

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MEMORY CARE ACTIVITIES CALENDAR 2022



				<p style="text-align: right;">1</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box 1:30 Ball Toss 2:30 Prize Bingo 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">2</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 1:30 Afternoon Snack 2:00 Hymn Singing w/Pervaiz 3:00 Arts & Crafts 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">3</p> <p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Pretty Nails / Hand Massage 1:30 Bingo w/Church's Youth Group! 2:30 Divine Service w/Chaplain Pervaiz, FR 3:00 Christmas Caroling w/Church's Youth Group 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>
<p style="text-align: right;">4</p> <p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Joel Osteen Service 11:00 Hymn Singing 1:30 Catholic Mass-EWTN (Virtual) 2:00 Afternoon Snacks 2:30 Sunday Movie 4:30 Dinner 5:00 Games on T.V</p>	<p style="text-align: right;">5</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box/Puzzle 1:30 Let's Bake 2:00 Afternoon Snacks 2:30 Arts & Crafts 2:30 PET THERAPY (Fairfax Animal Shelter) 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">6</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Christmas Caroling 1:30 Afternoon Trivia 2:00 Afternoon Snacks 2:30 Bingo 3:30 Bible Study w/Chaplain Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">7</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Piano & Sing A Long w/Roberta Commack-Katleman 1:30 Trivia 2:30 Arts & Crafts 3:30 Hymn Singing w/Pervaiz 3:30 Let's Dance 4:00 Room Visit 4:30 Dinner</p>	<p style="text-align: right;">8</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box 1:30 Ball Toss 2:30 Piano performance w/Jennifer, FR 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">9</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 1:30 Afternoon Snack 2:00 Hymn Singing w/Pervaiz 3:00 Arts & Crafts 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">10</p> <p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Pretty Nails / Hand Massage 1:30 Weekend Bingo 2:00 Afternoon snacks 2:30 Divine Service w/Chaplain Pervaiz, FR 3:30 Botanical Garden on YouTube 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>
<p style="text-align: right;">11</p> <p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Joel Osteen Service 11:00 Hymn Singing 1:30 Catholic Mass-EWTN (Virtual) 2:00 Afternoon Snacks 2:30 Sunday Movie 4:30 Dinner 5:00 Games on T.V</p>	<p style="text-align: right;">12</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box/Puzzle 1:30 Let's Bake 2:00 Afternoon Snacks 2:30 Arts & Crafts 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">13</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Christmas Caroling 1:30 Afternoon Trivia 2:00 Afternoon Snacks 2:30 Bingo 3:30 Bible Study w/Chaplain Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">14</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Sorting and Folding 1:30 Trivia 2:30 Arts & Crafts 3:30 Hymn Singing w/Pervaiz 3:30 Let's Dance 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">15</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box 1:30 Ball Toss 2:30 Arts Therapy W/ Fidel 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">16</p> <p>9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 1:30 Afternoon Snack 2:00 Hymn Singing w/Pervaiz 3:00 Arts & Crafts 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie</p>	<p style="text-align: right;">17</p> <p>9:30 Morning Exercise 10:00 Morning Snacks 10:30 Pretty Nails / Hand Massage 1:30 Weekend Bingo 2:00 Afternoon snacks 2:30 Divine Service w/Chaplain Pervaiz, FR 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>Location Key</p> <p>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</p>	<p>Calendar Icons</p> <p> Outing  Musical Program  Spiritual Program  Outdoor Activity</p> <p>If you wish to attend a bus ride or outing, please see an activity team member. These events have limited</p>	<p>Any additions or changes to the calendar will be posted on the daily schedule.</p> <p>Each activity runs for a minimum of 30 minutes.</p> <p>* Eucharist every Tuesday at 10:00 am on all floors.</p>
18	19	20	21	22	23	24
9:30 Morning Exercise 10:00 Morning Snacks 10:30 Joel Osteen Service 11:00 Hymn Singing 1:30 Catholic Mass-EWTN (Virtual) 2:00 Afternoon Snacks 2:30 Sunday Movie 4:30 Dinner 5:00 Games on T.V	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box/Puzzle 1:30 Let's Bake 2:00 Afternoon Snacks 2:30 Arts & Crafts 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Pets on Wheels: Gracie our furry friend, FR 2:30 "KING of KINGS" Christmas Play & Caroling 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Sorting and Folding 1:30 Trivia 2:30 Arts & Crafts 3:30 Hymn Singing w/Pervaiz 3:30 Let's Dance 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box 1:30 Ball Toss 2:30 Music with Charlie 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 2:00 Hymn Singing w/Pervaiz 3:00 Christmas movie w/Popcorn 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Morning Snacks 10:30 Pretty Nails / Hand Massage 1:20 Piano & Sing A Long w/Roberta Commack-Katleman 2:00 Afternoon snacks 2:30 Divine Service w/Chaplain Pervaiz, FR 3:30 Botanical Garden on YouTube 4:30 Dinner 5:00 Evening Movie
25	26	27	28	29	30	31
9:30 Morning Exercise 10:00 Morning Snacks 10:30 Joel Osteen Service 11:00 Hymn Singing 1:30 Catholic Mass-EWTN (Virtual) 2:30 Sunday Movie 	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box/Puzzle 1:30 Let's Bake 2:00 Afternoon Snacks 2:30 Arts & Crafts 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Active Games 1:45 Music W/ Lola Garcia 3:30 Bible Study w/Chaplain Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Sorting and Folding 1:30 Trivia 2:30 Arts & Crafts 3:30 Hymn Singing w/Pervaiz 3:30 Let's Dance 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:30 Sensory Box 1:30 Relaxion Time W/ Music 2:30 Prize Bingo 3:30 Hymn Singing w/Pervaiz 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie	9:30 Morning Exercise 10:00 Scenic Ride/Snacks 10:15 Pretty Nails 11:00 Finish that Phrase 1:30 Monthly Birthday Celebration w/CCWC (Clifton Community Women's Club), Bistro 2:00 Hymn Singing w/Pervaiz 3:00 Arts & Crafts 4:00 Room Visit 4:30 Dinner	9:30 Morning Exercise 10:00 Morning Snacks 10:30 Pretty Nails / Hand Massage 1:30 Weekend Bingo 2:00 Afternoon snacks 2:30 Divine Service w/Chaplain Pervaiz, FR 3:30 Botanical Garden on YouTube 4:00 Room Visit 4:30 Dinner 5:00 Evening Movie