

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February

Fairfax Rehabilitation and Nursing Center
10701 Main Street Fairfax, VA 22030
(703) 273-7705

2nd Floor Programs/Mezzanine

9:30 Exercise
10:30 Chair Cardio
2:30 Rosary, 3SOL
2:30 Simulated Pet Therapy Program
3:30 Geography
4:00 Personalized Playlists
4:30 Spa Day
7:00 Bedtime Cart

9:30 Exercise
10:00 Catholic Eucharist, AF
10:30 Ground Hog Day Trivia
2:30 Ground Hog Day Celebration Social
4:00 What Would You Do Game
4:30 Cooking Show
7:00 Sensory Group

9:30 AM Wake- Up
10:30 Coffee and Current Events
10:30 Baby Faces
2:30 \$BINGO, 3
2:30 PM Stretch
3:00 Pizza Toss Game
4:00 Personalized Playlists
7:00 Piano Tunes

9:30 Exercise
10:30 Christian Jubilee Church, 3
10:30 Digital Catholic Mass, 4SOL
10:30 Hymn Sing
2:30 Matinee Movie
4:30 Love Songs
6:30 Super Bowl Party, 3rd floor

9:30 Fun and Fitness, AF
10:30 Salsa Dancing
2:30 Reading Circle
3:00 Categories
3:30 Would You Rather Ball Toss Game
4:00 Get Crafty
4:30 PM Stretch
7:00 Relax and Chat

9:30 Morning Exercise, AF
10:30 Picnic Lunch Outing
10:30 Personalized Playlists – Music
1:30 Relax and Chat
2:30 \$BINGO, 3
2:30 Math Problems
3:30 Getting to Know You Game
4:00 Puzzles and Ponderings
7:00 Would You Rather

9:30 WHOGA, AF
10:30 Romantic Violin Music
2:30 Wal-Mart Trip
1:30 Trivia
2:30 Sensory Box
3:30 Bible Study with Chaplain Pervaiz, 3
3:30 WHOGA
4:00 Balloon Toss
4:30 Personalized Playlists Program
7:00 Bedtime Cart

9:30 Exercise, AF
10:30 Getting to Know You Game
10:30 Scenic Drive
10:30 Truro Church Service, 3
2:30 Parachute Game
2:30 \$BINGO, 3
4:00 Blast from the Past Reminisce Program
4:30 Bowling
7:00 Evening Sensory Lights

9:30 Morning Exercise, AF
10:00 St. Leo's Catholic Eucharist, All
10:00 Music
Appreciation with Dr. Laura Hills
2:30 Balloon Toss Game
3:30 Be My Valentine Social Hour
4:00 Would You Rather Game
7:00 Guitar Songs

9:30 AM Wake- Up
10:30 Coffee, weather and upcoming events
11:00 Chair Soccer
2:30 Puzzle Time
2:30 \$BINGO, 3
4:00 Afternoon Tea: Relax & Chat
7:00 Hand Care

9:30 Exercise, AF
10:30 Clifton Church Service, 3
10:30 Digital Catholic Mass, 4SOL
2:30 Name that Tune
3:30 Matching Games
4:30 Little Angel's Orchestra, 3
4:30 Ball Toss
7:00 Aromatherapy

9:30 Fun and Fitness
10:00 Love Songs with Roberta
2:30 Cranium Crunches
3:30 Simulated Pet Therapy Program
4:30 Bracelet Making
7:30 Evening Sensory Lights
7:30 Bingo with KOC, 3

9:30 Morning Exercise, AF
10:30 Lunch Outing: Olive Garden
10:30 Wellness Program
2:30 \$BINGO, 3
2:30 Mardi Gras Celebration
4:00 Bowling
7:00 Travelogue

9:30 WHOGA, AF
10:30 Valentine's Day Love Songs, 3
1:30 NOVA Chorale Music Performance, 3
2:30 Scenic Drive
3:30 "I Heart" Puzzles
3:30 Ash Wednesday, 3
3:30 Math Problems
4:30 Book Nook: Poems
7:00 Grace Point Music

9:30 Exercise, AF
10:30 Sing A Long
10:30 Scenic Drive
2:30 Rosary, 3 SOL
2:30 \$BINGO,3
2:30 iSpy Game
3:30 Resident Band
4:30 Hand Care
7:00 Relaxation: By The Fireplace

9:30 Exercise, AF
10:30 St. Leo's Catholic Mass Service, 3
10:30 Simulated Pet Therapy Program
2:30 Musical Memories
3:30 Chinese New Year Celebration
4:30 Geography
7:00 Soft Music

9:30 AM Wake- Up
10:30 Coffee and the News
1:30 Personalized Playlists
2:30 Travelogue
2:30 \$BINGO,3
4:00 Rock and Roll Songs (1940's)
7:00 All About Lavender Sensory

February 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

18	19	20	21	22	23	24
<p>9:30 AM Stretch, AF 10:30 McLean Church Service, 3 10:30 Digital Catholic Mass, 4SOL 10:30 Hymn Sing 1:30 Musical Memories 2:00 Matinee Movie 4:30 Hand Care 7:00 Soft Music</p>	<p>9:30 Fun and Fitness, AF 10:30 Balloon Volleyball Game 2:00 Who Am I? First Ladies 3:30 🎵 District Music Interactive Musical Performance 4:00 President's Day Trivia and Pictures 7:00 Sing A Long</p>	<p>9:30 Morning Exercise, AF 10:30 Getting to Know You Program 10:30 Picnic Lunch Outing 🚌 1:30 Personalized Playlists 2:30 \$BINGO, 3 2:30 Mandala Coloring Pages 3:30 Paper Rose Craft 4:30 PM Stretch 7:00 WHOGA</p>	<p>9:30 WHOGA, AF 10:30 Newspaper Read A Loud 2:30 Travelogue 2:00 <u>Movie Theatre</u> 🎬 3:30 Bible Study, 3 3:30 Doll Therapy 4:30 Card Games 7:30 Lion's Club Bingo, 3 7:30 What do you Want to Know Wednesday</p>	<p>9:30 Morning Exercise, AF 10:30 Truro Church Service, 3 10:30 Would You Rather Ball Toss 10:30 <u>Scenic Drive</u> 🚌 2:30 \$BINGO, 3 2:30 Jewelry Making 3:30 'Senior Says' 4:00 Activity Store, 3 4:00 Name that Tune 7:00 Aromatherapy</p>	<p>9:30 Morning Exercise, AF 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Range of Motion Exercise 2:30 Resident Band 3:30 Birthday Party Social 4:00 Flower Mandala Coloring Pages 7:00 Bedtime Cart</p>	<p>9:30 AM Wake- Up 10:30 Coffee and Current Events 10:30 Sensory Group 2:30 \$BINGO with Balavikas, 3 2:30 Reminisce Group 3:30 Personalized Playlists 4:30 Matching Games 7:00 Evening Movie</p>
<p>25 9:30 AM Stretch, AF 10:30 Digital Catholic Mass, 4SOL 10:30 Hymn Sing 1:30 Book Nook 2:00 Matinee Movie, AF 4:00 Trivia 4:30 Chair Cardio 7:00 Sensory Lights</p>	<p>26 9:30 Fun and Fitness, AF 10:30 Chair Cardio 2:00 Simulated Pet Therapy Program 3:30 Rhythm Band 4:30 Cranium Crunches 7:00 Soft Music</p>	<p>27 9:30 Morning Exercise 10:30 Balloon Volleyball Game 10:30 <u>Lunch Outing:</u> Bob Evan's 🚌 1:30 Relax and Chat 2:30 \$BINGO, 3 2:30 Hand Care 3:30 Mini Golf 3:30 Sensory Group 4:30 Movin' & Groovin' PM Exercise 7:00 Sleepy Songs</p>	<p>28 9:30 AM Stretch, AF 10:30 Resident Council Meeting, 3 10:30 AM Wake-Up 2:30 <u>Dollar Store</u> 🚌 2:30 Sing A Long, 3 3:30 Memorial Service, 3 3:30 Would You Rather Ball Toss 4:00 Matching Games 7:00 PM Stretch</p>	<p>Calendar Icons</p> <ul style="list-style-type: none"> 🚌 Outing 🎵 Musical Program ☀️ Outdoor Activity 💰 Bingo Coupons <p>If you wish to attend a bus ride or outing, please see an activity assistant. These events have limited seating availability and we ask that you sign up in advance</p>	<p>Any additions or changes to the calendar will be posted on the daily schedule.</p> <p>Each activity runs for a minimum of 30 minutes</p>	<p>Mezzanine/ Memory Care (2nd floor)</p> <p>Activities Calendar</p>