

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# well hello, march

**Special Care Unit Activities**  
**The Gardens at Fair Oaks**  
**4310 Forest Hill Drive Fairfax, Virginia 22030**  
**(703) 278-1001**



## Special Care Unit Calendar

1

9:30 Morning Exercise  
**10:00 March IQ (trivia)**  
10:30 Name that Tune  
1:30 Reading Circle  
2:15 Wellness Program  
**2:30 Ice Cream Social**  
3:00 Puzzle Time  
3:30 Spelling Bee  
4:30 Parachute Game  
6:00 Soft Music

2

9:30 News & Views  
10:30 Morning Fitness  
11:00 Spelling Bee  
**11:00 Lunch Bunch:**  
**Anita's Restaurant**  
1:30 Fly Ball  
2:00 Downtime/Snack  
2:15 Wellness program  
3:00 Junk Drawer  
Detective Game  
**3:30 March Madness**  
**Basketball Game**  
6:00 Soft Music

3

9:30 Movin' & Groovin'  
Exercise Routine  
10:00 News  
Currents/Newspaper  
11:00 Morning Walk  
1:00 Relax & Chat  
**2:30 Afternoon Tea**  
3:00 Name that Tune  
3:30 Afternoon Trivia  
6:00 Soft Music

4

9:30 Chair Yoga  
10:00 Television Ministry  
10:00 Word Search  
11:00 † Hymn Sing  
1:00 Spelling Bee  
2:00 Down Time/Snack  
2:30 Rhyme Time  
3:00 Personalized Playlists  
3:30 Movin' & Groovin'  
Exercise Program  
6:00 Soft Music

5

9:30 Chair Cardio  
**10:00 Music w/ Chaplain Pervaiz**  
10:30 Weather, Date and  
Upcoming Events  
11:30 Memory and  
Mathematics  
1:30 Would You Rather  
2:00 Down Time/Snack  
2:15 Wellness Program  
**3:30 Yvonne Johnson**  
6:00 Soft Music

6

9:30 Chair Cardio  
10:30 Weather, Date and  
Upcoming Events  
11:00 Morning Trivia  
1:30 Afternoon walk  
1:30 Down Time/Snack  
2:15 Wellness Program  
**2:30 Scenic Drive**  
3:00 Simulated Pet Therapy  
3:30 Bowling  
6:00 Soft Music

7

9:30 Chair Cardio  
10:30 Weather, Date and  
Upcoming Events  
11:00 Famous Faces and  
Places  
1:00 Afternoon Walk  
1:30 Downtime/Snack  
2:15 Wellness Program  
3:00 Puzzles and  
Ponderings  
4:30 Name that Tune  
6:00 Soft Music

8

9:30 Chair Cardio  
10:30 Cranium Crunches  
(ac)  
**11:00 Irish Poems/Limericks**  
1:00 Afternoon Walk  
1:30 Mandala Coloring  
Pages  
2:15 Wellness Program  
**2:30 Ice Cream Social**  
3:00 Name three Game  
4:00 Afternoon Walk  
6:00 Soft Music

9

9:30 News & Views  
10:00 Morning Fitness  
**11:00 Picnic Lunch**  
11:00 Add it Up  
1:00 Would you Rather  
2:00 Down Time/Snack  
2:15 Wellness Program  
3:30 Ask Me Anything  
6:00 Soft Music

10

9:30 Morning Fitness  
10:00 Reminiscing  
11:00 Hand Care  
1:00 Wii Games  
2:00 Coloring Mandalas  
**2:30 Afternoon Tea**  
2:30 Table Games  
3:30 Dice Game  
6:00 Soft Music

11

9:30 Stretch it Out  
10:00 Television Ministry  
11:00 † Hymn Sing  
1:00 Getting to Know You  
1:30 The Price is Right  
2:00 Down Time/Snack  
3:00 Geography  
3:30 Sorting/Trivia  
6:00 Soft Music

12

9:30 Chair Cardio  
**10:00 Music w/ Chaplain Pervaiz**  
10:30 Weather, Date,  
News Upcoming Events  
1:00 Puzzle Group  
1:30 Simon Says Game  
2:00 Down Time/Snack  
2:15 Wellness Program  
3:00 Love Songs  
3:30 States Game  
6:00 Soft Music

13

9:30 Chair Cardio  
10:15 Morning Walk  
10:30 Weather, Date and  
Upcoming Events  
**11:00 Devotion with Fasil**  
1:00 Afternoon walk  
2:00 Down Time/Snack  
2:15 Wellness Program  
**2:30 Scenic Drive**  
3:30 Mouse and Cheese  
Toss Game  
6:00 Soft Music

14

9:30 Morning Fitness  
**10:00 Reminiscing: March**  
11:00 Finish the Phrase  
1:00 Personalized Playlists  
(music)  
2:00 Down Time/Snack  
2:15 Wellness Program  
3:00 Dice Game  
3:30 Karaoke  
4:00 Afternoon walk  
6:00 Love Songs

15

9:30 Chair Cardio  
10:30 Who, What, When  
Questions  
11:00 Chicken Soup:  
Positive Messages  
1:30 Afternoon Walk  
2:00 Wellness Program  
**2:30 Ice Cream Social**  
**3:30 Name that Irish Tune**  
4:00 Afternoon Walk  
6:00 Soft Music

16

9:30 News & Views  
**10:00 Music Appreciation w/ Laura**  
10:30 Morning Fitness  
**11:00 Lunch Bunch:**  
**Denny's**  
11:00 Puzzle Time  
1:00 Table Games  
1:30 Fact or Fiction  
2:15 Wellness Program  
**3:30 Shamrock Shake and**  
**Shmingle Social**  
4:00 Chair Soccer  
6:00 Soft Music

17

**9:30 Irish Jig – Movin' & Groovin' Exercise**  
10:00 News  
Currents/Newspaper  
11:00 Morning Walk  
**1:30 Truth or Blarney Game**  
**2:30 St. Patrick's Day Tea Social**  
**3:30 St. Patrick's Day Leprechaun Craft**  
6:00 Soft Music  
**Happy St. Patrick's Day!**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# well hello, march

## Special Care Unit Activities Calendar

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
- 2<sup>nd</sup> 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
9:30 Chair Yoga 10:00 Television Ministry 11:00 † Hymn Sing 12:30 Wheel of Fortune 1:00 Pictionary Game 2:00 Down Time/Snack 2:30 Finish the Phrase 3:00 Balloon Volleyball 3:30 Puzzles and Ponderings 6:00 Soft Music	9:30 Chair Cardio <b>10:00  Music w/ Chaplain Pervaiz</b> 10:00 Name that Tune 10:30 Today in the News <b>10:45 Bible Study w/Fasil</b> 11:30 Categories: Name 5 <b>1:30  District Music Performance</b> 2:00 Down Time/Snack 2:15 Wellness Program 2:30 Ask Me Anything? 6:00 Soft Music	9:30 Chair Cardio 10:15 Weather, Date and Upcoming Events <b>10:30 Four Leaf Clover Coloring Pages</b> 1:30 Afternoon walk 2:00 Down Time/Snack 2:15 Wellness Program <b>2:30  Scenic Drive</b> 3:30 Sing A Long 6:00 Soft Music	9:30 Mind, Body and Soul 10:15 Weather, Date and Upcoming Events 10:30 Fun Facts 11:00 Reading Circle 1:30 Table Games 2:00 Downtime/snack 2:15 Wellness Program 3:00 Simulated Pet Therapy 6:00 Soft Music	9:30 Chair Cardio 10:30 Brain Teasers 11:00 Chicken Soup: Positive Messages 1:30 Afternoon Walk 2:00 Wellness Program <b>2:30 Ice Cream Social</b> 3:00 Fly Ball 4:00 Afternoon Walk 6:00 Soft Music	9:30 News & Views <b>10:00  Music w/ Laura</b> 10:30 Morning Fitness <b>11:00  Picnic Lunch</b> 1:00 Would you Rather Ball Toss Game 2:00 Down Time/Snacks 2:15 Wellness Program 3:30 Geography 6:00 Soft Music	9:30 Movin' & Groovin' Exercise Program 10:00 News Currents/Newspaper 11:00 Morning Walk 1:00 Relax & Chat <b>2:30 Afternoon Tea</b> 3:00 Bowling 3:30 Afternoon Trivia 6:00 Soft Music
25	26	27	28	29	30	31
9:30 Stretch it Out 10:00 Television Ministry 11:00 † Hymn Sing 1:00 Getting to Know You 2:00 Down Time/Snack 2:30 The Price is Right 3:00 Name that Tune 3:30 Sorting/Trivia 4:00 Puzzle Time 6:00 Soft Music	9:30 Chair Cardio <b>10:00  Music w/ Chaplain Pervaiz</b> 10:30 Weather, Date, News Upcoming Events <b>10:45 Bible Study w/ Fasil</b> 1:00 Puzzle Group 1:30 Simon Says Game 2:00 Down Time/Snack 2:30 Wellness Program <b>3:30  Music with Roberta</b> 4:00 Would You Rather 6:00 Soft Music	9:30 Chair Cardio 10:15 Morning Walk 10:30 Weather, Date and Upcoming Events <b>10:30 Resident Council, GP</b> <b>11:00 Devotion with Fasil</b> 1:00 Afternoon walk 1:30 Bowling 2:00 Down Time/Snack 2:15 Wellness Program <b>2:30  Scenic Drive</b> 3:00 Travelogue 6:00 Soft Music	9:30 Chair Cardio 10:15 Weather, Date and Upcoming Events 10:30 Book Nook 1:00 Cranium Crunches 2:00 Down Time/Snack 2:15 Wellness program 3:00 What Would You Do? Game 4:00 Simulated Pet Therapy 4:30 Personalized Playlists 6:00 Soft Music	9:30 Chair Cardio 10:30 Name that Tune 11:00 Chicken Soup: Positive Messages 1:00 Afternoon Walk 2:00 Wellness Program <b>2:30 Ice Cream Social</b> 3:30 Famous Faces and Places Game 4:00 Afternoon Walk 6:00 Soft Music	9:30 News & Views <b>10:00  Music w/ Laura</b> 10:30 Morning Fitness <b>11:00  Picnic Lunch</b> 1:00 Afternoon Walk 2:00 Down Time/Snacks 2:15 Wellness Program <b>3:30 Easter Egg Decorating</b> 6:00 Soft Music	9:30 Morning Fitness 10:00 Reminiscing 11:00 Hand Care 1:00 Wii Games 2:00 Coloring Mandalas <b>2:30 Afternoon Tea</b> <b>2:30 Easter Egg Hunt</b> 3:30 Dice Game 6:00 Soft Music