

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday


2nd floor Mezzanine

(Memory Care)

Activities Calendar

Fairfax

Rehabilitation and
Nursing Center

<p>2nd floor Mezzanine (Memory Care) Activities Calendar Fairfax Rehabilitation and Nursing Center</p>	<p>1 9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise, 2 10:30 Balloon Volley, 2 2:30 Finish the Phrase, 2 3:30 Chair Soccer, 2 4:00 Afternoon Sensory Program, 2 7:00 Evening Movie, 2</p>	<p>2 9:30 Wake-Up Visits, AF 10:00 Fun & Fitness, 2 10:30 Citrus Sensory Group, 2 10:30 \$ Lunch Outing: Red Lobster 🚌 2:30 BINGO, 3 2:30 Personalized Playlists, 2 4:00 Puzzles & Ponderings, 2 7:00 Musial Memories, 2</p>	<p>3 9:30 Morning Cheer, AF 10:00 Range of Motion Exercise Group, 2 10:30 Spa Day, 2 1:30 Room Visits, 2 2:00 \$ Wal-Mart Trip 🚌 2:30 Matinee Movie, 2 Netflix Wildcard 3:30 Bible Study, 3 4:00 Categories, 2 7:00 Sensory Group, 2</p>	<p>4 9:30 Rise and Shine, AF 10:00 Chair Cardio, 2 10:30 October IQ, 2 1:00 Pond Visits ☀️ 2:00 Rosary, 3 SOL 2:30 BINGO, 3 2:30 Aromatherapy Sensory Group, 2 3:30 Who Am I?, 2 4:00 Outdoor Visits ☀️ 7:00 Bedtime Cart, 2</p>	<p>5 9:30 Wake-Up Call, AF 10:00 St. Leo's Catholic Eucharist, AF 10:30 Balloon Volley, 2 1:30 Pond Visits ☀️ 2:30 German Oktober Festival with accordion music by Roberta, 2 3:30 Table Games, 2 4:00 Chair Soccer, 2 7:00 Evening Movie, 2 Netflix Wildcard</p>	<p>6 9:30 AM Wake- Up, AF 10:30 AM Stretch, 2 11:00 Coffee and News Currents, 2 1:30 Pond Visits, 1 2:30 BINGO with National Charity League, 3 2:30 Table Ball, 2 3:30 Reminisce, 2 4:00 Hand Care, 2 7:00 Aromatherapy, 2</p>
<p>7 9:30 Jokes & Java, AF 10:30 Hymn Sing, 2 10:30 Christian Jubilee Church Service, 3 10:30 Digital Catholic Mass, 2SOL 1:30 1:1 Pond Visits, PO ☀️ 2:30 Matinee Movie, AF 4:00 Hand Care and Sensory Group, 2 7:00 Sensory Group, 2</p>	<p>8 9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise, 2 10:30 Chair Soccer, 2 1:30 Outdoor Relax & Chat 2:30 Who Am I?, 2 3:30 🎵 Old Dominion Duo Performance, 2 4:00 Short Stories, 2 ☀️ 7:00 Aromatherapy, 2</p>	<p>9 9:30 Wake-Up Visits, AF 10:00 Fun & Fitness, 2 10:30 Picnic Lunch Outing 🚌 10:30 Coffee Sensory Group, 2 1:30 Outdoor Visits ☀️ 2:30 BINGO, 2 3:30 PM Stretch, 2 4:00 Mandala Coloring Pages, 2 7:00 Sensory Group, 2</p>	<p>10 9:30 Morning Cheer, AF 10:00 Range of Motion Exercise Group, 2 10:30 Famous Faces & Places, 2 10:30 Hand Massage, 2 1:30 🎵 Music with the NOVA Chorale, 2 2:30 Scenic Bus Ride 🚌 3:30 Bowling, 2 4:00 Music Hour, 2 7:00 Sensory Group, 2</p>	<p>11 9:30 Rise and Shine, AF 10:00 Chair Cardio, 2 10:30 Karaoke, 2 10:30 Scenic Drive 🚌 10:30 Truro Church Service, 3 1:30 Pond Visits ☀️ 2:30 BINGO, 3 2:30 Aromatherapy/ Sensory Group, 2 4:00 Book Nook ☀️ 7:00 Bedtime Cart, 2</p>	<p>12 9:30 Wake-Up Call, AF 10:00 St. Leo's Catholic Eucharist, All 10:00 🎵 Music Appreciation with Dr. Laura Hills, 2 2:30 BINGO!, 2 3:30 Ice Cream Social, 2 4:00 Basketball, 2 7:00 Evening Movie, 2 Netflix Wildcard</p>	<p>13 9:30 AM Wake- Up, AF 10:00 News & Views, 2 10:30 Balloon Volley, 2 1:30 Relax & Chat 2:30 Crafty Corner, 2 3:30 Afternoon Tea Party, 2 4:30 Sunshine Visits ☀️ 7:00 Evening Movie, 2 Netflix Wildcard</p>
<p>14 9:30 Jokes & Java, AF 10:00 AM Stretch, 2 10:30 Digital Catholic Mass, 4SOL 10:30 Clifton Church Service, 3 2:00 Jerusalem Baptist Church Service, 3 2:30 Matinee Movie, 2 Netflix Wildcard 4:00 NCL Pet Therapy Visit, AF</p>	<p>15 9:30 Meet and Greet, AF 10:00 Movin' & Groovin' Exercise, 2 10:30 Balloon Volley, 2 1:30 Relax & Chat ☀️ 2:30 Mandala Coloring Pages, 2 3:30 🎵 District Music Performance, 2 4:00 Relax & Chat, 2 7:00 Evening Movie, 2</p>	<p>16 9:30 Wake-Up Visits, AF 10:30 Picnic Lunch Outing 🚌 10:00 Fun & Fitness, 2 10:30 AM Sensory, 2 1:30 Outdoor visits ☀️ 2:30 BINGO, 3 2:30 Baby Sensory Group, 2 3:30 Puzzle Time, 2 4:00 PM Stretch, 2 7:00 Soft Music, 2</p>	<p>17 9:30 AM Cheer, AF 10:00 Range of Motion Exercise, Group, 2 10:30 Travelogue, 2 2:00 Hartland Farm Apple Picking 🚌 2:30 Pizza Toss Corn Hole Game, 2 3:30 Bible Study, 3 3:30 Sing A Long, 2 7:00 Sensory Group, 2</p>			


2nd floor
Mezzanine
(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
 10:00 Chair Cardio, 2
 10:30  Sing A
 Long/Karaoke, 2
 10:30 **Scenic Drive** 
 2:00 Rosary, 3 SOL
 2:30 BINGO, 3
 2:30 Sensory Group, 2
 3:30 Table Games, 2
 4:00 Soft Music, 2


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


20
 9:30 AM Wake- Up, AF
 10:00 News & Views, 2
 10:30 Chair Soccer, 2
 1:30 Relax & Chat
 2:30 Watercolor
 Painting, 2
3:30 Afternoon Tea
Party, 2
 4:30 Sunshine Visits 
 7:00 Evening Movie, 2


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

22
 9:30 Meet & Greet, AF
 10:00 Movin' & Groovin'
 Exercise, 2
 10:30 Chair Soccer, 2
 1:30 Pond Visits, PO 
 2:30 Open Recreation
 Room/Table Games, 2
 3:30 Soft Music and
 Hand Care, 2
 4:00 Categories/Name
 Five Game, 2
 7:00 Aromatherapy, 2

23
 9:30 Wake-Up Visits, AF
10:30 \$ Lunch Outing:
Cracker Barrel 
 10:00 Fun & Fitness, 2
 1:30 Outdoor visits 
 2:30 BINGO, 3
 2:30 Animal/Pet
 Sensory Group, 2
 3:30 Coloring Pages, 2
 4:00 Chair Soccer, 2
 7:00 Musical Memories,
 2

24
 9:30 AM Cheer, AF
 10:00 Range of Motion
 Exercise, 2
 11:00 Getting to Know
 You Ball Toss, 2
 1:30 Musical Memories ,
 2
2:00 Bus Ride: Cox Farm
Pumpkin Picking 
 2:30 Table Ball, 2
 3:30 Zumba/Dance, 2
 4:00 Sing A Long, 2
 7:00 Evening Movie, 2

25
 9:30 Rise & Shine, AF
 10:00 Chair Cardio, 2
10:30 Truro Church
Service, 3
 1:30 Room Visits, 2
10:30 Scenic Drive 
 2:30 BINGO, 3
 2:30 Sensory Group, 2
 3:30 Spelling Bee, 2
 4:00 Zumba/Dance, 2
 7:00 Bedtime Cart, 2

26
 9:30 Wake-Up Call, AF
10:00 St. Leo's Catholic
Eucharist, AF
 10:30 Balloon Volley, 2
 1:30 Pond Visits 
2:30 October Birthday
Party Celebration, 2
 3:30 Pizza Toss Corn Hole
 Game, 2
 4:00 Finish the Phrase, 2
 7:00 Evening Movie, 2
 Netflix Wildcard

27
 9:30 AM Wake- Up, AF
 10:00 News & Views, 2
 10:30 Movin' &
 Groovin' Exercise, 2
 1:30 Relax & Chat
 2:30 Table Games, 2
3:30 Afternoon Tea
Party, 2
 4:30 Sunshine Visits 
 7:00 Evening Movie, 2
 Netflix Wildcard

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

29
 9:30 Meet & Greet, AF
 10:00 Movin' & Groovin'
 Exercise, 2
 10:30 Balloon Volley, 2
 1:30 Pond Visits, PO 
 2:30 Open Recreation
 Room/Table Games, 2
 3:30 Spelling Bee, 2
 4:00 Categories/Name
 Five Game, 2
 7:00 Aromatherapy, 2

30
 9:30 Wake-Up Visits, AF
10:30 Picnic Lunch
Outing 
 10:00 Fun & Fitness, 2
 10:30 AM Sensory, 2
 1:30 Outdoor visits 
 2:30 BINGO, 3
 2:30 Baby Sensory
 Group, 2
 3:30 Puzzle Time, 2
 4:00 PM Stretch, 2
 7:00 Sensory Group, 2

31
 9:30 AM Cheer, AF
10:30 Pumpkin Carving
Contest, 2
2:30 Scenic Drive 
2:30 Resident Council
Meeting, 3
 2:30 Sensory Group, 2
3:30 Memorial Service,
3
 3:30 Sing A Long, 2
 4:00 Categories, 2
 7:00 Sensory Group, 2

