

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH

MEMORY CARE UNIT/ MEZZANINE

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



2nd floor Calendar

				<p>9:30 Exercise, AF 10:30 Irish Jig Exercise 11:00 March IQ 2:30 Rosary, 3SOL 2:30 \$BINGO, 3 2:30 Puzzles & Ponderings 3:30 Personalized Playlists – Music 4:00 Name 5 4:30 Spa Day 7:00 Soft Music</p>	<p>9:30 Exercise, AF 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Musical Memories (1950's) 2:30 Simulated Pet Therapy 3:30 Shamrock Coloring Pages 4:30 Geography 7:00 PM Sensory</p>	<p>9:30 AM Wake- Up 10:30 Coffee and Positive News 2:30 \$BINGO, 3 2:30 March Sensory Box 3:30 Tactile Discs 4:30 Musical Memories (1940's) 7:00 Bedtime Cart</p>
<p>9:30 Exercise, AF 10:30 Christian Jubilee Church, 3 10:30 Digital Catholic Mass, 2SOL 10:30 Hymn Sing 1:30 Reading Circle 2:30 Matinee Movie 4:30 Famous Faces & Places 7:00 Sensory Lights</p>	<p>9:30 Fun and Fitness, AF 10:30 Chair Cardio 1:30 Personalized Playlists- Music 2:30 Math Problems 3:30 Old Dominion Duo Music Performance 4:30 Reading Circle, AF 7:00 All About Lavender</p>	<p>9:30 Morning Exercise, AF 10:30 Picnic Lunch Outing 10:30 Shamrock Door Décor Craft 2:30 \$BINGO, 3 2:30 Dice Games 3:30 Rhyme Time 4:30 Fine Motor Stretch 7:00 Bedtime Cart</p>	<p>9:30 WHOGA, AF 10:30 Musical Memories (1920s) 1:30 Reading Circle 2:30 Wal-Mart Trip 2:30 Rhyme Time 2:30 Hand Care 3:30 Bible Study, 3 3:30 Movin' & Groovin' 4:30 Junk Drawer Detective (ac) 7:00 Soft Music</p>	<p>9:30 Exercise, AF 10:30 Scenic Drive 10:30 Truro Church Service, 3 10:30 AM Exercise 2:30 \$BINGO, 3 2:30 Humor Hour (jokes) 3:30 Book Nook 4:30 PM Stretch 7:00 Violin Playlist</p>	<p>9:30 Morning Exercise 10:00 St. Leo's Catholic Eucharist, All 10:00 Music w/ Dr. Laura Hills 10:30 Wake-Up Songs 2:30 Puzzle Time 3:30 Happy Hour Social 4:30 Would You Rather Ball Toss 7:00 Love Songs</p>	<p>9:30 AM Wake- Up 10:30 Coffee and Positive News 1:30 Hand Care 2:30 \$BINGO, 3 2:30 Afternoon Tea 3:30 Fun & Fitness 4:00 Getting to Know You Program 7:00 Sensory Box</p>
<p>9:30 Exercise, AF 10:30 Clifton Church Service, 3 10:30 Digital Catholic Mass, 2SOL 1:30 Reading Circle 2:30 Matinee Movie, AF 4:00 Tactile Discs 7:00 Celtic Music</p>	<p>9:30 Fun and Fitness, AF 10:30 Seated Salsa Dancing Class 2:00 Bowling 3:30 Sing A Long 4:30 Who Am I?, AF 7:00 Love Songs 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 Puzzle Time 4:00 PM Stretch 7:00 Aromatherapy</p>	<p>9:30 WHOGA, AF 10:30 Range of Motion Exercise Group, 3 2:30 Scenic Drive 1:30 NOVA Chorale 2:30 Ball Toss 3:30 Sensory Relaxation Hour, 4SOL 3:30 Bible Study, 3 4:30 WHOGA 7:00 Bedtime Cart</p>	<p>9:30 Exercise, AF 10:30 Movin' & Groovin' Exercise 10:30 Scenic Drive 2:30 Rosary, 3 SOL 2:30 \$BINGO,3 2:30 Karaoke Songs 4:00 Relax & Chat 4:30 PM Stretch 7:00 Sensory Lights</p>	<p>9:30 Morning Exercise 10:30 St. Leo's Catholic Mass , 3 10:30 Chair Soccer 2:30 Pizza Toss Game 3:30 Shake & 'Shmingle': Milkshakes and icebreaker games 4:30 Bowling</p>	<p>9:30 AM Wake- Up 10:30 Coffee & Positive News 2:30 Truth or Blarney Trivia Game 2:30 \$BINGO,3 3:30 St. Patrick's Social 4:30 Truth or Blarney 7:00 Celtic Music Happy St. Patrick's Day</p>

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2nd floor Calendar

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

18	19	20	21	22	23	24
<p>9:30 AM Stretch, AF 10:30 McLean Church Service, 3 10:30 Digital Catholic Mass, <u>2SOL</u> 1:30 Reading Circle 2:00 Matinee Movie, AF 4:00 Pet Therapy with NCL 7:00 Hand Care</p>	<p>9:30 Fun and Fitness, AF 10:00 Resident Volleyball Game 2:30 Famous Irish Folks – Who Am I? Game (ac) 3:30 District Music Performance 4:30 Spay Day 7:00 Soft Music</p>	<p>9:30 Morning Exercise 10:30 Picnic Lunch Outing 10:30 Personalized Playlists – Music 2:30 \$BINGO, 3 2:30 Reading Circle 3:30 Volleyball Game 4:30 Tactile Dominoes 7:00 Story Telling</p>	<p>9:30 Movin' & Groovin' Exercise, AF 10:30 Pizza Toss Game 2:30 Math Problems 2:00 Scenic Drive 3:30 Bible Study, 3 3:30 Card Games 4:30 Spelling Bee 7:00 Soft Music 7:30 Lion's Club Bingo, 3</p>	<p>9:30 Morning Exercise, AF 10:30 Truro Church, 3 10:30 Personalized Playlists 10:30 Scenic Drive 2:30 \$BINGO, 3 2:30 Pizza Toss Game 4:00 Book Nook 4:30 Spa Day 7:00 Relax & Chat</p>	<p>9:30 Morning Exercise, AF 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Range of Motion Exercise 2:30 Reading Circle 3:30 Friday Social 4:30 Name that Tune 7:00 Smooth Jazz</p>	<p>9:30 AM Wake- Up 10:30 Coffee & Positive News 2:30 Baby Faces – Sensory Group 2:30 \$BINGO with Balavikas, 3 3:30 Personalized Playlists 4:30 Matching Games 7:00 Bedtime Cart</p>
25	26	27	28	29	30	31
<p>9:30 AM Stretch, AF 10:30 Digital Catholic Mass, <u>2SOL</u> 10:30 Hymn Sing, 3 1:30 Reading Circle 2:00 Matinee Movie, AF 4:00 Fresh Bread & Chat 7:00 Love Songs</p>	<p>9:30 Fun and Fitness, AF 10:30 Sing A Long 1:00 Reading Circle 2:30 Simulated Pet Therapy 3:30 Afternoon Tea 4:30 Math Problems 7:00 Relax and Chat</p>	<p>9:30 Morning Exercise, AF 10:30 Lunch Outing: Silver Diner 10:30 Easy Does It Trivia (ac) 2:30 Humor Hour (jokes) 3:30 Tactile Dominoes 4:00 Name that Tune 7:00 Wellness before bed</p>	<p>9:30 AM Stretch, AF 10:30 Resident Council Meeting, 3 10:30 Wellness Program 2:30 Scenic Bus Ride 2:30 Pizza Toss Game 3:30 Memorial Service, 3 4:30 Spelling Bee 7:00 Sensory Lights</p>	<p>9:30 Morning Exercise 10:30 Truro Church, 3 10:30 Book Nook 10:30 Scenic Drive 2:30 \$BINGO, 3 2:30 Doll Therapy 3:00 Easter Egg Decorating Craft 4:00 Hand Care 7:00 Bedtime Cart</p>	<p>9:30 Morning Exercise 10:00 St. Leo's Catholic Eucharist, All Floors 10:30 Chair Cardio 2:30 Simulated Pet Therapy 3:30 Birthday Party Social, 3 4:30 Resident Choir 7:00 Soft Music</p>	<p>9:30 AM Wake- Up 10:30 Coffee and Positive News 2:30 Afternoon Tea 2:30 \$BINGO, 3 4:00 All about Passover 7:00 Soft Music</p>