

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday






Saturday

# MEMORY CARE ACTIVITIES CALENDAR SEPTEMBER 2022



				<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box 1:30 Relaxion Time W/ Music 2:00 Afternoon Snacks <b>2:30 Happy Hour</b> <b>3:30 Hymn Singing w/Pervaiz</b> 4:00 Room Visit 4:30 Dinner</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 1:30 Afternoon Snack <b>2:00 Hymn Singing w/Pervaiz</b> <b>3:00 Prize Bingo</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Pretty Nails / Hand Massage 1:30 Weekend Bingo 2:00 Afternoon snacks <b>2:30 Divine Service w/Chaplain Pervaiz, FR</b> 3:30 Botanical Garden on YouTube 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>
<p>9:30 Morning Exercise <b>10:00 Morning Snacks/Scenic Ride</b> 10:30 Joel Osteen Service 11:00 Hymn Singing <b>1:30 Catholic Mass-EWTN (Virtual)</b> 2:00 Afternoon Snacks 2:30 Sunday Movie 4:30 Dinner 5:00 Games on T.V</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box/Puzzle <b>1:30 Let's Bake</b> <b>2:00 Arts &amp; Crafts</b> <b>3:00 Pet Therapy W/ (Fairfax Animal Shelter)</b> <b>3:30 Hymn Singing w/Pervaiz</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Active Games 1:30 Afternoon Trivia 2:00 Afternoon Snacks <b>2:30 Bingo</b> <b>3:30 Bible Study w/Chaplain Pervaiz</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks <b>10:30 Piano &amp; Sing A Long w/Roberta Commack- Katleman</b> <b>1:30 Let's Bake</b> 2:00 Afternoon Snacks <b>2:30 Arts &amp; Crafts</b> <b>3:30 Hymn Singing w/Pervaiz</b> 4:00 Room Visit 4:30 Dinner</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box 1:30 Relaxion Time W/ Music 2:00 Afternoon Snacks <b>2:30 Happy Hour</b> <b>3:30 Hymn Singing w/Pervaiz</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 1:30 Afternoon Snack <b>2:00 Hymn Singing w/Pervaiz</b> <b>3:00 Prize Bingo</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Saturday Coloring 1:30 Weekend Bingo 2:00 Afternoon snacks <b>2:30 Divine Service w/Chaplain Pervaiz, FR</b> 3:30 Botanical Garden on YouTube 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>
<p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Joel Osteen Service 11:00 Hymn Singing <b>1:30 Catholic Mass-EWTN (Virtual)</b> 2:00 Afternoon Snacks 2:30 Sunday Movie 4:30 Dinner 5:00 Games on T.V</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box/Puzzle <b>1:30 Let's Bake</b> <b>2:30 Arts &amp; Crafts</b> <b>3:30 Hymn Singing w/Pervaiz</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Active Games 1:30 Afternoon Trivia 2:00 Afternoon Snacks <b>2:30 Bingo</b> <b>3:30 Bible Study w/Chaplain Pervaiz</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Sorting and Folding <b>1:30 Let's Bake</b> <b>2:30 Arts Therapy W/ Fidal</b> <b>3:30 Hymn Singing w/Pervaiz</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks <b>11:00 Catholic Mass by St. Leo the Great Catholic Church, GP</b> 1:30 Relaxion Time W/ Music <b>2:00 Clifton Prom Day</b> <b>3:30 Hymn Singing w/Pervaiz</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 1:30 Afternoon Snack <b>2:00 Hymn Singing w/Pervaiz</b> <b>3:00 Assisted Living week Social</b> 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Pretty Nails / Hand Massage 1:30 Weekend Bingo 2:00 Afternoon snacks <b>2:30 Divine Service w/Chaplain Pervaiz, FR</b> 3:30 Botanical Garden on YouTube 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><b>Location Key</b></p> <p><b>AF</b> - All Floors  <b>CR</b> - Card Room  <b>FP</b> - Front Porch  <b>FR</b> - Family Room  <b>GP</b> - Gathering Place  <b>GB</b> - Green brier  <b>OP</b> - Outside Patio  <b>2<sup>nd</sup> Floor</b> – Living Room  <b>PDR</b> - Private Dining Room  <b>MIL</b> – Meet in Lobby</p>	<p><b>Calendar Icons</b></p> <p> <b>Outing</b>   <b>Musical Program</b>   <b>Spiritual Program</b>   <b>Outdoor Activity</b></p> <p>If you wish to attend a bus ride or outing, please see an activity team member. These events have limited</p>	<p><b>Any additions or changes to the calendar will be posted on the daily schedule.</b></p> <p><b>Each activity runs for a minimum of 30 minutes.</b></p> <p><b>* Eucharist every Tuesday at 10:00 am on all floors.</b></p>
<p>18</p> <p>9:30 Morning Exercise  <b>10:00 Morning Snacks/ Scenic Ride</b>  10:30 Joel Osteen Service  11:00 Hymn Singing  <b>1:30 Catholic Mass-EWTN (Virtual)</b>  2:00 Afternoon Snacks  2:30 Sunday Movie  4:30 Dinner  5:00 Games on T.V</p>	<p>19</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:30 Sensory Box/Puzzle  <b>1:30 Let's Bake</b>  2:00 Afternoon Snacks  <b>2:30 Arts &amp; Crafts</b>  <b>3:30 Hymn Singing w/Pervaiz</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>20</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:30 Active Games  1:30 Afternoon Trivia  <b>2:00 Music W/ Lalo Garcia</b>  <b>2:30 Bingo</b>  <b>3:30 Bible Study w/Chaplain Pervaiz</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>21</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:15 Sorting and Folding  <b>1:30 Let's Bake</b>  <b>2:30 Arts &amp; Crafts</b>  <b>3:30 Hymn Singing w/Pervaiz</b>  3:30 Let's Dance  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>22</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:30 Sensory Box  1:30 Relaxion Time W/ Music  <b>2:30 Happy Hour/ monthly Birthday Celebration W/ Charlie</b>  <b>3:30 Hymn Singing w/Pervaiz</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>23</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:15 Pretty Nails  11:00 Finish that Phrase  1:30 Afternoon Snack  <b>2:00 Hymn Singing w/Pervaiz</b>  <b>3:00 Prize Bingo</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>24</p> <p>9:30 Morning Exercise  10:00 Morning Snacks  10:30 Saturday Coloring  <b>1:20 Piano &amp; Sing A Long w/Roberta Commack-Katleman</b>  2:00 Afternoon snacks  <b>2:30 Divine Service w/Chaplain Pervaiz, FR</b>  3:30 Botanical Garden on YouTube  4:30 Dinner  5:00 Evening Movie</p>
<p>25</p> <p>9:30 Morning Exercise  10:00 Morning Snacks  10:30 Joel Osteen Service  11:00 Hymn Singing  <b>1:30 Catholic Mass-EWTN (Virtual)</b>  2:00 Afternoon Snacks  2:30 Sunday Movie  4:30 Dinner  5:00 Games on T.V</p>	<p>26</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:30 Sensory Box/Puzzle  <b>1:30 Let's Bake</b>  2:00 Afternoon Snacks  <b>2:30 Arts &amp; Crafts</b>  <b>3:30 Hymn Singing w/Pervaiz</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>27</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:30 Active Games  1:30 Afternoon Trivia  2:00 Afternoon Snacks  <b>2:30 Bingo</b>  <b>3:30 Bible Study w/Chaplain Pervaiz</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>28</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:15 Sorting and Folding  <b>1:30 Let's Bake</b>  <b>2:30 Arts &amp; Crafts</b>  <b>3:30 Hymn Singing w/Pervaiz</b>  3:30 Let's Dance  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>29</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:30 Sensory Box  1:30 Relaxion Time W/ Music  <b>2:30 Happy Hour</b>  <b>3:30 Hymn Singing w/Pervaiz</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	<p>30</p> <p>9:30 Morning Exercise  10:00 Scenic Ride/Snacks  10:15 Pretty Nails  11:00 Finish that Phrase  1:30 Afternoon Snack  <b>2:00 Hymn Singing w/Pervaiz</b>  <b>3:00 Prize Bingo</b>  4:00 Room Visit  4:30 Dinner  5:00 Evening Movie</p>	