

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

Greenbriar
Adult Day

Activities
Calendar

The Gardens at Fair Oaks Assisted Living

<p>9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 Fly Ball, GB 1:00 Wellness Program, GP 1:30 Walking Group, AF 2:30 Pet Therapy with Fairfax Animal Shelter, GP 3:30 Drama Club (ac), GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>1 9:30 Chair Yoga, GB 10:00 Menu Planning, GB 10:30 Men's Support Group w/ Chaplain Fasil, GP 10:30 Balloon Volley, GB 1:00 Wellness Program, GP 2:00 † Rosary with Bella, CR 2:30 Finish the Phrase, GB 3:30 Chair Soccer, GB 4:00 🎵 Musical Memories, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>2 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 🎵 Music Appreciation w/Laura, FR 12:30 🎵 Piano w/ Laura, FR 1:00 Wellness Program, GP 2:30 You be the Judge, GB 3:00 † Bible Study, GP 3:30 Noodles & Balloons, GB 5:45 Evening Movie, GP</p>	<p>3 9:30 Movin' & Groovin', GB 10:00 Menu Planning, GB 10:30 October IQ, GB 11:00 Yesterdays, GB 1:00 Wellness Program, GP 2:00 Scenic Drive 🚌 2:30 Crafty Corner: Scrapbooking, GB 3:30 \$ BINGO, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>4 9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 🎵 Musical Memories with Marly, GB 1:00 Wellness Program, GP 2:30 Mocktail Tasting, Bistro 3:30 Geography, GB 4:00 🎵 Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>5 9:30 Movin' & Groovin' Exercise Program, GB 10:00 Menu Planning, GB 10:30 Weekly Reflection and Reminisce, GB 11:30 Relax & Chat ☀️ 1:30 Wii Games, GB 2:30 Halloween Hijinks Mad Libs (ac), GB 3:30 "Go Fish" Card Game, GB 5:45 Evening Movie, GP Netflix Wildcard</p>
<p>7 9:30 Chair Yoga, GB 10:00 Mass at St. Leo the Great Catholic Church 🚌 10:00 Menu Planning, GB 10:30 Hymn Sing, GB 11:30 Relax & Chat ☀️ 1:00 Protestant Communion with Roger Hartman, FR 2:30 Mandala Coloring Paged, GB 3:30 \$BINGO, GB</p>	<p>8 9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 Columbus Day Trivia and Discussion (ac), GB 1:00 Wellness Program, GP 2:30 Pumpkin Painting w/ the National Charity League Bluebells, GP 3:30 🎵 Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard Columbus Day (US)</p>	<p>9 9:30 AM Stretch, GB 10:00 Menu Planning, GB 10:30 Trivial Pursuit, GB 1:00 Wellness Program, GP 1:30 Menu Planning Meeting, 2nd Floor 2:00 † Rosary with Bella, CR 2:30 Finish the Phrase, GB 3:30 Chair Soccer, GB 4:00 🎵 Personalized Playlists, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>10 9:30 Fun & Fitness, GB 10:30 † Catholic Eucharist w/ St. Leo's the Great, AF 10:30 Travelogue, GB 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 Drama Club (ac), GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>11 9:30 Movin' & Groovin' Fitness Class, GB 10:00 Menu Planning, GB 10:30 Bowling Club, GB 11:00 Yesterdays, GB 1:00 Wellness Program, GP 2:00 Scenic Drive 🚌 2:30 Crafty Corner, GB 3:30 Junk Drawer Detective (ac), GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>12 9:30 Balance Fitness, GB 10:00 Menu Planning, GB 10:30 Kitchen Corner: Candy Corn Cookies (ac), GP 1:00 Wellness Program, GP 2:30 Laughter is the Best Medicine (Jokes), GB 3:30 🎵 Sing A Long, GB 5:45 Evening Movie, GP Netflix Wildcard</p>
<p>14 9:30 Chair Yoga, GB 10:00 Menu Planning, GB 10:00 Mass at St. Leo the Great Catholic Church 🚌 10:30 † Christian Jubilee Church Service, GP 11:30 Relax & Chat ☀️ 1:30 Wii Games, GB 2:30 Sing A Long, GB 3:30 \$BINGO, GB</p>	<p>15 9:30 AM Fitness, GB 10:00 Menu Planning, GB 10:30 Frisbee Hoop Game, GB 1:00 Wellness Program, GP 1:30 Walking Group, AF 2:30 Junk Drawer Detective (ac), GB 3:30 🎵 Personalized Playlists, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>16 9:30 Chair Yoga, GB 10:00 Menu Planning, GB 10:30 🎵 Piano w/ Doug, FR 1:00 Wellness Program, GP 2:00 † Rosary, CR 2:30 Finish the Phrase, GB 3:30 Chair Soccer, GB 4:00 🎵 Music Hour, GB 5:45 Evening Movie, GP Netflix Wildcard</p>	<p>17 9:30 Fun & Fitness, GB 10:00 Menu Planning, GB 10:30 Travelogue, GB 10:30 † Catholic Eucharist, AF 10:30 Picnic Lunch Outing 🚌 1:00 Wellness program, GP 2:30 Ice Cream Social, Bistro 3:30 Getting to Know You Ball Toss, GB 5:45 Evening Movie, GP</p>		

Greenbriar
Adult Day
Activities
Calendar
 The Gardens at
 Fair Oaks Assisted
 Living

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** - Greenbrier
- MIL** – Meet in Lobby
- OP** - Outside Patio
- PDR** - Private Dining Room
- SIA** – Sign up in Advance

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



Each activity runs for a minimum of 30 minutes.

21
 9:30 Chair Yoga, GP
10:00 Mass at St. Leo the Great Catholic Church 
 10:00 Menu Planning, GB
10:30 † Pender United Methodist Church Service, GP
 1:30 Wii Games, GB
2:30 Mini Witches Hats (ac), GB
 3:30 \$BINGO, GB


22
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
10:30 Jell-O Cup Pumpkin Food Craft, GB
 1:00 Wellness Program, GP
2:30 National Nut Day: Interesting Facts about Nuts (ac), GB
 3:30  Musical Memories, GB
 5:45 Evening Movie, GP

23
 9:30 Chair Yoga, GB
 10:00 Menu Planning, GB
10:30 Drama Club (ac), GB
 1:00 Wellness Program, GP
 2:00 † Rosary, CR
 2:30 Finish the Phrase, GB
 3:30 Chair Soccer, GB
 4:00  Sing Along, GB
 5:45 Evening Movie, GP
 Netflix Wildcard


24
 9:30 Fun & Fitness, GB
10:30 Kitchen Corner: Sweet Pumpkin Shake (ac), GP
10:30 Lunch Bunch: Silver Diner 
 1:00 Wellness Program, GP
 2:30 Ice Cream Social, Bistro
 3:00 † Bible Study, GP
 3:30 Basketball, GB
 5:45 Evening Movie, GP
 Netflix Wildcard

25
 9:30 Fitness Class, GP
 10:00 Menu Planning, GB
10:30 † Catholic Mass with St. Leo's, GP
 11:00 Yesterdays, GB
 1:00 Wellness Program, GP
1:30  LIVE Music with the Christian Jubilee, FR
2:30 Sweet and Salty Spider Food Craft (ac), GB
2:00 Scenic Drive 
 3:30 \$ BINGO, GP
 5:45 Evening Movie, GP

26
 9:30 Balance Fitness, GP
 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 Geography, GB
 4:00  Sing A Long, GB
 5:45 Evening Movie, GP

27
 9:30 Warming Up, GB
 10:30
 11:30 Relax & Chat 
 1:30 Wii Games, GB
 2:30 Watercolor painting, GB
3:30 \$BINGO w/ the National Charity League Bluebells, GP
 5:45 Evening Movie, GP
 Netflix Wildcard


28
 9:30 Chair Yoga, GB
10:00 Mass at St. Leo the Great Catholic Church 
 10:00 Menu Planning, GB
 11:00 † Hymn Singing, GP
1:30 Christ Presbyterian Church Service, FR
 1:30 Wii Games, GB
 2:30 Resident Volleyball Game, GB
 3:30 \$ BINGO, GB

29
 9:30 Balance Fitness, GB
 10:00 Menu Planning, GB
 10:30 Finish the Phrase, GB
 1:00 Wellness Program, GP
2:00 Making Art with Merri (SIA), GP
 3:00 Walking Group, AF
 3:30  Sing A Long, GB
 5:45 Evening Movie, GP
 Netflix Wildcard

30
 9:30 Chair Yoga, GB
 10:00 Menu Planning, GB
10:30 Resident Council Meeting, GP 
 11:00 Walking Group, AF
 1:00 Wellness Program, FR*
1:30 Manicures w/ King of Kings Lutheran Church, GP
 2:00 † Rosary, CR
 2:30 Finish the Phrase, GB
 3:30 Chair Soccer, GB
 5:45 Evening Movie, GP

31
9:30 "Witch" Warm-Up? (ac), GB
 10:30 Travelogue, GB
10:30 † Catholic Eucharist w/ St. Leo's, AF
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



18
 9:30 Movin' & Groovin' Fitness Class, GP
 10:00 Menu Planning, GB
 10:30 Would You Rather, GB
 11:00 Yesterdays, GB
 1:00 Wellness program, GP
2:00 Scenic Drive 
 2:30 Trivial Pursuit, FR
 3:30 \$ BINGO, GP
 5:45 Evening Movie, GP

19
 9:30 Balance Fitness, GP
 10:00 Menu Planning, GB
10:30  Music Appreciation w/Laura, FR (SIA), GP
12:30  Piano w/ Laura, FR
 1:00 Wellness Program, GP
2:30 Happy Hour, Bistro
 3:30 Puzzle Time, GB
 5:45 Evening Movie, GP

20
 9:30 Fun & Fitness, GP
 10:00 Menu Planning, GB
 10:30
 11:30 Relax & Chat 
 1:30 Wii Games, GB
 2:30 Crafty Corner, GB
 3:30 Matinee Musical Movie, GB
 5:45 Soft Music, GB