

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

4th Floor (Memory Care)

Activities Calendar

Fairfax
Rehabilitation and
Nursing Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4th Floor (Memory Care) Activities Calendar Fairfax Rehabilitation and Nursing Center	1 9:30 Meet and Greet, AF 10:00 Range of Motion Exercise, 4 10:30 Famous Faces & Places, 4 1:30 Pond Visits, PO ☀️ 2:30 Finish the Phrase, 4 3:30 Adult Coloring Pages, 4 4:00 Short Stories, 4	2 9:30 Wake-Up Visits, AF 10:30 \$ Picnic Lunch: Red Lobster 🚗 10:30 Music and Movement, 4 1:30 Book Nook, FP 2:30 BINGO, 3 2:30 Musical Memories, 4 3:30 Bowling, 4 4:00 Table Games, 4	3 9:30 Morning Cheer, AF 10:30 Fun & Fitness, 4 11:00 You Be the Judge, 4 1:30 Outdoor Visits ☀️ 2:00 \$ Wal-Mart Trip 🚗 2:30 Matinee Movie, 4 Netflix Wildcard 3:30 Bible Study w/ Chaplain Pervaiz, 3SOL 4:00 Short Stories, 4	4 9:30 Rise and Shine, AF 10:30 Volleyball, 4 11:00 Personalized Playlists, 4 11:00 October IQ, 4 1:30 Table Games, 4SOL 2:00 Rosary, 3SOL 2:30 \$BINGO, 3 2:30 Spelling Bee, 4 3:30 Mini Golf, 4 4:30 Trivial Pursuit, 4	5 9:30 Wake-Up Call, AF 10:00 St. Leo's Catholic Eucharist, AF 10:30 Resident Volleyball Game, 4 1:30 Sunshine Visits, FP 2:30 🎵 Oktober Fest with accordion music by Roberta, 3 2:30 BINGO, 4 4:30 Evening Movie, 4 Netflix Wildcard	6 9:30 AM Wake- Up, AF 10:30 AM Stretch, 4 11:00 Coffee and News Currents, 4 1:30 Pond Visits, 1 2:30 BINGO with National Charity League, 3 2:30 Table Ball, 4 3:30 Reminisce, 4 4:00 Wii Games, 1
7 9:30 Jokes & Java, AF 10:30 Jubilee Church Service, 3 10:30 Digital Catholic Mass, 4SOL 1:30 Afternoon Relax and Chat, 4SOL 2:30 Matinee Movie, 4 Netflix Wildcard 4:00 Room Visits, 4	8 9:30 Meet &Greet, AF 10:00 Zumba/Dance, 4 10:30 Columbus Day Trivia, 4 2:30 Bowling Club, 4 3:30 🎵 Sing A Long, 4 4:00 Who, What, When (ac), 4 4:30 Higher or Lower Card Game, 4 Columbus Day (US)	9 9:30 Wake-Up Visits, AF 10:30 Picnic Lunch Outing 🚗 10:30 Music and Movement, 4 11:00 Name Five/ Cognitive Games, 4 1:30 Room Visits, 4 2:30 Matinee Movie, 4 4:00 Memory Card Game, 4	10 9:30 Morning Cheer, AF 10:30 Movin' & Groovin', 4 11:00 Trivia, 4 2:30 Scenic Drive 🚗 2:30 🎵 NOVA Choral Performance, 3 2:30 🎵 Sing A Long, 4 3:30 Card Games, 4 4:00 Baby Themed Sensory Group, 4	11 9:30 Rise and Shine, AF 10:30 Truro Church Service, 3 10:30 Chair Cardio, 4 1:30 Personalized Playlists, 4 2:30 BINGO, 3 2:30 Tactile Dominoes, 4 3:00 Art Therapy, 4 4:00 Musical Memories, 4	12 9:30 Wake-Up Call, AF 10:00 St. Leo's Catholic Eucharist, AF 11:30 🎵 Music Appreciation with Dr. Laura Hills, 4 1:30 Book Nook, FP ☀️ 2:30 Mocktails, 4 3:00 🎵 Music with Chaplain Pervaiz, 3 4:30 Evening Movie, 4 Netflix Wildcard	13 9:30 AM Wake- Up, AF 10:30 AM Stretch, 4 11:00 Coffee and News Currents, 4 2:30 BINGO, 3 2:30 Wii Games, 4 3:00 You Be the Judge, 4 3:30 Finish the Phrase, 4 4:00 Getting to Know You Program, PO ☀️
14 9:30 Jokes & Java, AF 10:30 Fun & Fitness Exercise, 4 10:30 Digital Catholic Mass, 4SOL 2:00 Jerusalem Baptist Church Service, 3 2:30 Matinee Movie, 4 Netflix Wildcard 4:00 NCL Pet Therapy Visit, AF	15 9:30 Meet and Greet, AF 10:00 Exercise, 4 10:30 Zumba/Dance, 4 1:30 Relax & Chat, 4 2:30 Who Am I? Game (ac), 4 3:30 🎵 Sing A Long, 4 4:00 Therapeutic Art, 4 4:30 Higher or Lower Card Game, 4	16 9:30 Wake-Up Visits, AF 10:30 Picnic Lunch Outing 🚗 10:30 Music and Movement, 4 11:00 Name Five/ Cognitive Games, 4 2:30 Matinee Movie, 4 Netflix Wildcard 4:00 Front Porch Tales, FP ☀️	17 9:30 AM Cheer, AF 10:30 Fun & Fitness, 4 11:00 Balloon Volley, 4 1:30 Front Porch Sunshine Visits, 4 2:30 Zumba, 4 2:00 Hartland Farm Apple Picking 🚗 3:30 Time Slips Program with Merri, 4 4:30 Matinee Movie, 4 Netflix Wildcard			


4th Floor
(memory care)
Activities
Calendar
Fairfax
Rehabilitation and
Nursing Center


Calendar Icons
 **Outing**
 **Musical Program**
 **Spiritual Program**
 **Outdoor Activity**
 **Resident Cost**


Location Key:
1st Floor= 1SOL
2nd Floor= 2
3rd Floor =3
4th Floor= 4SOL
FP= Front Porch
PO= Pond


Please call Ext. 3218 or 3225 for assistance related to Activity programming


18
9:30 Rise & Shine, AF
10:30 Fun & Fitness, 4
1:30 Short Stories, 4
10:30 Scenic Drive 
2:00 Rosary, 3 SOL
2:30 BINGO,3
2:30 Reminisce, 4
3:30 PM Stretch, 4
4:00 Afternoon Visits, 3


19
9:30 Wake-Up Call, AF
10:30 St. Leo's Catholic Mass, 3
10:30 News Articles, 4
2:00 Kitchen Corner, 4
3:00  Music with Chaplain Pervaiz,
4:00 Pond Visits, PO 
4:30 Evening Movie, 4
 Netflix Wildcard


20
9:30 AM Wake- Up, AF
10:30 AM Stretch, 4
11:00 Coffee and News Currents, 4
1:30 Personalized Playlists, 4
2:30 Sing A Long, 4
2:30 BINGO, 3
4:00  **Fresh Anoint Concert, 3**

21
9:30 Jokes & Java, AF
10:30 McLean Church Service, 3
10:30 Digital Catholic Mass, 4SOL
1:30 Pond Visits, PO 
2:30 Matinee Movie, 4
 Netflix Wildcard
4:00 Musical Memories, 4


22
9:30 Meet and Greet, AF
 10:00
10:30 Zumba/Dance, 4
11:00 Basketball, 4
1:30 Relax & Chat, 4
2:30 Who Am I? Game (ac), 4
3:30  Sing A Long, 4
4:00 Higher or Lower Card Game, 4

23
9:30 Wake-Up Visits, AF
10:30 \$ Lunch Outing: Cracker Barrel 
10:30 Music and Movement, 4
11:00 Trivial Pursuit, 4
1:30 Wii Games, 4
2:30 BINGO, 3
2:30 Collaging/Art Therapy, 4
4:00 Chair Soccer, 4


24
9:30 Morning Cheer, AF
10:30 Movin' & Groovin', 4
11:00 You Be the Judge, 4
2:00 Bus Outing: Cox Farm Pumpkin Picking 
2:30 Personalized Playlists, 4
3:30 Bible Study, 3
3:30 Who Am I?, (ac), 4
4:00 Hymn Sing, 4


25
9:30 Rise & Shine, AF
10:30 Open Recreation Room/Resident's Choice, 4
1:30 Reminisce, 4SOL
10:30 Scenic Drive 
2:00 Rosary, 3 SOL
2:30 BINGO,3
2:30 Chair Soccer, 4
4:00 Table Games, 4
4:30 Finish the Phrase, 4



26
9:30 Wake-Up Call, AF
10:00 St. Leo's Catholic Eucharist, AF
10:30 Chair Yoga, 4
1:30 Trivia, FP
2:30 October Birthday Party Celebration, 4
3:00  Music with Chaplain Pervaiz, AF
4:00 Pond Visits, PO 
4:30 Evening Movie, 4
 Netflix Wildcard

27
9:30 AM Wake- Up, AF
10:30 AM Stretch, 4
11:00 Coffee and News Currents, 4
10:30 Outdoor Sensory Group, PO 
1:30 Wii Games, 4
2:30 BINGO with Balavikas, 3
2:30 Puzzles and Ponderings, 4
4:00 Chair Soccer, 4

28
9:30 Jokes & Java, AF
10:30 Digital Catholic Mass, 4SOL
10:30 Truro Church Service, 3
1:30 Finish the Phrase, 4SOL
2:30 Matinee Movie, 4
 Netflix Wildcard
4:00 Musical Memories, 4

29
9:30 Meet & Greet, AF
10:30 Movin' & Groovin' Exercise, 4
11:00 Random Trivia, 4
1:30 Outdoor/Room Visits, 4
2:30 Finish the Phrase, 4
3:30  Sing A Long, 4
4:30 Card Games/Matching Games, 4

30
9:30 Wake-Up Visits, AF
10:30 Picnic Lunch Outing 
10:30 Music and Movement, 4
11:00 Name Five/Categories, 4
2:30 BINGO, 3
2:30 Would You Rather Ball Toss, 4
3:30 Mad Libs, 4
4:00 Name that Tune, 4

31
9:30 Am Cheer, AF
10:30  **Monster Mash Sing A Long, 4**
1:30 Trick or Treat, AF
2:30 Scenic Drive 
2:30 Resident Council Meeting, 3
2:30 Pumpkin Painting, 4
3:30 Memorial Service with Chaplain Pervaiz, 3
3:30 Halloween Fall Festival, 4

