

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH

Fairfax Rehabilitation & Nursing Center
10701 Main Street Fairfax VA 22033
(703) 273-7705



				<p>9:30 Exercise, AF 10:30 Irish Jig Exercise, 3 11:00 March IQ, AF 2:00 Rosary, 3SOL 2:30 \$BINGO, 3 3:30 Purim Celebration with Chabad Tysons, 3 4:30 Spa Day, AF</p>	<p>9:30 Exercise, AF 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Famous Face and Places Game, 3 +4SOL 2:30 Shamrock Door Décor Craft, 3 4:00 Guinness World Book of Records Discussion, 3</p>	<p>9:30 AM Wake- Up 10:30 Coffee and News Currents, 3 10:30 Baby Faces, 4SOL 2:30 \$BINGO with National Charity League, 3 4:00 Twenty Questions Game, 3</p>
<p>9:30 Exercise, AF 10:30 Christian Jubilee Church, 3 10:30 Digital Catholic Mass, 4SOL 2:30 Matinee Movie, AF 4:30 Trivial Pursuit, 3</p>	<p>9:30 Fun and Fitness, AF 10:30 Range of Motion Exercise, 3 10:30 Baby Faces DVD, 4SOL 2:30 Old Dominion Duo Music Performance, 3 3:30 Word Power, 3 4:30 Reading Circle, AF</p>	<p>9:30 Morning Exercise, AF 10:30 Picnic Lunch Outing 🚌 10:30 Shamrockin' Exercises, 3 1:30 Book Nook, 4SOL 2:30 \$BINGO, 3 4:00 Resident Choice Games, AF</p>	<p>9:30 WHOGA, AF 10:30 Music with Tender Polman, 3 1:30 Reading Circle, 1SOL 2:30 Wal-Mart Trip 🚌 2:30 Crosswords, 3 2:30 Hand Care, 4SOL 3:30 Bible Study with Chaplain Pervaiz, 3 4:30 Boggle, AF</p>	<p>9:30 Exercise, AF 10:30 Scenic Drive 🚌 10:30 Truro Church Service, 3 10:30 Range of Motion Exercise, 4 SOL 1:30 Name that Tune, 4SOL 2:30 \$BINGO, 3 4:30 Book Nook, AF</p>	<p>9:30 Wake-Up visits, AF 10:00 St. Leo's Catholic Eucharist, All 10:30 Music Appreciation with Dr. Laura Hills, 3 1:30 Personalized Playlists, 1 SOL 2:30 Happy Hour Social, 3 4:00 Would You Rather Ball Toss, AF</p>	<p>9:30 AM Wake- Up 10:30 Coffee and News Currents, 3 1:30 Wii Games, 4SOL 2:30 NCL Sun Catcher Craft, 3 4:00 Getting to Know You Program, AF</p>
<p>9:30 Exercise, AF 10:30 Clifton Church Service, 3 10:30 Digital Catholic Mass, 4SOL 2:30 Matinee Movie, AF 4:00 Little Angel's Orchestra Performance, 3</p>	<p>9:30 Fun and Fitness, AF 10:30 Bowling, 3 2:00 Digital Jeopardy Game, 3 3:30 Hand Bell Choir, 3 4:30 Who Am I?, AF 7:30 Bingo with KOC, 3</p>	<p>9:30 Morning Exercise, AF 10:30 Lunch Outing: Golden Corale 🚌 10:30 Travelogue: An Hour in Ireland 2:30 Slow Movement Stretching, 3 4:00 Mad Libs, AF</p>	<p>9:30 WHOGA, AF 10:30 Range of Motion Exercise Group, 3 2:30 Scenic Drive 🚌 2:30 NOVA Chorale Music Performance, 3 3:30 Sensory Relaxation Hour, 4SOL 3:30 Bible Study, 3 4:30 Mini Golf, 4SOL</p>	<p>9:30 Exercise, AF 10:30 Sing A Long with Noadia, 3 10:30 Book Nook, 4SOL 10:30 Scenic Drive 🚌 2:00 Rosary, 3 SOL 2:30 \$BINGO, 3 4:00 Relaxation: By The Fireplace, 4SOL</p>	<p>9:30 Morning Exercise, AF 10:30 St. Leo's Catholic Mass Service, 3 2:30 Shake & 'Shmingle': Milkshakes and icebreaker games, 3 4:00 Wii Bowling, 4SOL 4:00 Hangman, 3</p>	<p>9:30 AM Wake- Up 10:15 Hephzibah Youth Orchestra, 3 10:30 Truth or Blarney Trivia Game, 4SOL 1:30 Personalized Playlists, 1SOL 2:30 \$BINGO, 3 4:00 Fresh Anoint, 3 Happy St. Patrick's Day 🍀</p>

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Holidays This Month:

- St. Patrick's Day is Saturday, March 17th
- Passover begins Saturday, March 31st

Calendar Icons

- Outing
- Musical Program
- Spiritual Program
- Outdoor Activity
- Golden Ticket

If you wish to attend a bus ride or outing, please see an activity team member. These events have limited seating.

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

Each activity runs for a minimum of 30 minutes.

* Eucharist every Friday at 10:00 AM

<p align="right">18</p> <p>9:30 AM Stretch, AF 10:30 McLean Church Service, 3 10:30 Digital Catholic Mass, 4SOL 1:30 Wii Games, 4SOL 2:00 Matinee Movie, AF 4:00 Pet Therapy with NCL, 3</p>	<p align="right">19</p> <p>9:30 Fun and Fitness, AF 10:30 Resident Volleyball Game, 3 2:30 Famous Irish Folks – Who Am I? Game (ac), 3 3:30 3:30 Word Power, 3 4:30 Spay Day, AF</p>	<p align="right">20</p> <p>9:30 Morning Exercise, AF 10:30 Picnic Lunch Outing 10:30 Passover with Chabad Tysons, 3 1:30 Wii Games, 4 SOL 2:30 \$BINGO, 3 4:00 Resident Choice Games, AF</p>	<p align="right">21</p> <p>9:30 Movin' & Groovin' Exercise, AF 10:30 Dice Drama (ac), 3 2:30 Pizza Toss Game, 3 2:00 Scenic Drive 3:30 Bible Study, 3 4:30 Card Games, 4 4:30 Scrabble, 1SOL 7:30 Lion's Club Bingo, 3</p>	<p align="right">22</p> <p>9:30 Morning Exercise, AF 10:30 Truro Church Service, 3 10:30 Personalized Playlists, 4SOL 10:30 Scenic Drive 2:30 \$BINGO, 3 4:00 Book Nook, AF</p>	<p align="right">23</p> <p>9:30 Morning Exercise, AF 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Elvis Songs "Name that Tune", 3 2:30 Friday Social, 3 4:00 Crossword Puzzle, 3</p>	<p align="right">24</p> <p>9:30 AM Wake- Up 10:30 Coffee and News Currents, 3 10:30 Sensory Group, 4SOL 2:30 \$BINGO with Balavikas, 3 3:30 Personalized Playlists, 3 4:30 Matching Games, 4SOL</p>
<p align="right">25</p> <p>9:30 AM Stretch, AF 10:30 Digital Catholic Mass, 4SOL 10:30 Hymn Sing, 3 1:30 Book Nook, 4SOL 2:00 Matinee Movie, AF 4:00 Trivia, AF</p>	<p align="right">26</p> <p>9:30 Fun and Fitness, AF 10:30 Easter Egg Decorating, 3 2:00 Digital Jeopardy Game, 3 3:30 Hand Bell Choir Concert, 3 4:30 Cranium Crunches, AF</p>	<p align="right">27</p> <p>9:30 Morning Exercise, AF 10:30 Lunch Outing: 10:30 Would You Rather Ball Toss, 3 +4 2:30 Academy Awards Hangman (ac), 3 4:00 Mad Libs, 4SOL 4:00 Name that Tune, 3</p>	<p align="right">28</p> <p>9:30 AM Stretch, AF 10:30 Faces & Places Game, 3 2:30 Scenic Bus Ride 2:30 Resident Council Meeting, 3 3:30 Memorial Service, 3 4:30 Pizza Toss Game, 4SOL</p>	<p align="right">29</p> <p>9:30 Morning Exercise, AF 10:30 Truro Church Service, 3 10:30 Book Nook, 4SOL 10:30 Scenic Drive 2:30 \$BINGO, 3 4:00 Activity Store, 3</p>	<p align="right">30</p> <p>9:30 Morning Exercise, AF 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Range of Motion Exercise, 3 2:30 Birthday Party Social, 3 4:00 Word Power, 3</p>	<p align="right">31</p> <p>9:30 AM Wake- Up 10:30 Coffee and News Currents, 3 10:30 Easter Sensory Group, 4SOL 2:30 \$BINGO, 3 4:00 All about Passover, 3</p>