Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Warm Up & Stretches, GP 10:00 Nondenominational Sunday Service(virtual), GP ↑ 11:00 Catholic Mass(virtual), GP ↑ 12:00 Relax & Chat, FP 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Relax & Chat, FP ☆ 4:00 Travelogue, GP 5:00 Evening Movie, GP	2 9:30 Balance Fitness, GP 10:00 Words in a Word, GP 10:30 Synonyms, GP 11:00, Music & Dance Therapy, GP 1:00 Game Shows, GP 1:30 \$ BINGO, GP 2:00 🛱 Scenic Ride w/Floyd, MIL 3:00 Finish the Phrase, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	3 9:30 Morning Stretches, GP 10:00 Synonyms/Antonyms, GP 10:30 ART Therapy Class w/Fidel, GP 11:00 Hymn Singing, GP 1:00 Rosary w/Bella, CR 1:00 Games Shows, GP 1:30 Bingo!, GP 2:00 Scenic Ride, MIL 2:30 Bingo Shopping Cart, GP 3:30 Handbell Choir, GP,J 4:00 Travelogue, GP 5:30 Evening Movie, GP	<ul> <li>4</li> <li>9:30 Theraband Exercise, GP</li> <li>10:00 Words in a Word, GP</li> <li>10:30 Antonyms, GP</li> <li>11:00 JSing A Long, GP</li> <li>1:00 Games Shows, GP</li> <li>1:30 Bingo, GP</li> <li>2:00 Scenic Ride w/Floyd, MIL</li> <li>2:45 Ice Cream Social, Bistro</li> <li>3:30 Getting to Know You, GP ☆</li> <li>4:00 Travelogue, GP</li> <li>5:30 Western Movie Night, GP</li> </ul>	<ul> <li>5</li> <li>9:30 Theraband Exercise, GP</li> <li>10:00 Words in a Word, GP</li> <li>10:30 Bible Trivia, GP</li> <li>11:00 Hymn Singing, GP</li> <li>1:00 Game Shows, GP</li> <li>1:30 Bingo!, GP</li> <li>2:00 Scenic Ride, MIL</li> <li>2:00 Poker Club, CR</li> <li>3:00 Reminiscing, GP</li> <li>4:00 Travelogue, GP</li> <li>5:30 Evening Movie, GP</li> </ul>	<ul> <li>10:30 3 Word Game, GP</li> <li>11:00, Sing A Long, GP</li> <li>1:00 Game Shows, GP</li> <li>1:30 Bingo! GP</li> <li>2:30 Friday Social, GP</li> <li>3:00 Random Trivia, GP</li> <li>4:00 Travelogue, GP</li> <li>5:30 Evening Movie, GP</li> </ul>	7 9:30 Fun & Fitness, GP 10:00 News Currents, GP 10:30 U.S States Trivia, GP 11:00 AMusic Therapy, GP 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Conversation Time, GP 4:00 Travelogue, GP 5:00 Evening Movie, GP
8 9:30 Warm Up & Stretches, GP 10:00 Nondenominational Sunday Service(virtual), GP t 11:00 Catholic Mass(virtual), GP t 12:00 The Gardens Family End of Summer BBQ, FP 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Relax & Chat, FP ☆ 4:00 Travelogue, GP 5:00 Evening Movie, GP	9 9:30 Balance Fitness, GP 10:00 Words in a Word, GP 10:30 Antonyms, GP 11:00, Music & Dance Therapy, GP 1:00 Game Shows, GP 1:30 \$ BINGO, GP 2:00 ➡ Scenic Ride w/Floyd, MIL 3:00 Finish the Phrase, GF 4:00 Travelogue, GP 5:30 Evening Movie, GP	10 9:30 Morning Stretches, GP 10:00 Synonyms/Antonyms, GP 10:30 U.S. Trivia, GP 11:00 Hymn Singing, GP 1:00 Rosary w/Bella, CR 1:00 Residents Menu Planning Meeting, FR 1:30 Bingo!, GP 2:00 Scenic Ride w/Floyd, MIL 2:30 Bingo Shopping Cart, GP 3:30 Handbell Choir, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP		12 9:30 Theraband Exercise, GP 10:00 Hunch Outing, MIL 10:00 Words in a Word, GP 10:30 Bible Trivia, GP 11:00 Hymn Singing, GP 1:30 Bingo!, GP 2:00 Poker Club, CR 3:00 Reminiscing, GP 4:00 Travelogue, GP 5:30 Evening Movie, GP	Exercise, GP 10:00 Words in a Word, GP 10:30 3 Word Game, GP 11:00 Sing A Long, GP 1:00 Bingo! GP 2:30 Seniors' Prom '24, FR 3:30 Music Serenade by Billy, FR J 4:00 Travelogue, GP 5:30 Evening Movie, GP	14 9:30 Fun & Fitness, GP 10:00 News Currents, GP 10:30 U.S States Trivia, GP 11:00, Music Therapy, GP 1:00 Game Shows, GP 1:30 Bingo, GP 3:00 Conversation Time, GP 4:00 Travelogue, GP 5:00 Evening Movie, GP
Location Key AF - All Floors CR - Card Room FP - Front Porch FR - Family Room GP - Gathering Place GB - Green briar OP - Outside Patio/Gazebo 2nd Floor – Living Room PDR - Private Dining Room MIL – Meet in Lobby SIA- Sign in Advance	Calendar Icons Calendar Icons Outing Outing Musical Program † Spiritual Program ☆ Outdoor Activity If you wish to attend a bus ride or outing, please see an activity team member. These events have limited seats. (if the weather permits)	Any additions or changes to the calendar will be posted on the daily schedule. *Catholic Mass by St. Leo the Great Catholic church will be every 3 <sup>rd</sup> Thursday at 10:30 am in the Gathering Place (GP) Each activity runs for a minimum of 30 minutes.	Autumn (		plemb	

The Gardens at Fair Oaks Assisted Living 4310 Forest Hill Dr. Va. 22030 (703) 278-1001 ext. 2113



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15 16		17	18	19	20	21
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22	2 23	24	25	26	6 27	28
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