

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November

Fairfax Rehabilitation and Nursing Center

10701 Main Street Fairfax VA 22030

(703) 273-7705

1
10:00 Movin' and Groovin' Exercise
2:30 Scenic Drive 🚗
2:30 Capital Music Therapy 🎵
3:30 Bible Study, 3
3:30 Mandala Coloring Pages
4:30 PM Stretch
7:00 Sensory Lights

2
9:30 Balloon Toss
10:00 AM Fall Sensory Group
2:30 Cranium Crunches
2:30 Bingo, 3
2:30 Rosary, 3SOL
4:00 Bowling
7:00 Soft Music

3
9:30 Fun & Fitness
10:00 Catholic Eucharist, All
10:30 Parachute Game
2:30 Matching Games
3:30 Happy Hour
4:00 Laundry Day
7:00 Bedtime Cart

4
9:30 AM Wake-Up, 3
10:30 Movin' & Groovin'
2:30 Bingo. 3 🎲
2:30 Sing A Long
3:30 Praise & Worship w/ Chaplain Pervaiz, 3
3:30 Laundry Day
4:30 iPad Videos
7:00 Hand Massage

5
9:30 AM Stretch
10:30 Jubilee Church Service, 3 ✝️
10:30 Digital Catholic Mass, 4 SOL
10:30 Hymn Sing
1:00 Sunday Football, TV
2:30 Matinee Movie
4:00 Bowling
7:00 PM Stretch

6
9:30 Exercise
10:30 Balloon Volleyball
2:30 Music w/ Chaplain
2:30 Doll Therapy
3:30 Personalized Playlists
4:00 Paper Turkey Craft
7:00 Sensory Lights

7
9:30 Exercise
10:30 Getting to know you
10:Lunch Outing: Red Lobster 🚗
1:30 Music w/ Chaplain
2:30 Hand Care
2:30 Bingo, 3
4:00 Sing A Long
7:00 Sensory Group

8
9:30 Ball Toss
9:30 Music w/ Chaplain
10:30 Jazzercise
1:30 NOVA Chorale 🎵
2:30 Scenic Drive 🚗
2:30 PM Stretch
3:30 Famous Faces
3:30 Bible Study, 3
7:00 Sensory Lights

9
9:30 Exercise
10:30 Truro Church, 3
10:30 Scenic Ride 🚗
2:30 Doll Therapy
2:30 Bingo, 3
2:30 Music w/ Chaplain, All Floors
4:00 Piano Tunes
7:00 Hand Care

10
9:30 Fun & Fitness
10:00 Music Appreciation with Dr. Laura Hills 🎵
2:30 Domino Day
2:30 Music w/ Chaplain Pervaiz
3:30 Who What When
4:30 Soft Music
7:00 Sensory Lights

11
9:30 AM Stretch
10:30 Veteran's Day Poppy Program
3:00 Jocelyn Jackson, 🎵
4:30 Hand Care
7:00 Love Songs

12
9:30 Chair Soccer, 3
10:30 Mass 4 SOL
10:30 Clifton Church Service, 3 ✝️
10:30 Hymn Sing
2:30 Scenic Drive 🚗
1:00 Sunday Football, TV
2:30 Matinee Movie
4:00 Chair Soccer
7:00 Hand Care

13
9:30 Movin' & Groovin'; Exercise
10:30 AM Sensory Group
2:30 Matching Games
3:30 Rhythm Band
4:30 Freeze Dance
7:00 Sensory Group

14
10:00 Gentle Fitness
10:30 Times we Treasure Tuesday
10:30 Picnic Lunch Outing 🚗
1:30 Music w/ Chaplain Pervaiz
2:30 Personalized Playlists
4:00 PM Stretch
7:00 Soft Music

15
9:30 Exercise
10:30 Wake-Up Exercise Routine
2:00 Shopping Trip: Dollar Store 🚗
2:30 Love Songs
3:30 Bible Study, 3
3:30 Poetry Group
4:30 Musical Memories
7:00 Sensory Lights

16
9:30 Movin' & Groovin' Exercise, 3
10:30 Thanksgiving Cards for the Troops
10:30 Scenic Ride 🚗
2:30 Bingo, 3
2:30 Rosary, 3 SOL
3:30 Trivia
4:30 Wellness Program
7:00 Hand Care

17
9:30 Fun & Fitness, 3
10:30 Would You Rather Ball Toss, 3
1:30 Music, 4 SOL
2:30 Kitchen Corner: No Bake Peanut Butter Pudding Cake
3:30 Ball Toss
4:30 Soft Music
7:00 Aromatherapy

18
9:30 AM Stretch
10:15 Hephzibah Youth Orchestra, 3
10:30 Movin' & Groovin' Exercise
2:30 Personalized Playlists
4:00 Reminisce: Thanks Giving
7:00 Soft Music

Mezzanine (2nd floor programs)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
9:30 Chair Soccer 10:30 Digital Catholic Mass 4 SOL 10:30 McLean Church Service, 3 10:30 Hymn Sing 1:00 Sunday Football, TV 2:30 Matinee Movie 4:00 Soft Music 4:00 Little Angel's Orchestra, 3 7:00 Sensory Group	9:30 Movin' & Groovin; Exercise 10:30 AM Sensory Group 2:30 District Music Interactive Performance 🎵 3:30 Would you Rather Ball Toss 4:30 Humor Hour 7:00 Hand Massage	9:30 Exercise 10:30 Getting to know you 10:30 Lunch Outing: Bob Evan's 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Bingo, 3 2:30 Salsa Dancing 3:30 Would You Rather Game 4:00 Trivial Pursuit 7:00 Musical Memories	9:30 AM Stretch 10:30 Jazzercise 2:30 Scenic Drive 🚗 2:30 Thankfulness & Gratitude Tree 3:30 Bible Study, 3 3:30 Hand Turkey Craft 4:30 Hand Care 7:00 Sing A Long	9:30 Exercise 10:30 Macy's Day Parade, TV 2:30 Thanks Giving Celebration 3:30 "Attitude of Gratitude" with Chaplain Pervaiz, 3 3:30 Turkey Trivia	9:30 Chair Soccer 10:30 Catholic Eucharist, All Floors 10:30 Personalized Playlists 2:30 Bowling Club 3:30 Birthday Party Social 🎂 4:00 Jazzercise 7:00 Sensory Group	9:30 AM Stretch 10:30 Coffee, Weather and the News ☕ 2:30 Bingo w/ Balavikas, 3 2:30 Hand Care 3:30 Matching Games 4:00 Sensory Group 7:00 Bedtime Cart
26	27	28	29	30		
9:30 Exercise 10:30 Truro Church Service, 3 10:30 Digital Catholic Mass, 4SOL 1:30 Sunday football, TV 2:30 Matinee Movie 2:30 Walmart Trip 🚗 4:00 PM Stretch 7:00 Soft Music	9:30 Exercise Group 10:30 Wellness for mind, body and Soul 2:30 Getting to Know you Ball Toss 3:30 Chair Soccer 4:30 PM Stretch 7:00 Sensory Lights	9:30 Exercise 10:30 Getting to know you Program 10:30 Picnic Lunch Outing 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Bingo, 3 2:30 Sing A Long 3:30 Laundry Day 4:30 Coloring Pages 7:00 Bedtime Cart	9:30 Movin' & Groovin' Exercise 10:30 What Do you Want to Know? Wednesday 2:30 Scenic Drive 🚗 2:30 Resident Council Meeting, 3 2:30 Discuss and Recall Group 3:30 Memorial Service, 3 3:30 Soft Music 4:30 Crafty Corner 7:00 Gentle Fitness	9:30 Coffee and the News 10:30 Zumba Exercise Class 10:30 Scenic Ride 🚗 2:30 Bingo, 3 2:30 Rosary, 3SOL 2:30 Resident Band Practice 4:00 PM Stretch 4:30 Soft Music 7:00 Aromatherapy		

Mezzanine (2nd floor Programs)

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