

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DECEMBER

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|---|--|--|---|--|---|---|
| <p style="text-align: right;">3</p> <p>9:30 AM Stretch, 3 10:30 Jubilee Church Service, 3 ✝️ 10:30 Digital Catholic Mass, 4 SOL 1:00 Sunday Football, TV 2:30 Matinee Holiday Movie 2:30 Caroling w/ NCL 4:00 Pizza Toss Game, 4SOL</p> | <p style="text-align: right;">4</p> <p>9:30 Exercise, 3 10:30 Volleyball, 3 2:30 Music w/ Chaplain 2:30 Crossword Puzzle, 3 4:00 "North Pole themed" Travelogue, 3</p> | <p style="text-align: right;">5</p> <p>9:30 Exercise, 3 10:30 Getting to know you, 3 10:30 Lunch Outing: Outback Steakhouse 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Celebration Singers, 3 4:00 Book Nook, 3</p> | <p style="text-align: right;">6</p> <p>9:30 AM Stretch, 3 9:30 Music w/ Chaplain 10:30 Jazzercise, 3 2:30 NOVA Chorale 🎵 2:30 Shopping Trip: Walmart 🚗 3:30 Bible Study w/ Chaplain Pervaiz, 3 4:30 Book Nook, 1SOL</p> | <p style="text-align: right;">7</p> <p>9:30 Exercise, 3 10:30 Truro Church, 3 10:30 Movin' & Groovin' Fitness, 1 SOL 2:30 Rosary, 3SOL 2:30 Bingo, 3 2:30 Music w/ Chaplain, All Floors 4:00 Holiday Theme Short Stories, 1SOL</p> | <p style="text-align: right;">1</p> <p>9:30 Fun & Fitness, 3 10:00 Catholic Eucharist, All 10:30 Karaoke, 3 2:30 Holiday Happy Hour, 3 4:00 Hangman, 3</p> | <p style="text-align: right;">2</p> <p>9:30 AM Wake-Up, 3 10:00 St. Timothy's Middle School Holiday Performance, 3 2:30 Bingo w/ National Charity League, 3 🎲 4:00 Gingerbread Houses w/ NCL, 3</p> |
| <p style="text-align: right;">10</p> <p>9:30 Chair Soccer, 3 10:30 Digital Catholic Mass 4 SOL 🙏 10:30 Hymn Sing, 3 1:00 Sunday Football, TV 2:30 Children's Choir Christmas Performance, 3 4:30 Chair Soccer, 4SOL</p> | <p style="text-align: right;">11</p> <p>9:30 Movin' & Groovin'; Exercise, 3 10:30 AM Sensory Group, 3 2:30 The Tumbleweeds Christmas Concert, 3 3:30 Holiday Themed Rhythm Band, 3 4:30 Hangman, 3 7:30 Bingo with KOC</p> | <p style="text-align: right;">12</p> <p>9:30 Exercise, 3 10:30 Times we Treasure Tuesday, 3 10:30 Picnic Lunch Outing 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Hand Bell Choir, 3 4:00 Book Nook, 4SOL</p> | <p style="text-align: right;">13</p> <p>9:30 AM Stretch, 3 10:30 Holiday Song Exercise Routine, 3 4:00 Digital Jeopardy Game, 3 2:30 Hanukah Trivia and Latkes, 3 6:00 Christmas Lights Ride 🚗</p> | <p style="text-align: right;">14</p> <p>Collective Goods 1 SOL 9:30 Exercise, 3 10:30 Gingerbread House Greeting Cards (ac), 3 10:30 Scenic Ride 🚗 11:00 Chanukah Celebration with Chabad Tysons, 3 2:30 Bingo, 3 4:00 Trivia, 3</p> | <p style="text-align: right;">15</p> <p>9:30 Fun & Fitness, 3 10:30 St. Leo's Catholic Mass, 3 2:30 Santa Clause comes to town for The Holiday Social, 3 🎅 4:00 The Dreidel Game, 3 🎲</p> | <p style="text-align: right;">16</p> <p>9:30 AM Stretch, 3 10:00 St. Leo's Youth Ministry Carolers, 3 2:30 Chaplain Pervaiz Christmas Concert, 3 🎵 4:00 Jerusalem Baptist Church Bible Study, 1SOL 4:00 Fresh Anoint, 3</p> |

MAIN FLOOR Fairfax Rehabilitation and Nursing Center 10701 Main Street Fairfax VA 22030 (703) 273-7705 ext. 3218
 See the Daily Signs that are posted at each Nurse's for any updates

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|---|
| <p>17</p> <p>9:30 Chair Soccer, 3 10:30 Digital Catholic Mass 4 SOL 10:30 McLean Church Service, 3 1:00 Sunday Football, TV 2:00 Truro Amore Caroling Group, All Floors 2:00 NCL Pet Therapy Program, 3 3:15 Matinee Movie, 3</p> | <p>18</p> <p>9:30 Movin' & Groovin; Exercise, 3 10:30 Elf on the Shelf (ac), 3 2:30 Resident Rhythm Band, 3 3:30 News Currents, 3 4:30 St. Timothy's Boy Scouts (troop 7369) Christmas Concert, 3</p> | <p>19</p> <p>9:30 Exercise,3 10:30 Getting to know you, 3 <u>10:30 Lunch Outing: Silver Diner</u> 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Bingo, 3 4:00 Holiday Theme Hangman, 3</p> | <p>20</p> <p>9:30 AM Stretch, 3 10:30 Jazzercise, 3 2:30 Holiday Cookie Decorating, 3 <u>2:30 Scenic Drive</u> 🚗 3:30 Bible Study w/ Chaplain Pervaiz, 3 4:30 Name 5, 3 7:30 Bingo with The Lion's Club, 3</p> | <p>21</p> <p>9:30 Exercise, 3 10:30 Christmas Personalized Playlist, 3 2:30 Bingo, 3 2:30 Rosary, 3 SOL  <u>4:00 Holiday Bingo Coupon Auction With Santa Clause</u></p> | <p>22</p> <p>9:30 AM Stretch, 3 10:30 Catholic Eucharist, All Floors 10:30 Chair Soccer, 3 1:30 Personalized Playlists, 4SOL 2:30 Christmas Door Décor, 3 4:00 Word Power, 3</p> | <p>23</p> <p>9:30 AM Stretch, 3 10:30 Coffee and News Currents, 3  2:30 Bingo w/ Balavikas , 3 4:00 JM Youth Orchestra Christmas Concert, 3</p> |
| <p>24</p> <p>9:30 Exercise, 3 10:00 Christmas Presents & Children's Visits, All Floors 10:30 Truro Church Service, 3 10:30 Digital Catholic Mass, 4SOL 2:30 Matinee Movie,3 4:00 Dominoes,3</p> <p>New Years Eve 31</p> <p>9:30 Exercise, 3 10:30 Pender United Methodist Church, 3 2:30 New Year's Eve Bash, 3 4:00 NYE Trivia, 3</p> | <p>25</p> <p>10:00 The Meaning and Purpose of Christmas w/ Chaplain Pervaiz, 3 2:00 Christmas Celebration, 3 3:00 Christmas Movie, 3</p> | <p>26</p> <p>9:30 Exercise,3 10:30 Kwanza Celebration, 3 <u>10:30 Picnic Lunch Outing</u> 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Bingo, 3 4:00 Crossword Puzzle, 3</p> | <p>27</p> <p>9:30 Movin' & Groovin' Exercise, 3 10:30 What Do you Want to Know? Wednesday, 3 <u>2:30 Scenic Drive</u> 🚗 2:30 Resident Council Meeting, 3 3:30 Memorial Service w/ Chaplain Pervaiz, 3 4:30 PM Stretch, 4</p> | <p>28</p> <p>9:30 Coffee and the News, 3 10:30 Salsa Dancing Class ,3 <u>10:30 Scenic Ride</u> 🚗 2:30 Bingo, 3 2:30 Rosary, 3SOL 4:00 Name 5, 3</p> | <p>29</p> <p>9:30 AM Stretch, 3 10:30 Winter Wonderland Craft, 3 2:30 Birthday Party Social, 3  3:30 Resident Talent Show w/ Chaplain Pervaiz, 3 4:30 Winter Themed Exercise, 3</p> | <p>30</p> <p>9:30 Exercise ,3 10:30 News Currents, 3 2:30 Bingo, 3 4:00 Name 5, 3 4:30 Word Power, 1 SOL</p> |

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