

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Special Care (4th floor) ACTIVITIES CALENDAR

9:30 AM Wake- Up, AF
10:30 News & Views, 4
11:00 Holiday Sing A Long, 4
2:30 BINGO, 3
2:30 Afternoon Tea, 4
3:30 The Happy Feet Cloggers Performance, 3
3:30 Christmas Ornament Craft, 4
4:30 Soft Music, 4

2
9:30 Jokes & Java, AF
10:00 Chair Yoga, 4
10:30 Christian Jubilee, 3
10:30 Television Ministry, 4
10:30 Dig. Catholic Mass, 4SOL
1:30 Musical Memories, 4
2:30 Matinee Movie, 4
Netflix Wildcard (Holiday)
4:00 Hand Care and Sensory Group, 4

3
9:30 Meet and Greet, AF
10:00 Movin' & Groovin' Exercise, 4
10:15 Motivational Monday, 4
10:30 Chair Soccer, 4
1:30 Room Visits, 4
2:30 Holiday Sing A Long, 4
3:00 Menorah Arts and Crafts, 4
4:00 All About Hanukkah (ac), 4
7:00 Sensory Lights, 2
First Day of Hanukkah

4
9:30 Wake-Up Visits, AF
10:00 Fun & Fitness, 4
10:30 Wal-Mart Shopping Trip *
10:30 Musical Memories, 4
11:00 Cognitive Game, 4
1:30 Room Visits, 4
2:30 Famous Faces and Places, 4
2:30 Sensory Group, 4SOL
3:30 Senior Science: Elephant Toothpaste, 4
4:00 PM Stretch, 4

5
9:30 Morning Cheer, AF
10:00 Range of Motion Exercise Group, 4
10:30 Resident Volleyball Game, 4
2:30 Chanukah Celebration with Chabad Tysons, 3
1:30 Room Visits, 4
2:30 Holiday Reminisce, 4
3:30 Bible Study, 3
3:30 Mandala Coloring, 4
4:00 Sensory Group, 4

6
9:30 Rise and Shine, AF
10:00 Chair Cardio, 4
10:30 December IQ, 4
11:00 Reality Orientation: Date, Weather & News, 4
1:30 Room Visits, 4
2:00 Rosary, 3 SOL
2:30 Santa's Work Shop Detective (ac), 2
2:30 \$BINGO, 3
3:30 Higher or Lower Card Game, 4
4:00 Holiday Sing A long, 4

7
9:30 Wake-Up Call, AF
10:00 Zumba Class, 4
10:00 St. Leo's Catholic Eucharist, AF
10:30 Musical Reminisce, 4
1:30 Room Visits, 4
2:30 Open Recreation Room, 4
3:30 Mocktails, 4
3:30 Music with Chaplain Pervaiz, AF
4:00 Christmas Name that Tune, 4

8
9:30 AM Wake- Up, AF
10:30 Christmas Carols & Piano with Trinity Christian School Student Government, 4
2:30 Afternoon Tea party, 4
1:30 Room Visits, 4
3:30 Famous Faces and Places Game, 4
4:00 PM Stretch, 4
4:30 Musical Memories, 4

9
9:30 Jokes & Java, AF
10:00 Chair Yoga, 4
10:30 Clifton Church, 3
10:30 Digital Catholic Mass, 4SOL
1:30 Musical Memories, 4
2:00 Grace Point DMV Piano & Carolers, 4SOL
2:30 Matinee Movie, 4
Netflix Wildcard (Holiday)
3:00 People of Praise Christmas Carolers, AF
4:00 Hand Care and Sensory Group, 4SOL

10
9:30 Meet and Greet, AF
10:00 Movin' & Groovin' Exercise Class, 4
10:30 Holiday Sing A Long, 4
1:30 Room Visits, 4
2:30 Trivial Pursuit, 4
3:30 Name that Tune, 4
4:00 Picture This (ac), 4
7:30 Bingo with KOC, 3

11
9:30 Wake-Up Visits, AF
10:00 Fun & Fitness, 4
10:30 News & Views, 4
11:00 Cognitive Game, 4
1:30 Room Visits, 4
2:30 Daily Chronicles (ac), 4
2:30 Sensory Group, 4SOL
3:30 Water Canvas Art, 4
4:00 Name that Tune, 4
6:00 Bull Run Christmas Lights

12
9:30 Morning Cheer, AF
10:00 Range of Motion Exercise Group, 4
10:30 Bowling, 4
2:30 Music with the NOVA Chorale, 3
2:30 Life Questions, 4
3:30 Bible Study, 3
3:30 Remembering a Day in the Snow (ac), 4
4:00 Soft Music, 4
6:00 Bull Run Christmas Lights

13
9:30 Rise and Shine, AF
10:00 Chair Cardio, 4
10:30 Scenic Drive
10:30 Truro Church Service, 3
10:30 Volleyball, 4
11:00 Reality Orientation: Date, Weather & News, 4
1:30 Room Visits, 4
2:30 BINGO, 3
2:30 Crafty Corner, 4
3:30 PM Stretch, 4
4:00 Holiday Sing A long, 4

14
9:30 Wake-Up Call, AF
10:00 Zumba Class, 4
10:00 Catholic Eucharist, AF
10:30 AM Sensory, 4
11:00 Life Questions, 4
11:30 Music Appreciation w/ Dr. Laura Hills, 4
2:30 Domino's Pizza Party, 4
3:30 Musical Memories, 4
4:00 Getting to Know You, 4

15
9:30 AM Wake- Up, AF
10:30 News & Views, 4
11:00 Holiday Carols, 4
1:30 Room Visits, 4
2:30 Afternoon Tea, 4
2:00 Hasang Korean Dancers, 3
2:30 Bowling Club, 4
3:30 Paint by Number, 4
4:00 Fresh Anoint Concert, 3
4:00 Musical Memories, 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>16</p> <p>9:30 Jokes & Java, AF 10:00 Chair Yoga, 4 10:30 Television Ministry, 4 10:30 McLean Church, 3 10:30 Digital Catholic Mass, 4SOL 1:30 Musical Memories, 4 2:30 Matinee Movie, 4 Netflix Wildcard 2:30 ♪ Cello Recital with Tan, 3 4:00 Alphabet Game, 4 4:00 NCL Pet Therapy, AF</p>	<p>17</p> <p>9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise Class, 4 10:15 Motivational Monday, 4 10:30 EZ Does it Random Trivia (ac), 4 11:00 Balloon Volley, 4 1:30 Relax & Chat, 4 2:30 The Price is Right, 4 2:30 ♪ Holiday Sing A Long, 4 4:00 Higher or Lower Game, 4</p>	<p>18</p> <p>9:30 Wake-Up Visits, AF 10:00 Fun & Fitness, 4 10:30 Picnic Lunch Outing  10:30 Musical Memories, 4 11:00 Cognitive Game, 4 1:30 Room Visits, 4 2:30 The Alphabet Game, 4 3:30 Junk Drawer Detective (ac), 4 4:00 Musical Memories, 4</p>	<p>19</p> <p>9:30 Morning Cheer, AF 10:00 Range of Motion Exercise Group, 4 10:30 Balloon Volley, 4 11:00 Life Questions, 4 2:30 Scenic Drive  2:30 ♪ Holiday Rhythm Band, 4 3:30 Time Slips Program with Merri, 4SOL 3:30 Relaxation and Aromatherapy, 4 3:30 King of Kings Play, 3 4:00 Horoscopes, 4</p>	<p>20</p> <p>9:30 Rise & Shine, AF 10:00 Chair Cardio, 4 10:30 Bus Outing: Dunkin' Donuts  10:30 ♪ Sing A Long/Karaoke, 4 11:00 Reality Orientation: Date, Weather & News, 4 1:30 Room Visits, 4 2:00 Rosary, 3 SOL 2:30 Word Games, 4 3:30 Water Canvas Art, 4 4:00 HOLIDAY ACTIVITY STORE/AUCTION, 3 *</p>	<p>21</p> <p>9:30 Wake-Up Call, AF 10:00 Zumba Class, 4 10:30 St. Leo's Catholic Mass Service, 3 10:30 The Price is Right Game, 4 11:00 Life Questions, 4 2:30 Hot Chocolate and Cookies Social, 4 3:00 ♪ Music with Chaplain Pervaiz, AF 3:30 Sensory/Hand Massage, 4 4:00 Would you Rather, 4</p>	<p>22</p> <p>9:30 AM Wake- Up, AF 10:30 News & Views, 4 11:00 ♪ Holiday Sing A Long, 4 1:30 Room Visits, 4 2:30 BINGO, 3 2:30 Afternoon Tea party, 4 3:00 Picture This (ac), 4 4:00 ♪ Musical Memories, 4</p>		
<p>23</p> <p>9:30 Jokes & Java, AF 10:00 Chair Yoga, 4 10:30 Hymn Sing, 4 10:30 Truro Church, 3 10:30 Digital Catholic Mass, 4SOL 1:30 Musical Memories, 4 2:30 Matinee Movie, 4 Netflix Wildcard (Holiday) 4:00 The Alphabet Game, 4</p>	<p>24</p> <p>9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise Class, 4 10:15 Motivational Monday, 4 10:30 We've Got Rhythm: Celebrating the Holidays (ac), 4 1:30 Room Visits, 4 2:30 Would You Rather, 4 3:00 Would You Rather, 4 4:00 Christmas Eve Carols, 4</p>	<p>25</p> <p>10:00 Merry and Bright Exercise, 4 10:30 The Meaning and Purpose of Christmas, 3 10:30 Christmas Songs, 4 2:30 Matinee Christmas Movie, 4</p> 	<p>26</p> <p>9:30 AM Cheer, AF 10:00 Range of Motion Exercise Group, 4 10:30 ♪ Holiday Rythmn Band, 4 11:00 Life Questions, 4 2:30 Dominoes/Cards, 4 2:30 Scenic Drive  3:30 All About Kwanzaa (ac), 4 4:00 Soft Music, 4</p> <p style="text-align: center;">Kwanzaa Begins</p>	<p>27</p> <p>9:30 Rise & Shine, AF 10:00 Chair Cardio, 4 10:30 Scenic Drive  10:30 ♪ Holiday Sing A Long, 4 11:00 Reality Orientation: Date, Weather & News, 4 1:30 Room Visits, 4 2:30 That's a Wrap Detective (ac), 4 3:30 Finish the Phrase, 4 4:00 Aromatherapy, 4 7:00 Holiday Sing A long, 2</p>	<p>28</p> <p>9:30 Wake-Up Call, AF 10:00 Zumba Class, 4 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Junk Drawer Detective (ac), 4 11:00 Life Questions, 4 1:30 Room Visits, 4 2:30 December Birthday Celebration Social, 4 3:00 ♪ Personalized Playlists, 4 4:00 Getting to Know You Ball Toss, 4</p>	<p>29</p> <p>9:30 AM Wake- Up, AF 10:30 News & Views, 4 11:00 ♪ Holiday Bells & Sing A Long, 2 1:30 Room Visits, 4 2:30 BINGO, 3 2:30 Afternoon Tea Party 3 3:30 Famous Faces and Places Game, 4 4:00 ♪ Musical Memories, 4</p>		
<p>30</p> <p>9:30 Jokes & Java, AF 10:00 Chair Yoga, 4 10:30 Television Ministry, 4 10:30 Digital Catholic Mass, 4SOL 1:30 Musical Memories, 4 2:00 Jerusalem Baptist Church Bible Study, 3 2:30 Matinee Movie, 4 Netflix Wildcard (Holiday) 4:00 Sensory Group, 4</p>	<p>31</p> <p>9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise Class, 4 10:30 New Year's Resolutions, 4 11:00 Balloon Volley, 4 1:30 Room Visits, 4 2:30 New Years' Eve Bash! 4 3:30 EZ Does It Trivia (ac), 4 4:00 Soft Music, 4 New Year's Eve</p>	<p>SPECIAL CARE (4th Floor) ACTIVITIES CALENDAR</p> 		<p>Calendar Icons</p>  <ul style="list-style-type: none">  Outing  Musical Program  Spiritual Program  Outdoor Activity 			<p>Location Key</p> <ul style="list-style-type: none"> 1SOL= 1st floor solarium 2= 2nd floor 3= 3rd floor 3SOL= 3rd floor solarium 4=4th floor 4SOL= 4th floor solarium FP= Front Porch PO= Pond AF= All Floors 	