5:45 Soft Music, GB

¹²
9:30 Balance Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events
10:30 Board Games, GB
11:30 Chair Yoga, GB
1:00 Afternoon Walk
2:30 Corn Hole, GB
3:30 Wii Games, GB
5:45 Evening Movie, GB

¹³
9:30 Fun & Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
**10:30 Name that Irish Tune,
GB**
11:30 Puzzle Time, GB
1:00 Afternoon Walk
**1:30 Menu Planning
Meeting, 2nd Floor ***
2:00 † Rosary, PDR *
2:30 Down time/Snack, GB
3:00 Short Stories, GB
3:30 Chair Soccer, GB
5:45 Evening Movie, GB

¹⁴
9:30 Fun & Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
10:30 Catholic Eucharist, AF
10:30 Uno, GP
11:30 Spelling Bee, GB
1:00 Afternoon Walk
1:30 Discuss & recall, GB
**2:30 Ice Cream Social,
Bistro***
**3:30 Irish Folks Who Am I?
Game (ac), GB**
5:45 Soft Music, GB

¹⁵
9:30 Fun & Fitness, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
10:30 Reading Circle, GB
11:30 Mental Fitness, GB
1:00 Afternoon Walk
2:00 Puzzles & Ponderings,
GB
2:30 Down time/Snack,
GB
3:00 Spelling Bee, GB
3:30 Name that Tune, GB
5:45 Evening Movie, GB

¹⁶
9:30 Balance Fitness, GP
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
**10:30 ♪ Music
Appreciation w/Laura, FR**
11:30 Rhythm Recall, GB
**12:00 Men's Luncheon
(SIA), Bistro ***
12:30 ♪ Piano w/ Laura, FR
1:00 Afternoon Walk
**2:30 Shamrock Shake and
Shmingle Social, Bistro***
3:30 Word Search, GB
5:45 Evening Movie, GB

¹⁷
9:30 Exercise, GB
10:00 Menu Planning, GB
10:15 Weather, Date and
Upcoming Events, GB
10:30 Chicken Soup:
Positive Message, GB
**11:30 Travelogue: Ireland,
GB**
1:00 Afternoon Walk
**1:30 Truth or Blarney (ac)
GB**
2:30 Afternoon Tea, GB
**3:30 Happy Feet
Cloggers, FR ***
5:45 Evening Movie, GB

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The Gardens at Fair Oaks
4310 Forest Hill Drive Fairfax, Virginia 22030
703-278-1001



Location Key

AF - All Floors
CR - Card Room
FP - Front Porch
FR - Family Room
GP - Gathering Place
GB - Green briar
OP - Outside Patio
2nd Floor – Living Room
PDR - Private Dining Room
MIL – Meet in Lobby

Calendar Icons

Outing
 Musical Program
 Spiritual Program
 Outdoor Activity
 Golden Ticket

If you wish to attend a bus ride or outing, please see an activity team member. These events have limited

Any additions or changes to the calendar will be posted on the daily schedule.

Each activity runs for a minimum of 30 minutes.

*** Eucharist every Wednesday at 10:00 AM**

18	19	20	21	22	23	24
<p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Pender United Methodist Church Service, FR 1:00 Afternoon Walk 1:30 Finish the Phrase, GB 2:30 Down time/snack, GB 3:30 \$ BINGO, GP* 5:45 Soft Music, GB</p>	<p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Math Problem, GB 2:30 District Music Performance, FR * 3:30 Just Dance, GB 5:45 Evening Movie, GB</p>	<p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Piano with Doug, GP * 1:00 Afternoon Walk 2:00 † Rosary, PDR 2:30 Reading Circle, GB 3:30 Chair Soccer, GB 5:45 Soft Music, GB</p>	<p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 † Catholic Eucharist, FR 10:30 Rhyme Time, GB 11:00 Dominoes, GB 2:30 Ice Cream Social, Bistro * 3:30 Boggle, GB 5:45 Evening Movie, GB</p>	<p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 † Catholic Mass, GP* 10:30 Card Games, GB 11:00 Shopping Cart, Bistro 1:30 Live Music by Jubilee Christian, FR * 2:30 Crafty Corner, GB 3:30 Puzzles & Ponderings, GB 5:45 Evening Movie, GB</p>	<p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Music Appreciation with Laura, FR 2:30 Birthday Celebration with the CCWC, Bistro* 3:30 Dear Abby Advice Columns, GB 5:45 Evening Movie, GB</p>	<p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Zion Church International Easter Service, FR * 1:00 Afternoon Walk 2:30 Afternoon Tea, GB 3:30 Name that Tune, GB 5:45 Evening Movie, GB</p>
25	26	27	28	29	30	31
<p>10:00 Mass at St. Leo the Great Catholic Church </p> <p>10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:00 Balance Fitness, GB 11:00 † Hymn Singing, GB 1:00 Afternoon Walk 1:30 Hangman, GB 2:30 Down time/Snack, GB 3:00 Categories, GB 3:30 \$ BINGO, GP* 5:45 Soft Music, GB</p>	<p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 \$ BINGO, GP* 1:30 UNO, GB 2:30 Balloon Volleyball, GB 3:30 Famous Faces and Places, GB 5:45 Evening Movie, GB</p>	<p>9:30 Warming Up, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Resident Council Meeting, GP★ 11:00 Crossword Puzzle, GP 1:00 Afternoon Walk 1:30 Hangman, GP 2:00 † Rosary, PDR 2:30 Book Nook, GB 3:30 Chair Soccer, GB 5:45 Evening Movie, GB</p>	<p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 † Catholic Eucharist, AF 10:30 Board Games, GB 2:30 Ice Cream Social, Bistro * 3:00 Adult Coloring, GB 3:30 Ask Me Anything, GB 5:45 Soft Music, GB</p>	<p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Scrambled Eggs Game (ac), GB 11:30 Cognitive Games, GB 2:00 Resident's Choice Board Game, GB 3:30 Puzzles & Ponderings, GB 5:45 Evening Movie, GB</p>	<p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Music Appreciation w/Laura, FR 1:00 Afternoon Walk 1:30 Junk Drawer Detective (ac), GB 2:30 Easter Social, Bistro 3:30 Finish the Phrase, GB 5:45 Evening Movie, GB</p>	<p>9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:15 Weather, Date and Upcoming Events, GB 10:30 Positive News Articles, GB 1:00 Afternoon Walk 1:30 Boggle, GP 2:00 Easter Egg Hunt 2:30 Down time/snack, GB 3:30 \$ BINGO, GP* 5:45 Evening Movie, GB</p>