

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER

The Gardens at Fair Oaks \* 4310 Forest Hill Drive Fairfax, VA 22030 \* (703) 278-1001

**1**

9:30 News & Views  
**10:00** 🎵 **Music w/ Laura**  
**10:30 Morning Fitness**  
**11:00** 🚌 **Lunch Bunch: Denny's**  
 11:15 Weather, Date and Upcoming Events  
 1:00 Faces & Places  
 1:30 Bowling  
**2:30 Welcome September**  
 3:00 Bird Watching/Gazebo Games  
 3:30 Getting to Know You  
 6:00 Soft Music  
**7:00 Bedtime Cart**

**2**

9:30 Morning Fitness  
 10:00 News Currents  
 11:00 Morning Walk  
 1:00 Relax & Chat  
 1:30 Baggo  
**2:30 Afternoon Tea**  
 3:00 🎵 Name that Tune  
 3:30 Afternoon Trivia  
 6:00 Soft Music  
**7:00 Compelling Conversations**

**3**

9:30 Chair Yoga  
 10:00 Television Ministry  
**11:00** † **Hymn Sing**  
 1:00 Protestant Communion, Upstairs FR  
 1:00 Spelling Bee  
 2:00 Matching and Sorting  
 2:30 Down Time/Snack  
 3:00 Basketball  
 3:30 Pictionary  
 6:00 Soft Music  
**7:00 I Love Lucy**

**4**

9:30 Morning Fitness  
**10:45** † **Devotion w/ Fasil**  
 1:00 Can you Picture This (Activities Connection)  
 1:30 Balloon Volleyball  
 2:00 Down Time/Snack  
 2:30 Wellness w/ Melissa  
**3:30 Parachute Game**  
 6:00 Soft Music

Labor Day

**5**

9:30 Morning Fitness with Melissa  
 10:30 Weather, Date and Upcoming Events  
 11:00 Morning Trivia  
 1:00 Afternoon walk  
 1:30 Volleyball  
 2:30 Down Time/Snack  
**2:30** 🚌 **Scenic Drive**  
 3:00 Yesterdays  
 3:30 Bowling  
 6:00 Soft Music

**6**

9:30 Morning Fitness  
 10:15 Weather, Date and Upcoming Events  
 10:30 Back-to-School Reminisce Sensory Kit  
 11:00 Mental Fitness  
 1:00 Golfing  
**1:30** 🎵 **Music w/ Charlie**  
 2:00 Down Time/Snack  
 2:30 Wellness w/ Melissa  
 3:30 Dice Game  
 6:00 Soft Music

**7**

9:30 Morning Fitness with Melissa  
 10:15 Gratitude Journal & Pen Pal Program  
 10:30 Weather, Date and Upcoming Events  
 11:00 Wheel of Fortune  
**1:00 Abstract Painting**  
 2:00 Afternoon walk  
**2:30 Ice Cream Social**  
 3:30 Dance Party  
 6:00 Soft Music  
**7:00 Sensory Group**

**8**

9:30 News & Views  
**10:30 Morning Fitness with Melissa**  
**11:00** 🚌 **Picnic Lunch**  
 11:00 Gratitude Journal & Pen Pal Program  
 1:00 Duck Races  
 2:30 Down Time/Snack  
 3:00 Afternoon walk  
 3:30 Getting to Know You  
 6:00 Soft Music  
**7:00 Personalized Playlists**

**9**

9:30 Morning Fitness  
 10:00 News Currents  
 11:00 Morning Walk  
 1:00 Relax & Chat  
 1:30 Baggo  
 2:30 Down Time/Snack  
 3:00 🎵 Name that Tune  
 3:30 Faces and Places  
 6:00 Soft Music  
**7:00 Bedtime Cart**

**10**

9:30 Stretch it Out  
 10:00 Television Ministry  
**11:00** † **Hymn Sing**  
 1:00 Getting to Know You  
 2:00 Price is Right  
 2:30 Down Time/Snack  
 3:00 Table Games  
 3:30 Sorting/Trivia  
 6:00 Soft Music  
**7:00 Light Sensory group**

**11**

9:30 Morning Fitness  
 10:30 Weather, Date, News Upcoming Events  
 1:00 Discuss and Recall (Activities Connection)  
 1:30 Simon Says Game w/ Visiting Angels  
 2:00 Down Time/Snack  
 2:30 Wellness w/ Melissa  
 3:00 Parachute Game  
**3:30** 🎵 **Yvonne Johnson**  
 6:00 Soft Music

**12**

9:30 Morning Fitness with Melissa  
 10:15 Silly Jokes and Wake Up Humor  
 10:30 Weather, Date and Upcoming Events  
 11:00 Short Stories  
 1:00 Afternoon walk  
 1:30 Bowling  
 2:30 Down Time/Snack  
**2:30** 🚌 **Scenic Drive**  
 3:30 Pictionary  
 6:00 Soft Music

**13**

9:30 Morning Fitness  
 10:15 Weather, Date and Upcoming Events  
 10:30 Fun Facts  
 11:00 Would You Rather  
 1:00 Basketball  
 2:00 Table Games  
 2:00 Down Time/Snack  
 2:30 Wellness w/ Melissa  
 3:30 Simon Says  
 6:00 Soft Music

**14**

9:30 Morning Fitness with Melissa  
 10:30 Weather, Date and Upcoming Events  
 11:00 Cranium Crunches (activity connection)  
**1:00 irRESISTible Leaf Art (activity connection)** 🍁  
 2:00 Fly Ball  
**2:30 Ice Cream Social**  
 3:00 Afternoon Walk  
 6:00 Soft Music  
**7:00 Bedtime Cart**

**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 number of seats

**Activities are subject to change.**

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

**Each activity runs for a minimum of 30 minutes**

Sunday

Monday

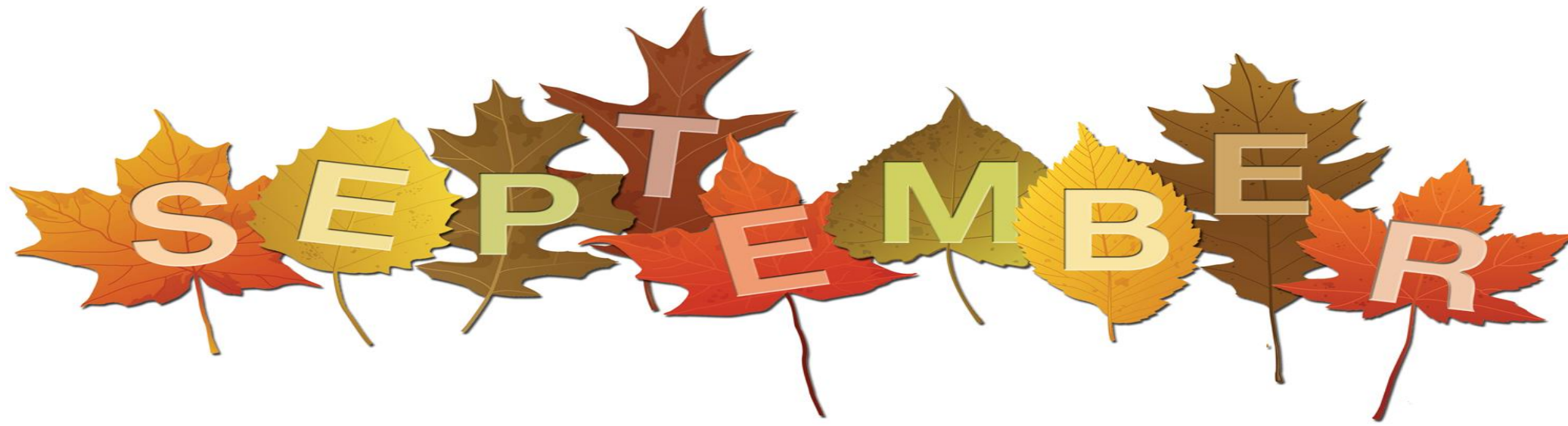
Tuesday

Wednesday

Thursday

Friday

Saturday



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9:30 News & Views  
**10:00** 🎵 **Music w/ Laura**  
**10:30 Morning Fitness**  
**11:00** 🚗 **Lunch Bunch: Olive Garden**  
 11:00 Morning Trivia  
 1:00 Faces & Places  
 1:30 Fact or Fiction  
 2:30 Down Time/Snack  
 3:00 Afternoon Walk  
 3:30 Freeze Dance  
 6:00 Soft Music  
**7:00 Personalized Playlists**

9:30 Morning Fitness  
 10:00 Reminiscing  
 11:00 Hand Care  
 11:30 Morning Walk  
 1:00 Bowling  
 2:00 Folding and Sorting  
**2:30 Afternoon Tea**  
 2:30 Table Games  
 3:30 Dice Game  
 6:00 Soft Music  
**7:00 Compelling Conversations**

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23

9:30 Chair Yoga  
 10:00 Television Ministry  
**11:00** † **Hymn Sing**  
 1:00 Pictionary  
 2:00 Finish the Phrase  
 2:30 Down Time/Snack  
 3:00 Volleyball  
 3:30 Karaoke  
 6:00 Soft Music  
**7:00 Bedtime Cart**

9:30 Morning Fitness  
**10:45** † **Devotion w/ Fasil**  
 1:00 You Can Puzzle It Too (Activities Connection)  
**1:30 Personalized Playlists**  
 2:00 Down Time/Snack  
 2:30 Wellness w/ Melissa  
 3:30 Who, What, When  
 6:00 Soft Music

9:30 Morning Fitness with Melissa  
 10:15 Weather, Date and Upcoming Events  
 10:30 Laundry Day  
 11:00 Short Stories  
 1:00 Afternoon walk  
 1:30 Brain Games  
 2:30 Down Time/Snack  
**2:30** 🚗 **Scenic Drive**  
 3:30 Matching Games  
 6:00 Soft Music

9:30 Morning Fitness  
 10:15 Weather, Date and Upcoming Events  
 10:30 Morning Trivia  
 1:00 Table Games  
 1:30 Balloon Volleyball  
**2:30 Apples and Honey Rosh Hashanah Service**  
 3:00 Wellness w/ Melissa  
 4:00 Short Story: The Way Things Were (activity connection)  
 6:00 Soft Music

9:30 Mind, Body & Soul Fitness with Melissa  
 10:15 Gratitude Journal & Pen Pal Program  
**10:30 Autumn Reminisce Sensory Kit**  
**1:00 Crafty Corner**  
 2:00 Table Tennis  
**2:30 Ice Cream Social**  
 3:00 Afternoon Walk  
 6:00 Soft Music  
**7:00 Aromatherapy**

9:30 News & Views  
**10:00** 🎵 **Music w/ Laura**  
**10:30 Morning Fitness with Melissa**  
**10:30** 🚗 **Picnic Lunch**  
 11:00 Gratitude Journal & Pen Pal Program  
 1:30 What Comes Next?  
**2:30 What's Cooking? : Cheesecake stuffed strawberries**  
 3:00 Afternoon walk  
 3:30 Getting to Know You  
 6:00 Soft Music  
**7:00 Compelling Conversations**

9:30 Jokes and Silly Stories  
 10:00 Mind, Body, & Soul  
 11:00 Brain Games  
 1:00 Relax & Chat  
 1:30 Volleyball  
 2:30 Down Time/Snack  
 3:30 Ask Me Anything  
 6:00 Soft Music  
**7:00 Hand Massage**

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29

30

9:30 Stretch it Out  
 10:00 Television Ministry  
**11:00** † **Hymn Sing**  
 1:00 Getting to Know You  
 2:00 Price is Right  
 2:30 Down Time/Snack  
 3:00 Table Games  
 3:30 Sorting/Trivia  
 6:00 Soft Music  
**7:00 Light Sensory group**

9:30 Morning Fitness  
 10:30 Weather, Date, News Upcoming Events  
 1:00 Laundry Day  
 1:30 Simon Says  
 2:00 Down Time/Snack  
 2:30 Wellness w/ Melissa  
 3:30 Rhyme Time  
 6:00 Soft Music

9:30 Morning Fitness with Melissa  
 10:15 Silly Jokes and Wake Up Humor  
 10:30 Weather, Date and Upcoming Events  
 11:00 Short Stories  
 1:00 Afternoon walk  
 1:30 Bowling  
 2:30 Down Time/Snack  
**2:30** 🚗 **Scenic Drive**  
 3:30 Parachute Game  
 6:00 Soft Music

9:30 Morning Fitness  
 10:15 Weather, Date and Upcoming Events  
 10:30 Fun Facts  
 11:00 Gratitude Journal & Pen Pal Program  
 1:00 Golfing  
 2:00 Down Time/Snack  
 2:30 Wellness w/ Melissa  
 3:30 Simon Says  
 6:00 Soft Music

9:30 Morning Fitness with Melissa  
 10:15 Gratitude Journal & Pen Pal Program  
 10:30 Weather, Date and Upcoming Events  
 11:00 Wheel of Fortune  
**1:00 Crafty Corner: Paper Flowers**  
 2:00 Afternoon walk  
**2:30 Ice Cream Social**  
 3:30 Dance Party  
 6:00 Soft Music  
**7:00 Sensory Group**

9:30 News & Views  
**10:00** 🎵 **Music w/ Laura**  
**10:30 Morning Fitness w/ Melissa**  
**11:00** 🚗 **Picnic Lunch**  
 11:15 Weather, Date and Upcoming Events  
 1:00 Faces & Places  
 1:30 Bowling  
 2:30 Afternoon Walk  
 3:00 Chair Soccer  
 3:30 Getting to Know You  
 6:00 Soft Music  
**7:00 Mandala coloring pages**

9:30 Morning Fitness  
 10:00 News Currents  
 11:00 Morning Walk  
 1:00 Relax & Chat  
 1:30 Baggo  
**2:30 Afternoon Tea**  
 3:00 🎵 Name that Tune  
 3:30 ABC Trivia  
 6:00 Soft Music  
**7:00 Reminisce: Bedtime Routines you had for your children**