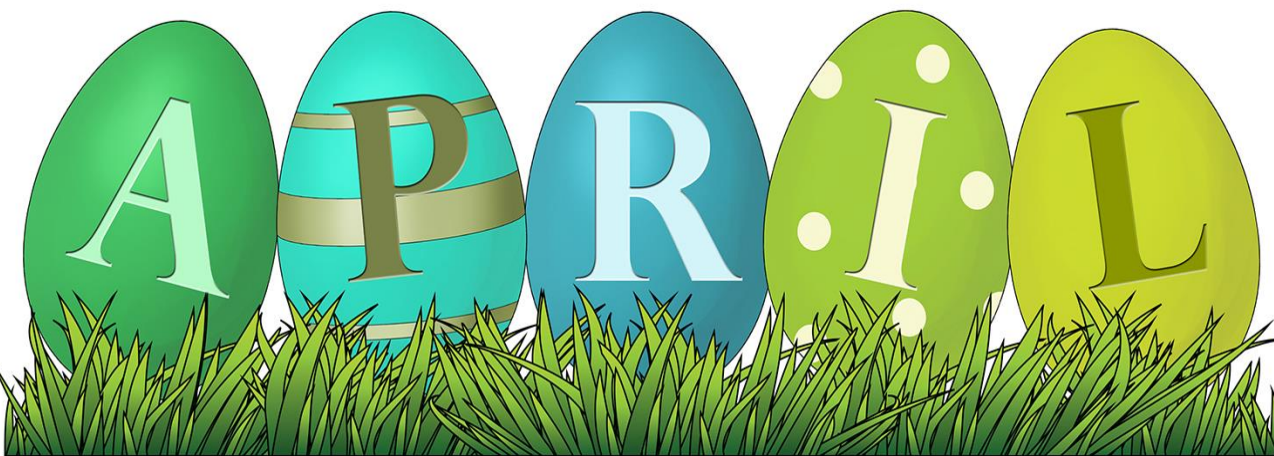


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Jokes & Java 10:00 Easter Hymn Sing 10:30 Christian Jubilee Church, 3 10:30 Digital Catholic Mass, <u>2SOL</u> 1:30 Reading Circle 2:30 Easter Egg Hunt 4:30 Tactile Discs 7:00 April Fools Jokes	2 9:30 Meet & Greet 10:00 One-to-One Visits 10:30 🎵 Nashville Standard LIVE Music, 2nd Floor 1:30 Personalized Playlists- Music 2:30 Puzzle Time 3:00 Spring Coloring 4:00 Warm Bread Sensory 7:00 Personalized Playlists and Bedtime Cart	3 9:30 Wake- Up Happy 10:00 Dice Games 10:30 Picnic Lunch Outing: Cherry Blossoms 🚌 2:30 \$BINGO, 3 rd 2:30 Travelogue: Rain Dancing in Brazil (ac) 3:00 PM Stretch 3:30 Rhyme Time 4:00 Fine Motor Stretch 7:00 Sensory Lights	4 9:30 Morning Cheer 10:00 🎵 Musical Memories 1:30 Reading Circle 2:00 \$ Wal-Mart Trip 🚌 2:30 Rhyme Time 2:30 Hand Care 3:30 🎵 Capital Music Therapy, 2nd floor 3:30 Tactile Discs 4:00 Coloring Pages 7:00 Soft Music	5 9:30 Rise and Shine 10:00 Ball Toss 10:30 April IQ 2:30 Rosary, 3SOL 2:30 \$BINGO, 3 2:30 Puzzles & Ponderings 3:30 Personalized Playlists – Music 4:00 Name 5 4:00 Spa Day 7:00 Soft Music	6 9:30 Wake-Up Call 10:00 St. Leo's Catholic Eucharist, AF 10:00 Songs of Spring Playlist 2:30 Simulated Pet Therapy 3:00 Matching Game 3:30 Spring Fling Happy Hour Social 4:00 Geography 7:00 PM Sensory	7 9:30 AM Wake- Up 10:00 Hand Massage 10:30 Positive News 1:30 Afternoon Relax & Chat 2:30 BINGO, 3 2:30 Aromatherapy 3:30 Mama Mia Name that Tune 4:00 Cranium Crunches 7:00 Bedtime Cart
8 9:30 Jokes & Java 10:00 Hymn Sing 10:30 Digital Catholic Mass, <u>2SOL</u> 1:30 Tactile Discs 2:30 Matinee Movie, AF 2:00 Scenic Drive: Cherry Blossoms 🚌 2:00 Table Games 3:30 Sensory Group/Hand Care 4:00 Reading Circle 7:00 Soft Music	9 9:30 Meet & Greet 10:00 Hand Massage 10:30 🎵 Piano Music with Roberta Comack-Katleman, 2nd Floor 2:00 Dice Games 2:30 Table Games/Open Recreation Room 3:30 Crafty Corner 4:00 Who Am I? 7:00 Love Songs 7:30 Bingo with KOC, 3	10 9:30 Wake-Up Happy 10:00 Sing A Long 10:30 Lunch Outing: Red Lobster 🚌 10:30 Who Am I? 2:30 Puzzle Time 3:00 Mandala Coloring Pages 3:30 🎵 Name that Tune 4:00 PM Stretch 7:00 Aromatherapy	11 9:30 Morning Cheer 10:00 Read Aloud 10:30 Balloon Toss 2:30 Scenic Drive 🚌 1:30 🎵 NOVA Chorale, 2nd floor 2:30 Tactile Discs & Sorting Games 3:30 Sensory Relaxation Hour 3:30 Bible Study, 3 4:00 WHOGA 7:00 Bedtime Cart	12 9:30 Rise and Shine 10:00 Chicken Soup: Positive Messages 10:30 Scenic Drive 🚌 10:30 Truro Church Service, 3rd 10:30 AM Exercise 2:30 BINGO, 3 2:30 Humor Hour (jokes) 3:30 Book Nook 4:00 PM Stretch 7:00 Violin Playlist	13 9:30 Wake-Up Call 10:00 St. Leo's Catholic Eucharist, AF 10:00 🎵 Music w/ Dr. Laura Hills 10:30 AM Stretch 1:30 Outdoor Sunshine Visits 2:30 Puzzle Time 3:30 Friday Social 4:00 Would You Rather Ball Toss 7:00 Love Songs	14 9:30 AM Wake- Up 10:00 Sing A Long 10:30 Fashion from Different Eras 1:30 Porch Visits 2:00 Flower Pot Arrangements 2:30 BINGO, 3 3:30 Broadway Show Tunes 4:00 Getting to Know You Ball Toss Game 7:00 Sensory Box
15 9:30 Jokes & Java 10:00 Hymn Sing 10:30 McLean Church Service, 3 10:30 Digital Catholic Mass, <u>2SOL</u> 1:30 Reading Circle 2:00 Matinee Movie, AF 4:00 Porch Visits 7:00 Hand Care	16 9:30 Meet & Greet 10:00 Resident Volleyball Game 2:30 Reminiscing: Love Stories 3:00 Animal Card Sorting 3:30 🎵 District Music Performance, 2nd Floor 4:00 Gardening 7:00 Soft Music	17 9:30 Wake-Up Happy 10:30 Picnic Lunch Outing 🚌 10:30 Personalized Playlists – Music 2:30 \$BINGO, 3 2:30 Reading Circle 3:30 Volleyball Game 4:00 Tactile Dominoes 7:00 Story Telling	18 9:30 Morning Cheer 10:00 Jokes & Java 10:30 Parachute 2:00 Ronald McDonald House 🚌 2:30 Card Games 3:30 Bible Study, 3 4:00 Spelling Bee 7:00 Soft Music 7:30 LC Bingo, 3			

Memory Care Activities Fairfax Rehabilitation and Nursing Center 10701 Main Street Fairfax VA 22030 (703) 273-7705 ext. 3218

See the Daily Signs and Activities white board on 2nd floor that are posted at each Nurse's for any updates*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



				<p>19 9:30 Rise and Shine 10:30 Truro Church, 3 10:30 Personalized Playlists 10:30 Scenic Drive 1:30 One-to-One Pond Visits 2:30 \$BINGO, 3 2:30 Book Nook 3:30 Senior Science Lava Lamps 7:00 Relax & Chat</p>	<p>20 9:30 Wake-Up Call 10:00 Open Rec Room/Table Games 10:30 St. Leo's Catholic Mass , 3 1:30 Outdoor Visits 2:00 Spelling Bee 2:30 Pizza Toss Game 3:30 Happy Hour Social 4:30 Bowling 7:00 Bedtime Cart</p>	<p>21 9:30 AM Wake- Up 10:00 Hand Massage 10:30 Positive News 1:30 One-to-One Visits 2:30 \$BINGO,3 2:30 Outdoor Relax & Reminisce 3:30 Aromatherapy 4:00 Rhythm Band 7:00 Easy Does it Random Trivia (ac)</p>
<p>22 9:30 Jokes & Java 10:00 Hymn Sing 10:30 Digital Catholic Mass, <u>2SOL</u> 1:30 Reading Circle 2:00 Matinee Movie, AF 2:30 Coloring Pages 3:00 Table Games/Open Recreations Room 4:00 Fresh Bread & Chat 7:00 Love Songs</p>	<p>23 9:30 Meet & Greet 10:00 Sing A Long 10:30 Simulated Pet Therapy 1:30 Reading Circle 2:30 Painting Class 3:30 Afternoon Tea 4:00 Cranium Crunches 7:00 Relax and Chat</p>	<p>24 9:30 Wake-Up Happy 10:00 Table Games 10:30 \$ Lunch Outing: Bob Evan's 1:30 Outdoor Sunshine Visits 2:30 Gardening 3:30 Tactile Dominoes 4:00 Name that Tune 7:00 Wellness Before Bed</p>	<p>25 9:30 Morning Cheer 10:00 Spelling Bee 2:30 Scenic Drive 2:30 Resident Council Meeting, 3rd Floor 3:30 Memorial Service, 3 4:30 Slow Movement Exercise/WHOGA 7:00 Sensory Lights</p>	<p>26 9:30 Rise and Shine 10:00 Poems & Short Stories 10:30 Scenic Drive 1:30 Outdoor Visits 2:30 \$BINGO, 3 2:30 Gardening 3:30 Sorting/Baby Faces Game 4:00 Name that Tune 7:00 Bedtime Cart</p>	<p>27 9:30 Wake-Up Call 10:00 St. Leo's Catholic Eucharist, AF 10:00 Hand Massage 10:30 Table Games 2:30 Outdoor Relax & Chat 3:30 Birthday Party Social 4:30 Name that Tune 7:00 Smooth Jazz</p>	<p>28 9:30 AM Wake- Up 10:00 Hand Massage 10:30 Positive News 1:30 Outdoor Sunshine Visits 2:30 Bowling 2:30 BINGO, 3 3:30 Afternoon Tea 4:30 Matching Games 7:00 Bedtime Cart</p>
<p>29 9:30 Jokes & Java 10:00 Hymn Sing 10:30 Digital Catholic Mass, <u>2SOL</u> 1:30 Reading Circle 2:00 Matinee Movie, AF 2:30 Puzzle Time 3:00 Balloon Toss 4:00 Fresh Bread & Chat 7:00 Love Songs</p>	<p>30 9:30 Meet & Greet 10:00 Sing A Long 10:30 Pizza Toss Game 1:00 Porch Visits 2:00 Gardening 2:30 Short Stories 3:30 Afternoon Tea 4:30 Cranium Crunches 7:00 Relax and Chat</p>	<p>All Programs last a minimum of 30 minutes</p> <p>Programs may vary based on the needs of the resident participants</p>	<p>Location Key:</p> <p>1st Floor= 1SOL 2nd Floor= 2 3rd Floor =3 4th Floor= 4SOL FP= Front Porch</p>	<p>Icon Key:</p> <p> Outing Musical Program Spiritual Program Outdoor Activity \$ Paid by Resident If you wish to attend a bus ride or outing, please see an activity team member. These events have limited seating.</p>	<p>Please call Ext. 3218 or 3225 for assistance related to Activity programming</p>	

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