

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

**2nd floor  
Mezzanine  
Level**

**1**  
**9:30** Fun and Fitness  
**10:00** New Start in Christ with Chaplain Pervaiz, 3  
**10:30** New Year's Eve Goals Ball Toss Game  
**2:30** Matching Games  
**3:30** Old Dominion Duo Musical Performance  
**4:30** Bubbly New Year's Fortunes (ac)  
**7:00** Jazz Music


**2**  
**9:30** Morning Exercise  
**10:30** Personalized Playlists – Music  
**10:30** Picnic Lunch Outing   
**2:30** \$BINGO, 3  
**2:30** Sing A Long   
**3:30** Baby Faces  
**4:30** Hand Care  
**7:00** Sensory Lights

**3**  
**9:30** WHOGA  
**10:30** Balloon Toss  
**2:30** Winter Craft  
**2:30** Scenic Drive   
**3:30** Bible Study with Chaplain Pervaiz  
**3:30** Sing A Long  
**4:30** Would You Rather  
**7:00** Bedtime Carl 


**4**  
**9:30** Morning Exercise, All  
**10:30** Salsa Dancing  
**2:30** Rosary, 3 SOL  
**2:30** \$BINGO, 3  
**2:30** Simulated Pet Therapy Program  
**3:00** Story Telling  
**4:00** Name 5 Game  
**7:00** Sensory Lights


**5**  
**9:30** Morning Exercise, All  
**10:00** St. Leo's Catholic Eucharist, All Floors  
**10:30** Love Songs  
**1:30** Relax & Chat  
**2:30** Cranium Crunches  
**3:00** Balloon Toss  
**3:30** Winter Mocktails  
**4:30** Sing A Long  
**7:00** Hand Care


**6**  
**9:30** AM Wake- Up  
**10:30** The Weather and the News Currents  
**2:00** PM Stretch  
**2:30** Love Songs  
**2:30** \$BINGO with NCL, 3  
**3:30** Praise and Worship 3  
**3:30** Name that Tune  
**4:30** PM Stretch  
**7:00** Short Stories

**7**  
**9:30** AM Stretch, All Floors  
**10:30** Jubilee Church Service, 3   
**10:30** Digital Catholic Mass, 4 SOL  
**2:30** Matinee Movie  
**4:00** Would you Rather Ball Toss  
**7:00** Personalized Playlists

**8**  
**9:30** Fun and Fitness  
**10:00** Freeze Dance  
**10:30** News and Views  
**2:30** Easy Does it Trivia  
**3:30** Scratch and Sniff Cards (ac)  
**4:30** Who Am I? Game  
**7:00** Enrichment Sensory Program  
**7:30** Bingo with KOC, 3

**9**  
**9:30** Morning Exercise  
**10:30** AM Wake-Up  
**10:30** Lunch Outing: PJ Skidoos   
**1:30** Personalized Playlists  
**2:30** \$BINGO, 3  
**2:30** Travelogue  
**3:30** Simulated Pet Therapy Program  
**4:30** Trivia  
**7:00** Sensory Lights


**10**  
**9:30** WHOGA  
**10:30** Wake-Up Happy Sensory Group  
**1:30** NOVA Chorale Music Performance  
**2:30** Resident Band  
**2:30** Scenic Drive   
**3:30** Mandala Coloring Pages  
**4:30** Hand Care, 3  
**7:00** Relax and Chat

**11**  
**9:30** Morning Exercise  
**10:30** Truro Church Service, 3  
**10:30** Ball Toss  
**10:30** Scenic Drive   
**2:30** Reminisce Group  
**2:30** \$BINGO, 3  
**3:30** Simulated Pet Therapy Program  
**4:00** Personalized Playlists  
**7:30** Guitar with Micki

**12**  
**9:30** Morning Exercise  
**10:00** St. Leo's Catholic Eucharist, All  
**10:00** Music Appreciation with Dr. Laura Hills  
**2:30** Puzzles and Pondering  
**3:30** Happy Hour Social  
**4:30** Would You Rather Ball Toss  
**7:00** Relaxation Hour

**13**  
**9:30** AM Wake- Up  
**10:30** Happy Tunes  
**10:30** Baby Faces  
**2:30** \$BINGO, 3  
**2:30** Puzzle Time  
**3:30** Doll Therapy  
**4:30** PM Stretch  
**7:00** Winter Songs

**14**  
**9:30** AM Stretch, All Floors  
**10:30** Clifton Church Service, 3  
**10:30** Dig. Catholic Mass, 4SOL  
**1:30** Chair Soccer  
**2:00** Matinee Movie  
**4:00** Little Angel's

**15**  
**9:30** AM Stretch  
**10:30** Fun and Fitness   
**2:30** Bowling  
**3:30** District Music Interactive Performance  
**4:30** Card Games  
**7:00** Sensory Box

**16**  
**9:30** Morning Exercise  
**10:30** Getting to Know You Program  
**10:30** Picnic Lunch Outing   
**1:30** Personalized Playlists  
**2:30** \$BINGO, 3  
**2:30** Math Problems  
**4:00** Puzzles and Ponderings  
**7:00** Bedtime Cart

# January

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 10701 Main Street Fairfax VA 22030  
 (703) 273-7705

Sunday

Monday

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Saturday

2nd floor  
Mezzanine  
Level



**17**  
**9:30** WHOGA, All Floors  
**10:30** Wake-Up Happy Sensory Group  
**2:30 Scenic Drive**

**18**  
**9:30** Morning Exercise, All  
**10:30** Would You Rather Ball Toss Game  
**10:30 Scenic Drive**

**19**  
**9:30** Morning Exercise, All  
**10:30 St. Leo's Catholic Mass Service, 3**  
**10:30** Wacky Wordies, 4SOL  
**2:30 Kitchen Corner: Apricot Tomato Salsa**

**20**  
**9:30** AM Wake- Up  
**10:30** Coffee and News Currents  
**10:30** Simulated Pet Therapy Program  
**2:30** \$BINGO with NCL, 3  
**2:30** Hand Care  
**3:30** Sing A Long  
**4:00** PM Stretch  
**7:00** Sensory Lights, & Soft Music

**21**  
**9:30** AM Stretch, All Floors  
**10:30 McLean Church Service, 3**  
**10:30** Hymn Sing  
**2:00** Puzzle Time  
**2:30** Matinee Movie  
**4:30** Trivia  
**7:00** Soft Music

**22**  
**9:30** Fun and Fitness, All Floors  
**10:30** Chair Cardio  
**2:30** Trivia  
**3:30** Puzzles and Ponderings  
**4:30** Cranium Crunches  
**7:00** Relaxation Hour  
**7:30 Bingo with KOC, 3**

**23**  
**9:30** Morning Exercise  
**10:30** Travelogue  
**10:30 Lunch Outing: Anita's**   
**1:30** Personalized Playlists  
**2:30** \$BINGO, 3  
**2:30** Sing A Long  
**3:00** Winter Sensory  
**4:30** Hand Care

**24**  
**9:30** WHOGA, All Floors  
**10:30** Wake-Up Happy Sensory Group  
**2:30 Scenic Drive**   
**2:30** Would You Rather Ball Toss  
**3:30** Bible Study, 3  
**3:30** Personalized Playlists  
**4:30** Relaxation Techniques   
**7:00** Sensory Lights

**25**  
**9:30** Morning Exercise, All  
**10:30** Truro Church Service, 3  
**10:30** Book Nook  
**10:30 Scenic Drive**   
**2:30** \$BINGO, 3  
**4:00** Animal Sensory  
**7:00 Guitar with Micki**

**26**  
**9:30** Morning Exercise, All  
**10:00 St. Leo's Catholic Eucharist, All Floors**  
**10:30** Morning Stretch  
**2:30** What Am I Game  
**3:30** Friday Social Hour  
**4:30** Laundry Day  
**7:00** Personalized Playlists

**27**  
**9:30** AM Wake- Up  
**10:30** Enrichment Sensory Program  
**10:30** Sensory Group  
**2:30** \$BINGO with NCL, 3  
**3:30** Personalized Playlists  
**4:30** Matching Games  
**7:00** Baby Faces Sensory Group

**28**  
**9:30** AM Stretch,  
**10:30 Pender United Methodist Church Service, 3**  
**10:30** Hymn Sing  
**1:30** Book Nook  
**2:00** Matching Games  
**2:30** Matinee Movie  
**4:00** Trivia  
**7:00 Love Songs**

**29**  
**9:30** Fun and Fitness, All Floors  
**10:30** Movin' & Groovin' Exercise   
**2:30** Simulated Pet Therapy Program  
**2:30** Compelling Conversations  
**3:30** Winter Craft  
**4:30** Cranium Crunches,  
**7:00** Soft Music

**30**  
**9:30** Morning Exercise, All  
**10:30 Kitchen Corner: No-bake cranberry chocolate oatmeal balls, 3**  
**10:30 Picnic Lunch Outing**   
**1:30** Scratch and Sniff Cards (ac)  
**2:30** \$BINGO, 3  
**4:00** Aromatherapy, 4SOL  
**7:00** Sensory Lights

**31**  
**9:30** AM Stretch, All  
**10:30** Wellness Program  
**10:30 Resident Council Meeting, 3**  
**2:30** Simulated Pet Therapy Program  
**3:30** Memorial Service, 3  
**3:30** Sing Along  
**4:30** Relaxation Techniques  
**7:00** Bedtime Cart



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