









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MEMORY CARE ACTIVITIES</b></p> <p><b>2<sup>nd</sup> and 4<sup>th</sup> Floor</b></p> 	<p><b>Location Key</b></p> <p><b>1<sup>st</sup> Floor= 1SOL</b>  <b>2<sup>nd</sup> Floor= 2</b>  <b>3<sup>rd</sup> Floor =3</b>  <b>4<sup>th</sup> Floor= 4SOL</b>  <b>FP= Front Porch</b>  <b>PO= Pond</b>  <b>AF= All Floors</b></p>	<p><b>1</b></p> <p><b>9:30</b> Wake-Up Visits, AF  <b>10:00</b> Movin' &amp; Groovin'  <b>10:30 Picnic Lunch</b>  <b>Outing</b> 🚌  <b>11:00</b> Ball Toss  <b>1:30</b> Reading Circle ☀️  <b>2:30</b> BINGO, 3  <b>2:30</b> Getting to Know You ☀️  <b>4:00</b> Puzzle Time  <b>7:00</b> Bedtime Cart</p>	<p><b>2</b></p> <p><b>9:30</b> Morning Cheer, AF  <b>10:00</b> Light Stretching  <b>10:30</b> Name that Tune  <b>1:30</b> One-to-One Visits  <b>2:30 \$ Wal-Mart Trip</b> 🚌  <b>2:30</b> Mini Golf  <b>2:30</b> Hand Care  <b>3:30 Time Slips Story Telling with Mary, 4SOL</b>  <b>3:30</b> Aromatherapy  <b>4:00</b> Balloon Toss  <b>7:00</b> Love Songs</p>	<p><b>3</b></p> <p><b>9:30</b> Rise and Shine, AF  <b>10:30</b> Getting to Know You Ball Toss, PO ☀️  <b>11:00</b> Personalized Playlists, 3  <b>11:00 May IQ</b>  <b>1:30</b> Table Games, 4SOL  <b>2:00</b> Rosary, 3SOL  <b>2:30 \$BINGO, 3</b>  <b>4:00</b> Spa Day, 1SOL  <b>7:00</b> Sensory Group</p>	<p><b>4</b></p> <p><b>9:30</b> Wake-Up Call, AF  <b>10:00</b> St. Leo's Catholic Eucharist, AF  <b>10:00</b> Citrus Wake-Up Aromatherapy  <b>10:30</b> Chair Soccer  <b>2:30</b> Card Games  <b>3:00</b> Personalized Playlists  <b>3:30 Happy Hour Social</b>  <b>4:00</b> Famous Faces  <b>7:00</b> Outdoor Sensory ☀️</p>	<p><b>5</b></p> <p><b>9:30</b> AM Wake- Up, AF  <b>10:00</b> Cinco De Mayo Music Playlist  <b>10:30</b> Aromatherapy  <b>2:30 BINGO with National Charity League, 3</b>  <b>2:30 Matching Games</b>  <b>3:30 Cinco De Mayo Fiesta</b>  <b>4:00</b> Relax &amp; Chat ☀️  <b>7:00</b> Sensory Group</p>
<p><b>6</b></p> <p><b>9:30</b> Jokes &amp; Java  <b>10:00</b> Hymn Sing, 2  <b>10:30 Christian Jubilee Church Service, 3</b>  <b>10:30</b> Digital Catholic Mass, 2 + 4 SOL  <b>1:30</b> Reading Circle ☀️  <b>2:30 May Flower Craft, 2</b>  <b>4:30</b> Tactile Discs  <b>7:00</b> Bedtime Cart</p>	<p><b>7</b></p> <p><b>9:30</b> Meet &amp; Greet  <b>10:00</b> One-to-One Visits  <b>10:30</b> Sing A Long  <b>1:30</b> Personalized Playlists- Music  <b>2:30</b> Puzzle Time  <b>3:30 🎵 Old Dominion Duo Music Performance, 2<sup>nd</sup> Floor</b>  <b>4:00</b> 1:1 visits  <b>7:00</b> Sensory Lights</p>	<p><b>8</b></p> <p><b>9:30</b> Wake-Up Visits, AF  <b>10:30 \$ Lunch Outing:</b> 🚌  <b>PJ Skiddos</b> 🚌  <b>10:30</b> Cognitive Games, PO☀️  <b>11:00</b> Dice Game, PO☀️  <b>2:00</b> Karaoke  <b>2:30</b> Slow Movement Exercise Group  <b>3:00</b> Crafty Corner  <b>4:00</b> Gardening ☀️  <b>7:00</b> Soft Music</p>	<p><b>9</b></p> <p><b>9:30</b> Morning Cheer, AF  <b>10:00</b> Range of Motion Exercise Group  <b>10:30</b> Balloon Toss  <b>2:30 Scenic Drive</b> 🚌  <b>1:30 🎵NOVA Chorale Music Performance, 2<sup>nd</sup></b>  <b>2:30</b> Famous Faces  <b>3:30</b> Waterfall Sensory Relaxation Program  <b>4:00</b> Chair Soccer  <b>7:00</b> Sensory Group</p>	<p><b>10</b></p> <p><b>9:30</b> Rise and Shine, AF  <b>10:30 Scenic Drive</b> 🚌  <b>10:30 Truro Church Service, 3</b>  <b>10:30</b> Range of Motion Exercise, 3  <b>1:30</b> Name that Tune, 4SOL  <b>2:30</b> BINGO, 3  <b>4:00</b> Book Nook, FP☀️</p>	<p><b>11</b></p> <p><b>9:30</b> Wake-Up Call, AF  <b>10:00</b> St. Leo's Catholic Eucharist, All  <b>10:00 🎵 Music with Dr. Laura Hills, 2<sup>nd</sup> Floor</b>  <b>10:30</b> Stretch it Out  <b>2:30 Senior Prom with Fairfax High School, 3<sup>rd</sup></b>  <b>3:00</b> Sensory Group  <b>4:00</b> Would You Rather Ball Toss, AF  <b>7:00</b> Relax and Chat☀️</p>	<p><b>12</b></p> <p><b>9:30</b> AM Wake- Up, AF  <b>10:00</b> Stretch it Out  <b>10:30</b> Positive Messages  <b>1:30</b> Wii Games, 4SOL  <b>2:30</b> BINGO, 3  <b>2:30</b> Famous Faces and Places Game  <b>3:00</b> Tactile Discs  <b>4:00</b> Getting to Know You Program, PO ☀️  <b>7:00</b> Bedtime Cart</p>
<p><b>13</b></p> <p><b>9:30</b> Jokes &amp; Java, AF  <b>10:00</b> Hymn Sing,2  <b>10:30 Clifton Church Service, 3</b>  <b>10:30</b> Digital Catholic Mass, 4SOL  <b>1:30</b> Personalized Playlists, 4SOL ☀️  <b>2:30 Mother's Day Celebration, 2<sup>nd</sup> Floor</b>  <b>4:00</b> Table Games, 2  <b>7:00</b> Sensory Group</p>	<p><b>14</b></p> <p><b>9:30</b> Meet &amp; Greet  <b>10:00</b> Chair Yoga  <b>10:30</b> Musical Memories  <b>2:00</b> Dice Games  <b>2:30</b> Table Games/Open Recreation Room  <b>3:30</b> Crafty Corner  <b>4:00</b> Who Am I?  <b>7:00</b> Love Songs  <b>7:30 Bingo with KOC, 3</b></p>	<p><b>15</b></p> <p><b>9:30</b> Wake-Up Visits, AF  <b>10:30 Picnic Lunch</b>  <b>Outing</b> 🚌  <b>10:30</b> Chair Salsa Dancing  <b>1:30</b> Musical Memories  <b>2:30</b> BINGO, 3  <b>2:30</b> Tactile Dominoes  <b>3:00</b> Sing A Long  <b>4:00</b> Table Games  <b>7:00</b> Piano Music</p>	<p><b>16</b></p> <p><b>9:30</b> AM Cheer, AF  <b>10:00</b> Light Stretching  <b>10:30</b> Balloon Toss  <b>2:30</b> Porch Relax &amp; Chat ☀️  <b>3:30</b> Table Games  <b>4:00</b> Aromatherapy  <b>7:30 Bingo with Lion's Club, 3</b>  <b>7:00</b> Sensory Group</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MEMORY CARE ACTIVITIES</b></p> 	<p><b>Calendar Icons</b></p> <ul style="list-style-type: none"> <li> <b>Outing</b></li> <li> <b>Musical Program</b></li> <li> <b>Spiritual Program</b></li> <li> <b>Outdoor Activity</b></li> <li> <b>Resident's expense</b></li> </ul> <p><small>If you wish to attend a bus ride or outing, please see an activity team member. These events have limited</small></p>	<p><b>Location Key</b></p> <p><b>1<sup>st</sup> Floor= 1SOL</b>  <b>2<sup>nd</sup> Floor= 2</b>  <b>3<sup>rd</sup> Floor =3</b>  <b>4<sup>th</sup> Floor= 4SOL</b>  <b>FP= Front Porch</b>  <b>PO= Pond</b></p>	<p><b>Any additions or changes to the calendar will be posted on the daily schedule.</b></p> <p><b>Each activity runs for a minimum of 30 minutes.</b></p>	<p><b>17</b></p> <p>9:30 Rise &amp; Shine, AF  10:30 Sing A Long  1:30 Front Porch Tales ☀️  <b>10:30 Scenic Drive</b> 🚗  2:00 Rosary, 3 SOL  2:30 BINGO, 3  2:30 Cranium Crunches  3:00 Ball Toss Game  3:30 Coloring Pages  4:00 Open Rec Room  7:00 Porch Visits ☀️</p>	<p><b>18</b></p> <p>9:30 Wake-Up Call, AF  <b>10:00 St. Leo's Catholic Eucharist, AF</b>  10:30 Volleyball Game  2:30 Jewelry Making  3:00 Sensory Group ☀️  <b>3:30 Friday Social</b>  4:00 Movin' &amp; Groovin' Exercise Program  7:00 Sensory Group</p>	<p><b>19</b></p> <p>9:30 AM Wake- Up, AF  10:00 Ball Toss  <b>10:15 Hephzibah Youth Orchestra, 3<sup>rd</sup> Floor</b>  10:30 Name that Tune  1:30 Relax &amp; Chat ☀️  2:30 \$BINGO, 3  <b>2:30 Afternoon Tea</b>  <b>4:00 Fresh Anoint, 3<sup>rd</sup></b>  4:00 Sorting Games  7:00 iSpy Outdoors ☀️</p>
<p><b>20</b></p> <p>9:30 Jokes &amp; Java  10:00 Hymn Sing, 2  <b>10:30 McLean Church Service, 3</b>  10:30 Digital Catholic Mass, <u>2SOL</u>  1:30 Reading Circle  2:00 Matinee Movie, AF  4:00 Porch Visits ☀️  7:00 Hand Care</p>	<p><b>21</b></p> <p>9:30 Meet &amp; Greet  10:00 Resident Volleyball Game  2:30 Outdoor Sensory Group ☀️  3:00 Animal Card Sorting/Pairing Game  <b>3:30 District Music Performance, 2<sup>nd</sup> Floor</b>  4:00 Gardening ☀️  7:00 Soft Music</p>	<p><b>22</b></p> <p>9:30 Wake-Up Visits, AF  <b>10:30 \$ Lunch Outing: Red Hot &amp; Blue BBQ</b> 🚗  10:30 Would You Rather Ball Toss,  2:30 Reading Circle ☀️  3:00 Aromatherapy/ Sensory Group  3:30 Cranium Crunches  4:00 Name that Tune  7:00 Hand Care</p>	<p><b>23</b></p> <p>9:30 AM Cheer, AF  10:30 Volleyball  <b>2:30 Scenic Drive</b> 🚗  2:30 Open Recreation Room/Table Games  3:30 Butterfly Craft  4:00 Simulated Pet Therapy  4:30 Pizza Toss Game, 4  7:00 Bedtime Cart</p>	<p><b>24</b></p> <p>9:30 Rise &amp; Shine, AF  <b>10:30 Truro Church Service, 3</b>  10:30 Hymn Sing  <b>10:30 Scenic Drive</b> 🚗  2:30 BINGO, 3  2:30 Fashion throughout the decades  4:00 Movin' &amp; Groovin'  <b>4:00 Men's Club, 3</b>  7:00 Evening Sensory</p>	<p><b>25</b></p> <p>9:30 Wake-Up Call, AF  <b>10:00 St. Leo's Catholic Eucharist, All Floors</b>  10:30 Range of Motion Exercise  11:00 Spelling Bee  1:30 Trivia, FP  <b>2:30 May Birthday Celebration Social, 3</b>  3:30 Balloon Toss Game  4:00 Word Power, 3  7:00 Relax &amp; Chat ☀️</p>	<p><b>26</b></p> <p>9:30 AM Wake- Up, AF  <b>10:30 Coffee and News Currents, 3</b>  10:30 Outdoor Sensory Group, PO ☀️  1:30 1:1 visits, PO ☀️  <b>2:30 BINGO with Balavikas, 3</b>  <b>2:30 Afternoon Tea</b>  3:30 Reading Circle  4:00 Dice Games  7:00 Porch Visits ☀️</p>
<p><b>27</b></p> <p>9:30 Jokes &amp; Java  10:00 Hymn Sing, 2  10:30 Digital Catholic Mass, <u>2SOL</u>  1:30 Reading Circle ☀️  2:00 Matinee Movie, AF  2:30 Coloring Pages  3:00 Table Games/Open Recreations Room  4:00 Relax &amp; Chat ☀️  7:00 Love Songs</p>	<p><b>28</b></p> <p>9:30 Meet &amp; Greet, AF  <b>10:30 Memorial Day Discussion, PO</b> ☀️  11:00 Name Five/Categories, PO ☀️  1:30 Reading Circle  <b>2:30 Memorial Day Themed Picnic</b> ☀️  3:30 Mini Golf  4:00 Puzzles &amp; Ponderings  7:00 Relax and Chat</p>	<p><b>29</b></p> <p>9:30 Wake-Up Visits, AF  <b>10:30 Picnic Lunch Outing</b> 🚗  10:30 Outdoor iSpy ☀️  1:30 Book Nook  2:30 BINGO, 3  2:30 Chair Yoga  3:00 Sensory Group  3:30 Relax &amp; Chat ☀️  4:00 Resident Choice Games/Open Rec  7:00 Poetry Group</p>	<p><b>30</b></p> <p>9:30 AM Cheer, AF  10:30 Pizza Toss Game  11:00 Musical Memories  <b>2:30 Resident Council Meeting, 3<sup>rd</sup> floor</b>  2:30 Reminisce Group ☀️  3:30 Puzzle Time  <b>3:30 Memorial Service, 3<sup>rd</sup> Floor dining room</b>  4:00 Personalized Playlists  7:00 Jazz Music</p>	<p><b>31</b></p> <p>9:30 Rise &amp; Shine, AF  10:00 Getting to Know you Ball Toss ☀️  <b>10:30 Scenic Drive</b> 🚗  2:30 BINGO, 3  2:30 Bowling  2:30 Aromatherapy  3:30 Name that Tune  4:00 Porch Visits ☀️  <b>4:00 Activity Store, 3</b>  7:00 Musical Memories</p>	