

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DECEMBER

MEZZANINE (2ND floor) ACTIVITIES CALENDAR

1
9:30 AM Wake- Up, AF
10:30 News & Views, 2
11:00 🎵 **Holiday Bells & Sing A Long**, 2
2:30 BINGO, 3
2:30 **Afternoon Tea**, 2
3:30 🎵 **The Happy Feet Cloggers Performance**, 3
3:30 **Christmas Card Craft**, 2
7:00 **Hand Massage**, 2

2
9:30 Jokes & Java, AF
10:00 Chair Yoga, 2
10:30 Television Ministry, 2
10:30 Dig. Catholic Mass, 2SOL
1:30 Musical Memories, 2
2:30 **Matinee Movie, 2 Netflix Wildcard (Holiday)**
4:00 Hand Care and Sensory Group, 2SOL
7:00 Bedtime Cart, 2

3
9:30 Meet and Greet, AF
10:00 Movin' & Groovin' Exercise, 2
10:30 🎵 **Holiday Sing A Long**, 2
1:30 Room Visits, 2
2:30 Who Am I? Game, 2
3:00 **Menorah Arts and Crafts**, 2
4:00 **All About Hanukkah (ac)**, 2
7:00 Sensory Lights, 2
First Day of Hanukkah

4
9:30 Wake-Up Visits, AF
10:00 Fun & Fitness, 2
10:00 **Wal-Mart Shopping Trip** 🚗*
10:30 Hand Care/ Massage, 2
1:30 Room Visits, 2
2:30 🎵 **Name that Tune**, 2
3:30 **Senior Science: Elephant Toothpaste**, 2
4:00 PM Stretch, 2
7:00 **Evening Movie, 2 Netflix Holiday Movie**

5
9:30 Morning Cheer, AF
10:00 Range of Motion Exercise Group, 2
10:30 Morning Wake-Up Sensory Group, 2
2:30 **Chanukah Celebration with Chabad Tysons**, 3
2:30 \$BINGO, 2
3:30 Bible Study, 3
3:30 Water Canvas Art, 2
3:30 🎵 **Holiday Name that Tune**, 2
7:00 Aromatherapy/ Sensory Group, 2

6
9:30 Rise and Shine, AF
10:00 Chair Cardio, 2
10:30 **December IQ**, 2
11:00 Hand Care/ Massage, 2
1:30 Room Visits, 2
2:00 Rosary, 3 SOL
2:30 Tactile Dominoes/Puzzles, 2
2:30 \$BINGO, 3
4:00 **Santa's Work Shop Detective (ac)**, 2
7:00 **Holiday Sing A long**, 2

7
9:30 Wake-Up Call, AF
10:00 Zumba Class, 2
10:00 **St. Leo's Catholic Eucharist**, AF
10:30 🎵 **Rhythm Band**, 2
2:30 \$BINGO, 2
3:30 **Mocktails**, 2
3:30 🎵 **Music with Chaplain Pervaiz**, AF
4:00 Christmas Name that Tune, 2
7:00 **Evening Movie, 2 Netflix Wildcard (Holiday)**

8
9:30 AM Wake- Up, AF
10:30 Movin' & Groovin' Exercise, 2
11:00 🎵 **Holiday Bells & Sing A Long**, 2
2:30 **Afternoon Tea party**, 2
3:30 **Holiday Card Craft**, 2
4:00 🎵 **Name that Tune**, 2
7:00 **Reminisce**, 2

9
9:30 Jokes & Java, AF
10:00 Chair Yoga, 2
10:30 Hymn Sing, 2
10:30 Digital Catholic Mass, 2SOL
1:30 Musical Memories, 2
2:30 **Matinee Movie, 2 Netflix Wildcard (Holiday)**
3:00 🎵 **People of Praise Christmas Carolers**, AF
4:00 Hand Care and Sensory Group, 2SOL
7:00 Bedtime Cart, 2

10
9:30 Meet and Greet, AF
10:00 Movin' & Groovin' Exercise Class, 2
10:30 🎵 **Holiday Sing A Long**, 2
1:30 Room Visits, 2
2:30 Picture This (ac), 2
3:30 Puzzles and Ponderings, 2
4:00 Sensory Group/Aromatherapy, 2
7:30 **Bingo with KOC**, 3 *

11
9:30 Wake-Up Visits, AF
10:00 Fun & Fitness, 2
10:30 News & Views, 2
11:00 Hand Care, 2
2:30 **Alphabet Game**, 2
2:30 **Ho Ho Ho! Gingerbread House Craft**, 2
4:00 Personalized Playlists, 2
6:00 **Bull Run Christmas Lights** 🚗
7:00 **Evening Movie, 2 Netflix Holiday Movie**

12
9:30 Morning Cheer, AF
10:00 Range of Motion Exercise Group, 2
10:30 Sensory Group, 2
1:30 🎵 **Music with the NOVA Chorale**, 3
2:30 \$BINGO, 2
3:30 Bible Study, 3
3:30 **Remembering a Day in the Snow (ac)**, 4
7:00 Soft Music, 2
6:00 **Bull Run Christmas Lights** 🚗

13
9:30 Rise and Shine, AF
10:00 Chair Cardio, 2
10:30 **Scenic Drive** 🚗
10:30 **Truro Church Service**, 3
10:30 Hand Care/ Massage, 2
2:30 BINGO, 3
2:30 Holiday Craft, 2
3:30 🎵 **Name that Tune**, 2
4:00 PM Stretch, 2
7:00 **Holiday Sing A long**, 2

14
9:30 Wake-Up Call, AF
10:00 🎵 **Music Appreciation with Dr. Laura Hills**, 3
10:30 AM Sensory, 2
2:30 **Domino's Pizza Party**, 2
3:30 🎵 **Holiday Musical Memories**, 2
4:00 Getting to Know You Game, 2
7:00 **Evening Movie, 2 Netflix Wildcard (Holiday)**

15
9:30 AM Wake- Up, AF
10:30 News & Views, 2
11:00 🎵 **Holiday Bells & Sing A Long**, 2
2:30 **Afternoon Tea**, 4
2:00 **Hasang Korean Dancers**, 3
2:30 BINGO, 2SOL
2:30 Sensory Group, 2
4:00 **Fresh Anoint Concert**, 3
7:00 Musical Memories, 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>16</p> <p>9:30 Jokes & Java, AF 10:00 Chair Yoga, 2 10:30 Television Ministry, 2 10:30 Digital Catholic Mass, 2SOL 1:30 Musical Memories, 2 2:30 Matinee Movie, 2 Netflix Wildcard (Holiday) 2:30 🎵 Cello Recital with Tan, 3 4:00 Balloon Volley, 2 4:00 NCL Pet Therapy, AF 7:00 Bedtime Cart, 2</p>	<p>17</p> <p>9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise Class, 2 10:30 🎵 Holiday Sing A Long, 2 1:30 Relax & Chat, 2 2:30 Junk Drawer Detective (ac), 2 3:30 Higher or Lower, 2 4:00 Sensory Group, 2 7:00 Sensory Lights, 2</p>	<p>18</p> <p>9:30 Wake-Up Visits, AF 10:00 Fun & Fitness, 2 10:30 Picnic Lunch Outing 🚌 10:30 Hand Care/ Massage, 2 1:30 Room Visits, 4 2:30 The Price is Right, 2 3:30 Senior Science, 2 4:00 Musical Memories, 2 7:00 Evening Movie, 2 Netflix Holiday Movie</p>	<p>19</p> <p>9:30 Morning Cheer, AF 10:00 Range of Motion Exercise Group, 2 10:30 Morning Wake-Up Sensory Group, 2 2:30 Scenic Drive 🚌 2:30 \$BINGO, 2 3:30 🎵 Holiday Name that Tune, 2 3:30 King of Kings Concert and Play, 3 4:00 Horoscopes, 2 7:00 Aromatherapy, 2</p>	<p>20</p> <p>9:30 Rise & Shine, AF 10:00 Chair Cardio, 2 10:30 Bus Outing: Dunkin' Donuts 🚌 10:30 Hand Care/ Massage, 2 1:30 Room Visits, 2 2:00 Rosary, 3 SOL 2:30 Picture This (ac), 2 3:30 Crafty Corner, 2 4:00 HOLIDAYAUCTION, 3* 7:00 Holiday Sing A long, 2</p>	<p>21</p> <p>9:30 Wake-Up Call, AF 10:00 Zumba Class, 2 10:30 St. Leo's Catholic Mass Service, 3 10:30 🎵 Rhythm Band, 2 2:30 Hot Chocolate and Cookies Social, 2 3:00 🎵 Music with Chaplain Pervaiz, AF 3:30 Hand Massage, 2 4:00 Would you Rather, 2 7:00 Evening Movie, 2 Netflix Wildcard (Holiday)</p>	<p>22</p> <p>9:30 AM Wake- Up, AF 10:30 News & Views, 2 11:00 🎵 Holiday Bells & Sing A Long, 2 2:30 BINGO w/ the Balavikas, 3 2:30 Afternoon Tea party, 4 3:00 Picture This (ac), 4 4:00 Reminisce, 2</p>		
<p>23</p> <p>9:30 Jokes & Java, AF 10:00 Chair Yoga, 2 10:30 Hymn Sing, 2 10:30 Digital Catholic Mass, 2SOL 10:30 Truro Church Service, 3 1:30 Musical Memories, 2 2:30 Matinee Movie, 4 Netflix Wildcard (Holiday) 4:00 The Price is Right, 2 7:00 Bedtime Cart, 2</p>	<p>24</p> <p>9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise Class, 2 10:15 Motivational Monday, 2 10:30 We've Got Rhythm: Celebrating the Holidays (ac), 2 1:30 Room Visits, 2 2:30 Would You Rather, 2 3:00 Name that Tune, 2 4:00 Reminisce, 2 7:00 Sensory Lights, 2</p>	<p>25</p> <p>10:00 Merry and Bright Exercise, 3 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, 2 10:30 Morning Wake-Up Sensory Group, 2 2:30 Water Canvas Art, 2 2:30 Scenic Drive 🚌 3:30 All About Kwanzaa (ac), 2 7:00 Aromatherapy, 2</p> <p style="text-align: center;">Kwanzaa Begins</p>	<p>27</p> <p>9:30 Rise & Shine, AF 10:00 Chair Cardio, 2 10:30 Scenic Drive 🚌 10:30 Hand Care/ Massage, 2 10:30 Name that Tune, 2 1:30 Room Visits, 2 2:30 That's a Wrap Detective (ac), 2 3:30 Finish the Phrase, 2 4:00 Soft Music, 2 7:00 Holiday Sing A long, 2</p>	<p>28</p> <p>9:30 Wake-Up Call, AF 10:00 Zumba Class, 2 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 🎵 Rhythm Band, 2 2:30 BINGO, 2 3:30 Ice Cream Social, 2 4:00 Getting to Know You Ball Toss, 2 7:00 Evening Movie, 2 Netflix Wildcard (Holiday)</p>	<p>29</p> <p>9:30 AM Wake- Up, AF 10:30 News & Views, 2 11:00 🎵 Holiday Bells & Sing A Long, 2 2:30 BINGO, 3 2:30 Afternoon Tea Party 3 3:30 Finish the Phrase, 2 4:00 EZ Does it Random Trivia (ac), 2 7:00 Musical Memories, 2</p>		
<p>30</p> <p>9:30 Jokes & Java, AF 10:00 Chair Yoga, 2 10:30 Television Ministry, 2 10:30 Digital Catholic Mass, 2SOL 1:30 Musical Memories, 2 2:00 Jerusalem Baptist Church Bible Study, 3 2:30 Matinee Movie, 2 Netflix Wildcard (Holiday) 4:00 Balloon Volley, 2 7:00 Bedtime Cart, 2</p>	<p>31</p> <p>9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise Class, 2 10:30 New Year's Resolutions, 2 1:30 Room Visits, 2 2:30 New Years' Eve Social, 2 3:30 Trivia, 2 7:00 New Years' Count Down! New Year's Eve</p>	<p>MEZZANINE (2ND FLOOR) ACTIVITIES CALENDAR</p> <p>DECEMBER</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 	