

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	<p><b>1</b>  <b>9:30</b> Fun and Fitness, All Floors  <b>10:00</b> New Start in Christ w/ Chaplain Pervaiz, 3  <b>10:30</b> Trivia, 4SOL  <b>2:30</b> 🎵 Old Dominion Duo Musical Performance, 3  <b>4:00</b> New Year Resolutions Discussion Group, All Floors</p>	<p><b>2</b>  <b>9:30</b> Morning Exercise, All  <b>10:30</b> <u>Picnic Lunch Outing</u> 🚌  <b>10:30</b> Personalized Playlists – Music, 3  <b>1:30</b> Wii Games, 1 SOL  <b>2:30</b> \$BINGO, 3  <b>4:00</b> Resident Choice Open Recreation Room, 4  <b>4:30</b> Trivial pursuit, 3</p>	<p><b>3</b>  <b>9:30</b> WHOGA, All Floors  <b>10:30</b> Balloon Volleyball Game, 3  <b>10:30</b> Sing A Long with Noadia, 3  <b>2:30</b> <u>Scenic Drive</u> 🚌  <b>1:30</b> Trivia, 3  <b>2:30</b> Winter Craft, 3  <b>3:30</b> Bible Study with Chaplain Pervaiz, 3  <b>4:30</b> Crossword Puzzles, 3</p>	<p><b>4</b>  <b>9:30</b> Morning Exercise, All  <b>10:30</b> Karaoke, 3  <b>10:30</b> Book Nook, 4SOL  <b>2:30</b> Rosary, 3 SOL  <b>2:30</b> \$BINGO, 3  <b>4:00</b> Word Power, 3  <b>4:30</b> Book Nook, 4SOL</p>	<p><b>5</b>  <b>9:30</b> Morning Exercise, All  <b>10:00</b> St. Leo's Catholic Eucharist, All Floors  <b>10:30</b> 🎵 Love Songs throughout the decades w/ Noadia, 3  <b>2:30</b> Winter Mocktails, 3  <b>4:00</b> What Would You Do Game, All Floors</p>	<p><b>6</b>  <b>9:30</b> AM Wake- Up  <b>10:30</b> Coffee and News Currents, 3  <b>10:30</b> Baby Faces, 4SOL  <b>2:30</b> \$BINGO with NCL, 3  <b>3:30</b> Praise and Worship with Chaplain Pervaiz, 3  <b>4:30</b> Pizza Toss Game, 4SOL</p>
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<p><b>7</b>  <b>9:30</b> AM Stretch, All Floors  <b>10:30</b> Jubilee Church Service, 3 ✝️  <b>10:30</b> Digital Catholic Mass, 4 SOL  <b>2:30</b> Matinee Movie, All  <b>4:00</b> Pizza Toss Game, 4SOL</p>	<p><b>8</b>  <b>9:30</b> Fun and Fitness, All Floors  <b>10:30</b> Bowling, 3  <b>2:00</b> Digital Jeopardy Game, 3  <b>3:30</b> Hand Bell Choir, 3  <b>4:30</b> Who Am I?, 4  <b>7:30</b> Bingo with KOC, 3</p>	<p><b>9</b>  <b>9:30</b> Morning Exercise, All  <b>10:30</b> <u>Lunch Outing: PJ Skidoos</u> 🚌  <b>10:30</b> Travelogue, 3  <b>1:30</b> Personalized Playlists, All Floors  <b>2:30</b> \$BINGO, 3  <b>4:00</b> Mini Golf, 4SOL  <b>4:00</b> Mad Libs, 3</p>	<p><b>10</b>  <b>9:30</b> WHOGA, All Floors  <b>10:30</b> Wake-Up Happy Sensory Group, 3 +4  <b>2:30</b> <u>Scenic Drive</u> 🚌  <b>2:30</b> 🎵 NOVA Chorale Music Performance, 3  <b>3:30</b> Mandala Coloring Pages, All Floors  <b>3:30</b> Bible Study, 3  <b>4:30</b> Mad Libs, 3</p>	<p><b>11</b>  <b>9:30</b> AM Exercise, All  <b>10:30</b> <u>Scenic Drive</u> 🚌  <b>10:30</b> Truro Church Service, 3  <b>10:30</b> Range of Motion w/ Evelim, 3  <b>2:30</b> \$BINGO, 3  <b>4:00</b> Word Power, 3  <b>4:30</b> Book Nook, 4SOL</p>	<p><b>12</b>  <b>9:30</b> Morning Exercise, All  <b>10:00</b> St. Leo's Catholic Eucharist, All  <b>10:30</b> 🎵 Music Appreciation with Dr. Laura Hills, 3  <b>2:30</b> Happy Hour Social, 3  <b>4:00</b> Would You Rather Ball Toss, All Floors</p>	<p><b>13</b>  <b>9:30</b> AM Wake- Up  <b>10:30</b> Coffee and News Currents, 3  <b>10:30</b> Baby Faces, 4SOL  <b>2:30</b> \$BINGO, 3  <b>3:30</b> Wii Bowling, 4SOL  <b>4:30</b> Hangman, 3</p>
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<p><b>14</b>  <b>9:30</b> AM Stretch, All Floors  <b>10:30</b> Clifton Church Service, 3  <b>10:30</b> Dig. Catholic Mass, 3  <b>1:30</b> Chair Soccer, 4SOL  <b>2:00</b> Matinee Movie, All  <b>4:00</b> Little Angel's Orchestra Performance, 3</p>	<p><b>15</b>  <b>9:30</b> AM Stretch, All  <b>10:30</b> Dig. Jeopardy, 3  <b>2:00</b> Famous Faces &amp; Places, 3  <b>3:30</b> Hand Bell Choir, 3  <b>4:30</b> Card Games, All</p>	<p><b>16</b>  <b>9:30</b> Morning Exercise, All  <b>10:30</b> Getting to Know You Program, 3 + 4  <b>10:30</b> <u>Picnic Lunch Outing</u> 🚌  <b>1:30</b> Personalized Playlists, All Floors  <b>2:30</b> \$BINGO, 3  <b>4:00</b> Mini Golf, 4SOL  <b>4:00</b> Trivial pursuit, 3</p>
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Fairfax Rehabilitation and Nursing Center  
 10701 Main Street Fairfax VA 22030  
 (703) 273-7705

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday

# Main Floor Activities Calendar

## Calendar Icons

-  **Outing**
-  **Musical Program**
-  **Outdoor Activity**
-  **Bingo Coupons**

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.

Any additions or changes to the calendar will be posted on the daily schedule.

Each activity runs for a minimum of 30 minutes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			17	18	19	20
			<p>9:30 WHOGA, All Floors 10:30 Wake-Up Happy Sensory Group, 3 +4 2:30 Paint and Sip, 1SOL 2:30 Scenic Drive </p> <p>3:30 Bible Study, 3 3:30 Personalized Playlists, 1+ 4SOL 4:30 Card Games, 3 +4 4:30 Scrabble, 1SOL</p> <p>7:30 Lion's Club Bingo, 3</p>			
21	22	23	24	25	26	27
<p>9:30 AM Stretch, All Floors 10:30 McLean Church Service, 3 10:30 Digital Catholic Mass, 4SOL 1:30 Wii Games, 4SOL 2:00 Matinee Movie, 3 4:00 Trivia, All Floors</p>	<p>9:30 Fun and Fitness, All Floors 10:30 Chair Cardio, 3 2:00 Digital Jeopardy Game, 3 3:30 Hand Bell Choir, 3 4:30 Cranium Crunches, All Floors 7:30 \$Bingo with KOC, 3</p>	<p>9:30 Morning Exercise, All 10:30 Travelogue, 3 10:30 Lunch Outing: Anita's </p> <p>1:30 Personalized Playlists, All Floors 2:30 \$BINGO, 3 4:00 Bingo Coupon Wallet Craft, 3 4:00 Mad Libs, 3 4:30 Hand Care, 4 SOL</p>	<p>9:30 WHOGA, All Floors 10:30 Wake-Up Happy Sensory Group, 3 +4 2:30 Scenic Drive </p> <p>2:30 Would You Rather Ball Toss, 3 3:30 Bible Study, 3 3:30 Personalized Playlists, 1+ 4SOL 4:30 Relaxation Techniques, All Floors</p>	<p>9:30 Morning Exercise, All 10:30 Truro Church Service, 3 10:30 Book Nook, 4SOL 10:30 Scenic Drive </p> <p>2:30 \$BINGO, 3 4:00 Activity Store, 3</p>	<p>9:30 Morning Exercise, All 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Range of Motion Exercise with Evelim, 3 2:30 Resident Band, 3 4:00 Bowling, 4SOL</p>	<p>9:30 AM Wake- Up 10:30 Coffee and News Currents, 3 10:30 Sensory Group, 4SOL 2:30 \$BINGO, 3 3:30 Personalized Playlists, 3 4:30 Matching Games, 4SOL</p>
28	29	30	31	 <p>Fairfax Rehabilitation and Nursing Center 10701 Main Street Fairfax VA 22030 (703) 273-7705</p>		
<p>9:30 AM Stretch, All Floors 10:30 Digital Catholic Mass, 4SOL 10:30 Hymn Sing, 3 1:30 Book Nook, 4SOL 2:00 Matinee Movie, All 4:00 Trivia, All Floors</p>	<p>9:30 Fun and Fitness, All Floors 10:30 Movin' &amp; Groovin' Exercise, Program, 3 + 4 2:30 Baby Faces, 4SOL 2:30 Crossword Puzzle, 3 3:30 Hand Bell Choir Concert, 3 4:30 Name 5 , 3</p>	<p>9:30 Morning Exercise, All 10:30 Kitchen Corner: Cranberry Chocolate Oatmeal Bites, 3 10:30 Picnic Lunch Outing </p> <p>1:30 Personalized Playlists, All Floors 2:30 \$BINGO, 3 4:00 Trivial Pursuit, 3 4:30 Who am I? 4</p>	<p>9:30 AM Stretch, All 10:30 Resident Council Meeting, 3 2:30 Scenic Drive </p> <p>2:30 Sing A Long, 3 3:30 Memorial Service, 3 3:30 Personalized Playlists, 1+ 4SOL 4:30 Relaxation Techniques, All Floors</p>			