

Sunday

Monday

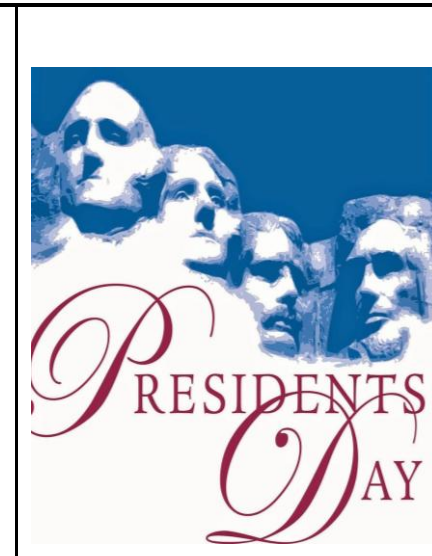
Tuesday

Wednesday

Thursday

Friday

Saturday



**1**  
**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 & Hot cocoa, GP  
**4:00** Travelogue, GP  
**5:00** Evening Movie, GP

**2**  
**9:30** Warming Up & Stretches, GP  
**10:00** 🎵 Traditional Hymn Songs w/lyrics, GP  
**10:30** Catholic Mass(virtual), GP +  
**11:00+** Nondenominational Sunday Service(virtual), GP  
**1:30** Bingo, GP  
**3:00** Relax & Chat, GP  
**4:00** Travelogue, GP  
**5:00** Evening Movie, GP

**3**  
**9:30** Balance Fitness, GP  
**10:00** Words in a Word, GP  
**10:30** Random Trivia, GP  
**11:00** Music Trivia, GP  
**1:00** Answer sheets, GP  
**1:30** \$ BINGO, GP  
**2:00** 🚗 Scenic Ride, MIL  
**3:00** Finish the Phrase, GP  
**4:00** Travelogue, GP  
**5:30** Evening Movie, GP

**4**  
**9:30** Morning Stretches, GP  
**10:00** Words in a Word, GP  
**11:00** 🎵 Sing & Dance, GP  
**1:00** Rosary w/Bella, CR  
**1:00** Answer sheets, GP  
**1:30** Bingo!, GP  
**2:00** 🚗 Scenic Ride, MIL  
**2:40** Bingo Shopping Cart, GP  
**3:00** ART Therapy Class w/Fidel, GP  
**4:00** Travelogue, GP  
**5:30** Evening Movie, GP

**5**  
**9:30** Theraband Exercise, GP  
**10:00** Words in a Word, GP  
**10:30** Synonyms, GP  
**11:00** 🎵 Sing A Long, GP  
**1:30** Bingo, GP  
**2:00** 🚗 Scenic Ride (SIA), MIL  
**2:45** Ice Cream Social, Bistro  
**3:30** Getting to Know You/Puzzles/Math Answer sheets, GP  
**4:00** Travelogue, GP  
**5:30** Western Movie Night, GP

**6**  
**9:30** Theraband Exercise, GP  
**10:00** Words in a Word, GP  
**10:30** Bible Trivia, GP  
**11:00** 🎵 Hymn Singing, GP  
**1:00** Answer sheets, GP  
**1:30** Bingo!, GP  
**2:00** 🚗 Scenic Ride, MIL  
**2:30** Bridge Club/Card games, CR  
**3:00** Reminiscing, GP  
**4:00** Travelogue, GP  
**5:30** Evening Movie, GP

**7**  
**9:30** Therband Exercises, GP  
**10:00** Words in a Word, GP  
**10:30** 3 Word Game, GP  
**11:00** 🎵 Sing & Dance, GP  
**1:00** Answer sheets, GP  
**1:30** Bingo! GP  
**2:45** Friday Social, GP  
**3:30** Random Trivia, GP  
**4:00** Travelogue, GP

**8**  
**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 boards, GP  
**1:30** Bingo, GP  
**3:00** Conversation Time & Hot cocoa, GP  
**4:00** Travelogue, GP  
**5:00** Evening Movie, GP

**9**  
**9:30** Warming Up & Stretches, GP  
**10:00** 🎵 Traditional Hymn Songs w/lyrics, GP  
**10:30** Catholic Mass(virtual), GP +  
**11:00+** Nondenominational Sunday Service(virtual), GP  
**1:30** Bingo, GP  
**3:00** Relax & Chat, GP  
**4:00** Travelogue, GP  
**5:00** Evening Movie, GP

**10**  
**9:30** Balance Fitness, GP  
**10:00** Words in a Word, GP  
**10:30** Random trivia, GP  
**11:00** Music Trivia, GP  
**1:00** Answer sheets, GP  
**1:30** \$ BINGO, GP  
**2:00** 🚗 Scenic Ride, MIL  
**3:00** Finish the Phrase, GP  
**4:00** Travelogue, GP  
**5:30** Evening Movie, GP

**11**  
**9:30** Morning Stretches, GP  
**10:00** Words in a Word, GP  
**11:00** 🎵 Sing & Dance, GP  
**1:00** Rosary w/Bella, CR  
**1:00** Residents' Menu Planning Meeting, FR  
**1:30** Bingo!, GP  
**2:00** 🚗 Scenic Ride, MIL  
**2:40** Bingo Shopping Cart, GP  
**3:30** Handbell Choir, GP  
**4:00** Travelogue, GP  
**5:30** Evening Movie, GP


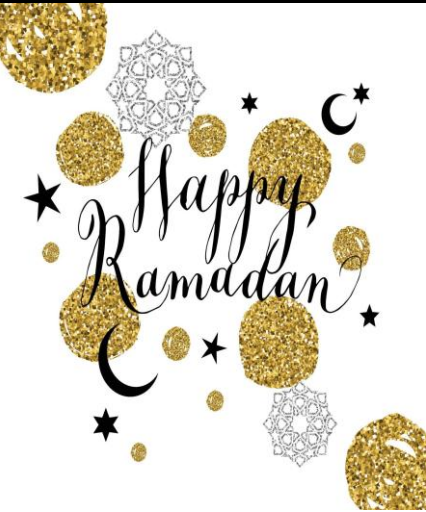
**12**  
**9:30** Theraband Exercise, GP  
**10:00** Words in a Word, GP  
**11:00** 🎵 Sing A Long, GP  
**11:30** MEN'S Luncheon, Bistro  
**1:30** Bingo, GP  
**2:00** 🚗 Scenic Ride (SIA), MIL  
**2:45** Ice Cream Social, Bistro  
**3:30** Getting to Know You/Puzzles/Math Answer sheets, GP  
**4:00** Travelogue, GP  
**5:30** Western Movie Night, GP

**13**  
**9:30** Theraband Exercise, GP  
**10:00** Words in a Word, GP  
**10:30** Bible Trivia, GP  
**11:00** 🎵 Hymn Singing, GP  
**1:00** Answer sheets, GP  
**1:30** Bingo!, GP  
**2:00** 🚗 Scenic Ride, MIL  
**2:30** Bridge Club/Card games, CR  
**3:00** Reminiscing, GP  
**4:00** Travelogue, GP  
**5:30** Evening Movie, GP

**14**  
**9:30** Theraband Exercises, GP  
**10:00** Words in a Word, GP  
**11:00** 🎵 Sing & Dance, GP  
**1:00** Answer sheets, GP  
**1:30** Bingo! GP  
**2:45** Valentine's Day Social, Bistro  
**4:00** Travelogue, GP  
**5:30** Evening Movie, GP

**15**  
**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 boards, GP  
**1:30** Bingo, GP  
**3:00** Conversation Time & Hot cocoa, GP  
**4:00** Travelogue, GP  
**5:00** Evening Movie, GP



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>16</b></p> <p><b>9:30</b> Warming Up &amp; Stretches, GP  <b>10:00</b> 🎵 Traditional Hymn Songs w/lyrics, GP  <b>10:30</b> † Catholic Mass(virtual), GP  <b>11:00</b> † Nondenominational Sunday Service(virtual), GP  <b>1:30</b> Bingo, GP  <b>3:00</b> Relax &amp; Chat, GP  <b>4:00</b> Travelogue, GP  <b>5:00</b> Evening Movie, GP</p>	<p><b>17</b></p> <p><b>9:30</b> Balance Fitness, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Random Trivia, GP  <b>11:00</b> Music Trivia, GP  <b>1:00</b> Answer sheets, GP  <b>1:30</b> \$ BINGO, GP  <b>2:00</b> 🚌 Scenic Ride, MIL  <b>3:00</b> Finish the Phrase, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</p>	<p><b>18</b></p> <p><b>9:30</b> Morning Stretches, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Piano w/Doug &amp; Pets on Wheels w/Gracie, FR  <b>1:00</b> Rosary w/Bella, CR  <b>1:30</b> Bingo!, GP  <b>2:00</b> 🚌 Scenic Ride, MIL  <b>2:40</b> Bingo Shopping Cart, GP  <b>3:30</b> Handbell Choir, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</p>	<p><b>19</b></p> <p><b>9:30</b> Theraband Exercise, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Antonyms, GP  <b>11:00</b> 🎵 Sing A Long, GP  <b>1:00</b> Answer sheets, GP  <b>1:30</b> Bingo, GP  <b>2:00</b> 🚌 Scenic Ride (SIA), MIL  <b>2:45</b> Ice Cream Social, Bistro  <b>3:15</b> Getting to Know You/Puzzles/Math Answer sheets, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Western Movie Night, GP</p>	<p><b>20</b></p> <p><b>9:30</b> Theraband Exercise, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Catholic Mass by St. Leo the Great Catholic Church, GP  <b>1:00</b> Answer sheets, GP  <b>1:30</b> Bingo!, GP  <b>2:00</b> 🚌 Scenic Ride, MIL  <b>2:30</b> Bridge Club/Card games, CR  <b>3:00</b> Reminiscing, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</p>	<p><b>21</b></p> <p><b>9:30</b> Theraband Exercise, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> REMEMBRANCE &amp; MINFULNESS SESSION: "Rock Painting" (Presented by NoVA Grief Support &amp; Counseling or Renew Art Therapy Counseling), GP  <b>1:30</b> Bingo! GP  <b>2:45</b> Friday Social, GP  <b>3:30</b> Random Trivia, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</p>	<p><b>22</b></p> <p><b>9:30</b> Fun &amp; Fitness, GP  <b>10:00</b> News Currents, GP  <b>10:30</b> U.S States Trivia, GP  <b>11:00</b> 🎵 Music Therapy, GP  <b>1:00</b> Game boards, GP  <b>1:30</b> Bingo, GP  <b>3:00</b> Conversation Time &amp; Hot cocoa, GP  <b>4:00</b> Travelogue, GP  <b>5:00</b> Evening Movie, GP</p>	
<p><b>23</b></p> <p><b>9:30</b> Warming Up &amp; Stretches, GP  <b>10:00</b> 🎵 Traditional Hymn Songs w/lyrics, GP  <b>10:30</b> Catholic Mass (virtual), GP †  <b>11:00</b> † Nondenominational Sunday Service(virtual), GP  <b>1:30</b> Bingo, GP  <b>3:00</b> Relax &amp; Chat, GP  <b>4:00</b> Travelogue, GP  <b>5:00</b> Evening Movie, GP</p>	<p><b>24</b></p> <p><b>9:30</b> Balance Fitness, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Random Trivia, GP  <b>11:00</b> Music Trivia, GP  <b>1:00</b> Answer sheets, GP  <b>1:30</b> \$ BINGO, GP  <b>2:00</b> 🚌 Scenic Ride, MIL  <b>2:30</b> 🎵 Charlie Brown w/The Tumbleweeds Music performance, FR  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</p>	<p><b>25</b></p> <p><b>9:30</b> Morning Stretches, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Resident Council Meeting, GP  <b>11:00</b> 🎵 Sing &amp; Dance, GP  <b>1:00</b> Rosary w/Bella, CR  <b>1:00</b> Answer sheets, GP  <b>1:30</b> Bingo!, GP  <b>2:00</b> 🚌 Scenic Ride, MIL  <b>2:40</b> Bingo Shopping Cart, GP  <b>3:30</b> Handbell Choir, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</p>	<p><b>26</b></p> <p><b>9:30</b> Theraband Exercise, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Synonyms, GP  <b>11:00</b> 🎵 Sing A Long, GP  <b>1:00</b> Answer sheets, GP  <b>1:30</b> Bingo, GP  <b>2:00</b> 🚌 Scenic Ride (SIA), MIL  <b>2:45</b> Ice Cream Social, Bistro  <b>3:15</b> Getting to Know You/Puzzles/Math Answer sheets, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Western Movie Night, GP</p>	<p><b>27</b></p> <p><b>9:30</b> Theraband Exercise, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> Bible Trivia, GP  <b>11:00</b> 🎵 Hymn Singing, GP  <b>1:00</b> Answer sheets, GP  <b>1:30</b> Bingo!, GP  <b>2:00</b> 🚌 Scenic Ride, MIL  <b>2:30</b> Bridge Club/Card games, CR  <b>3:00</b> Reminiscing, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</p>	<p><b>28</b></p> <p><b>9:30</b> Theraband Exercise, GP  <b>10:00</b> Words in a Word, GP  <b>10:30</b> 🎵 On Keyboards w/Ron Howard, FR  <b>11:00</b> Sing &amp; Dance, GP  <b>1:00</b> Answer sheets, GP  <b>1:30</b> Bingo! GP  <b>2:45</b> Monthly Birthday Social, GP  <b>3:30</b> Random Trivia, GP  <b>4:00</b> Travelogue, GP  <b>5:30</b> Evening Movie, GP</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>Location Key</b></p> <p>AF - All Floors  CR - Card Room  FP - Front Porch  FR - Family Room  GP - Gathering Place  GB - Greenbriar  OP - Outside Patio  2<sup>nd</sup> Floor - Living Room  SIA- Sign in Advance</p>	<p><b>Calendar Icons</b></p> <p>🚌 Outing  🎵 Musical Program  † Spiritual Program  ☀️ Outdoor Activity</p> <p>*Catholic Mass is held every 3<sup>rd</sup> Thursday of the month in the GP (gathering place) at 10:30am.</p>		<p><b>ASSISTED LIVING  ACTIVITIES  CALENDAR  2025</b></p>			