

Sunday

Monday

Tuesday

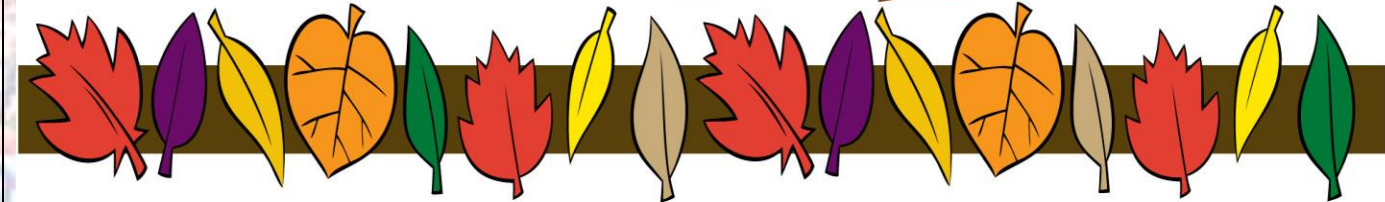
Wednesday

Thursday

Friday

Saturday

November



<p>5</p> <p>9:30 AM Stretch, 3 10:30 Jubilee Church Service, 3 ✝️ 10:30 Digital Catholic Mass, 4 SOL</p> <p>1:00 Sunday Football, TV 2:30 Matinee Movie 4:00 Pizza Toss Game, 4SOL</p>	<p>6</p> <p>9:30 Exercise, 3</p> <p>10:30 Volleyball, 3</p> <p>2:30 Music w/ Chaplain</p> <p>2:30 Travelogue: An Hour in Amsterdam, 3</p> <p>4:00 Crossword Puzzle, 3</p>	<p>7</p> <p>9:30 Exercise, 3</p> <p>10:30 Getting to know you, 3</p> <p>10:30 Lunch Outing: Red Lobster 🚗</p> <p>1:30 Music w/ Chaplain Pervaiz</p> <p>2:30 Bingo, 3</p> <p>4:00 Book Nook, 3</p>	<p>8</p> <p>9:30 AM Stretch, 3</p> <p>9:30 Music w/ Chaplain, All</p> <p>10:30 Jazzercise, 3</p> <p>2:30 NOVA Chorale 🎵</p> <p>2:30 Scenic Drive 🚗</p> <p>3:30 Bible Study w/ Chaplain Pervaiz, 3</p> <p>4:30 Pond Visits, 1</p>	<p>9</p> <p>9:30 Exercise, 3</p> <p>10:30 Truro Church, 3</p> <p>10:30 Scenic Ride 🚗</p> <p>2:30 Bingo, 3</p> <p>2:30 Music w/ Chaplain, All Floors</p> <p>4:00 Word Power, 1</p>	<p>10</p> <p>9:30 Fun & Fitness, 3</p> <p>10:30 Music Appreciation with Dr. Laura Hills, 3 🎵</p> <p>2:30 Vanilla Cupcake Day Social, 3</p> <p>2:30 Music w/ Chaplain Pervaiz</p> <p>4:00 Mini Golf, 3</p>	<p>11</p> <p>9:30 AM Stretch, 3</p> <p>10:30 Veteran's Day Poppy Pinning and Social with Capital Caring, 3</p> <p>2:00 Jocelyn Jackson, 3 🎵</p> <p>4:00 News Currents, 3</p>
<p>12</p> <p>9:30 Chair Soccer, 3</p> <p>10:30 Digital Catholic Mass 4 SOL</p> <p>10:30 Clifton Church Service, 3</p> <p>1:00 Sunday Football, TV</p> <p>2:30 Scenic Drive 🚗</p> <p>2:30 Matinee Movie</p> <p>4:00 Chair Soccer, 4SOL</p>	<p>13</p> <p>9:30 Movin' & Groovin'; Exercise, 3</p> <p>10:30 AM Sensory Group, 3</p> <p>2:30 Uno, 3</p> <p>3:30 Rhythm Band, 3</p> <p>4:30 Hangman, 3</p> <p>7:30 Bingo with KOC</p>	<p>14</p> <p>9:30 Exercise, 3</p> <p>10:30 Times we Treasure Tuesday, 3</p> <p>10:30 Picnic Lunch Outing 🚗</p> <p>1:30 Music w/ Chaplain Pervaiz</p> <p>2:30 Hand Bell Choir, 3</p> <p>4:00 PM Stretch, 3</p>	<p>15</p> <p>9:30 Exercise, 3</p> <p>10:30 Horse Racing Game, 3</p> <p>2:00 Shopping Trip: Dollar Store 🚗</p> <p>2:30 Interactive Jeopardy Game, 3</p> <p>3:30 Bible Study, 3</p> <p>4:30 PM Stretch, 1</p> <p>7:30 Bingo with LC, 3</p>	<p>16</p> <p>9:30 Movin' & Groovin' Exercise, 3</p> <p>10:30 Thanks Giving Cards for the Troops, 3</p> <p>10:30 Scenic Ride 🚗</p> <p>2:30 Bingo, 3</p> <p>2:30 Rosary, 3 SOL</p> <p>4:00 Trivia, 3</p>	<p>17</p> <p>9:30 Fun & Fitness, 3</p> <p>10:30 St. Leo's Catholic Mass, 3</p> <p>1:30 Music, 4 SOL</p> <p>2:30 Kitchen Corner: No Bake Peanut Butter Pudding Cake</p> <p>3:30 Balloon Volleyball, 3</p> <p>4:30 Word Power, 3</p>	<p>18</p> <p>9:30 AM Stretch, 3</p> <p>10:15 Hephzibah Youth Orchestra, 3</p> <p>2:00 Maggie's Orchestra Group, 1 SOL 🎵</p> <p>3:30 Personalized Playlists, 3</p> <p>4:00 Fresh Anoint, 3</p>

MAIN FLOOR Fairfax Rehabilitation and Nursing Center 10701 Main Street Fairfax VA 22030 (703) 273-7705 ext. 3218

See the Daily Signs that are posted at each Nurse's for any updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">19</p> <p>9:30 Chair Soccer, 3 10:30 Digital Catholic Mass 4 SOL 10:30 McLean Church Service, 3</p> <p>1:00 Sunday Football, TV 2:30 Matinee Movie</p> <p>4:00 Little Angel's Orchestra, 3</p>	<p style="text-align: right;">20</p> <p>9:30 Movin' & Groovin; Exercise, 3 10:30 AM Sensory Group, 3 2:30 Resident Rhythm Band, 3 3:30 News Currents, 3 4:30 Crossword Puzzle, 3</p>	<p style="text-align: right;">21</p> <p>9:30 Exercise,3 10:30 Getting to know you, 3 <u>10:30 Lunch Outing: Bob Evan's</u> 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Bingo, 3 4:00 Hangman, 3</p>	<p style="text-align: right;">22</p> <p>9:30 AM Stretch, 3 10:30 Jazzercise, 3 2:30 Thankfulness & Gratitude Tree, 3 <u>2:30 Scenic Drive</u> 🚗 3:30 Bible Study w/ Chaplain Pervaiz, 3 4:30 Name 5, 3</p>	<p style="text-align: right;">23</p> <p>9:30 Exercise, 3 <u>10:30 Macy's Day Parade, ALL</u> 2:30 Thanks Giving Celebration, 3 3:30 "Attitude of Gratitude" with Chaplain Pervaiz, 3</p>	<p style="text-align: right;">24</p> <p>9:30 Chair Soccer,3 10:30 Catholic Eucharist, All Floors 10:30 Personalized Playlists, 3 2:30 Birthday Party Social, 3 🎂 4:00 Word Power, 3</p>	<p style="text-align: right;">25</p> <p>9:30 AM Stretch, 3 10:30 Coffee and News Currents, 3</p> <p style="text-align: center;"></p> <p>2:30 Bingo w/ Balavikas, 3 4:00 Sensory Group, 4SOL</p>
<p style="text-align: right;">26</p> <p>9:30 Exercise, 3 10:30 Truro Church Service, 3 10:30 Digital Catholic Mass, 4SOL 1:30 Sunday football. TV <u>2:30 Walmart Trip</u> 🚗 2:30 Matinee Movie, 3 4:00 Dominoes,3</p>	<p style="text-align: right;">27</p> <p>9:30 Exercise Group,3 10:30 Wellness for mind, body and Soul, 3 2:30 Card Games, 3 3:30 Chair Soccer, 3 4:30 Getting to Know you, 3</p>	<p style="text-align: right;">28</p> <p>9:30 Exercise,3 10:30 Getting to know you, 3 <u>10:30 Picnic Lunch Outing</u> 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Bingo, 3 4:00 Crossword Puzzle, 3</p>	<p style="text-align: right;">29</p> <p>9:30 Movin' & Groovin' Exercise, 3 10:30 What Do you Want to Know? Wednesday, 3 <u>2:30 Scenic Drive</u> 🚗 2:30 Resident Council Meeting, 3 3:30 Memorial Service w/ Chaplain Pervaiz, 3</p>	<p style="text-align: right;">30</p> <p>9:30 Coffee and the News, 3 10:30 Salsa Dancing Class ,3 <u>10:30 Scenic Ride</u> 🚗 2:30 Bingo, 3 2:30 Rosary, 3SOL 4:00 Name 5, 3</p>	<p>Fairfax Rehab & Nursing Center</p> 	

Main Floor Fairfax Rehabilitation and Nursing Center 10701 Main Street Fairfax VA 22030 (703) 273-7705 ext. 3218
See the Daily Signs that are posted at each Nurse's station for any updates