


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>9:30</b> Exercise, 3 <b>10:30 Jubilee Church, 3</b> <b>10:30</b> Digital Catholic Mass, 3 <b>1:00</b> Sunday Football , TV <b>2:30 Matinee Movie, 3</b> <b>4:00</b> Bowling, 3	<b>2</b> <b>9:30</b> Balloon Toss, 3 <b>10:30 Reminisce: Fall, 3</b> <b>2:30 Old Dominion Duo, 3</b> 🎵 <b>2:30</b> Music w/ Chaplain Pervaiz <b>3:30</b> Chair Soccer, 3 <b>4:30</b> Book Nook, 1	<b>3</b> <b>9:30</b> Movin' & Groovin', 3 <b>10:30</b> Gentle Fitness, 3 <b>10:30 Picnic Lunch Outing</b> 🚗 <b>2:30</b> Bingo, 3 <b>4:00</b> Drama Club, 3	<b>4</b> <b>9:30</b> Exercise,3 <b>10:30 The Beat Goes on: Interactive Music Group, 3</b> 🎵 <b>2:30 Scenic Drive</b> 🚗 <b>2:30</b> Coloring Mandalas, 3 <b>3:30</b> Bible Study, 3 <b>4:30</b> PM Stretch, 4	<b>5</b> <b>9:30</b> Coffee and the News, 3 <b>10:30 Fall Sensory Group, 3</b> <b>2:30</b> Bingo, 3 <b>2:30</b> Rosary, 3SOL <b>4:00</b> Famous Faces and Places, 3	<b>6</b> <b>9:30</b> Fun & Fitness, 3 <b>10:00</b> Catholic Eucharist, All <b>10:30</b> Wellness for Mind, Body and Soul Program, 3 <b>2:30 Coffee Café ,3</b> <b>4:00</b> Hangman, 3	<b>7</b> <b>9:30</b> AM Wake-Up, 3 <b>10:30</b> News Currents, 3 <b>2:30 Bingo w/ National Charity League, 3</b> 🎲 <b>3:30</b> Chair Soccer, 3 <b>3:30 Praise &amp; Worship w/ Chaplain Pervaiz, 3</b>
<b>8</b> <b>9:30</b> AM Stretch, 3 <b>10:30 Clifton Church Service, 3</b> ✝️ <b>10:30</b> Digital Catholic Mass, 4 SOL <b>1:00</b> Sunday Football, TV <b>2:30 Matinee Movie: Philomena" (2013), 4SOL</b> <b>4:00</b> Pizza Toss Game, 4SOL	<b>9</b> <b>9:30</b> Exercise, 3 <b>10:30 Columbus Day Discussion and Trivia, 3</b> <b>2:30 Columbus Day "Cocktails", 3</b> <b>2:30</b> Music w/ Chaplain Pervaiz, All <b>4:00 Sail on By for Paper Boat making, 3</b> <b>7:30 Bingo – Knights of Columbus, 3</b>	<b>10</b> <b>9:30</b> Jazzercise, 3 <b>10:30</b> Getting to know you, 3 <b>10:30 Lunch Outing: Whole Foods Market Café</b> 🚗 <b>1:30</b> Music w/ Chaplain Pervaiz <b>2:30</b> Bingo, 3 <b>4:00</b> Resident Hand Bells Group, 3	<b>11</b> <b>9:30</b> AM Stretch, 3 <b>9:30</b> Music w/ Chaplain, All <b>10:30</b> Chair Zumba, 3 <b>1:30 NOVA Chorale</b> 🎵 <b>2:00 Scenic Drive</b> 🚗 <b>2:30 Paige Ballard Music</b> 🎵, 3 <b>3:30</b> Bible Study, 3 <b>4:30</b> Pond Visits, 1	<b>12</b> <b>9:30</b> Exercise, 3 <b>10:30 Truro Church, 3</b> <b>2:30</b> Bingo, 3 <b>2:30</b> Music w/ Chaplain, All Floors <b>4:00</b> Word Power, 1	<b>13</b> <b>9:30</b> Fun & Fitness, 3 <b>10:30 Music with Dr. Laura Hills , 3</b> 🎵 <b>2:30 Friday social, 3</b> <b>2:30</b> Music w/ Chaplain Pervaiz <b>4:00</b> Mini Golf, 3	<b>14</b> <b>9:30</b> AM Stretch, 3 <b>10:30</b> Coffee and News Currents, 3 ☕ <b>2:00 Jocelyn Jackson, 3</b> 🎵 <b>4:00</b> Fresh Anoint Music, 3 🎵
<b>15</b> <b>9:30</b> Chair Soccer, 3 <b>10:30</b> Digital Catholic Mass 4 SOL <b>10:30 McLean Church Service, 3</b> 🕊️ <b>1:00</b> Sunday Football, TV <b>2:30</b> Matinee Movie: "The Apartment" (1960), 4 SOL <b>4:00</b> Chair Soccer, 4SOL	<b>16</b> <b>9:30</b> Movin' & Groovin; Exercise, 3 <b>10:30</b> AM Sensory Group, 3 <b>2:30</b> Uno, 3 <b>3:30</b> Rhythm Band, 3 <b>4:30</b> Hangman, 3	<b>17</b> <b>9:30</b> Exercise, 3 <b>10:30 Sip and Paint w/ Care with Love, 3</b> <b>10:30 Picnic Lunch Outing</b> 🚗 <b>1:30</b> Music w/ Chaplain Pervaiz <b>3:30</b> Crossword Puzzles, 3 <b>4:30</b> PM Stretch, 3	<b>18</b> <b>9:30</b> Exercise, 3 <b>10:30</b> Salsa Dancing, 3 <b>2:00 Shopping Trip: Dollar Store</b> 🚗 <b>2:30</b> Interactive Jeopardy Game, 3 <b>3:30 Bible Study w/ Chaplain Pervaiz, 3</b> <b>4:30</b> PM Stretch, 1 <b>7:30</b> Bingo w/Lion's club, 3			

**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

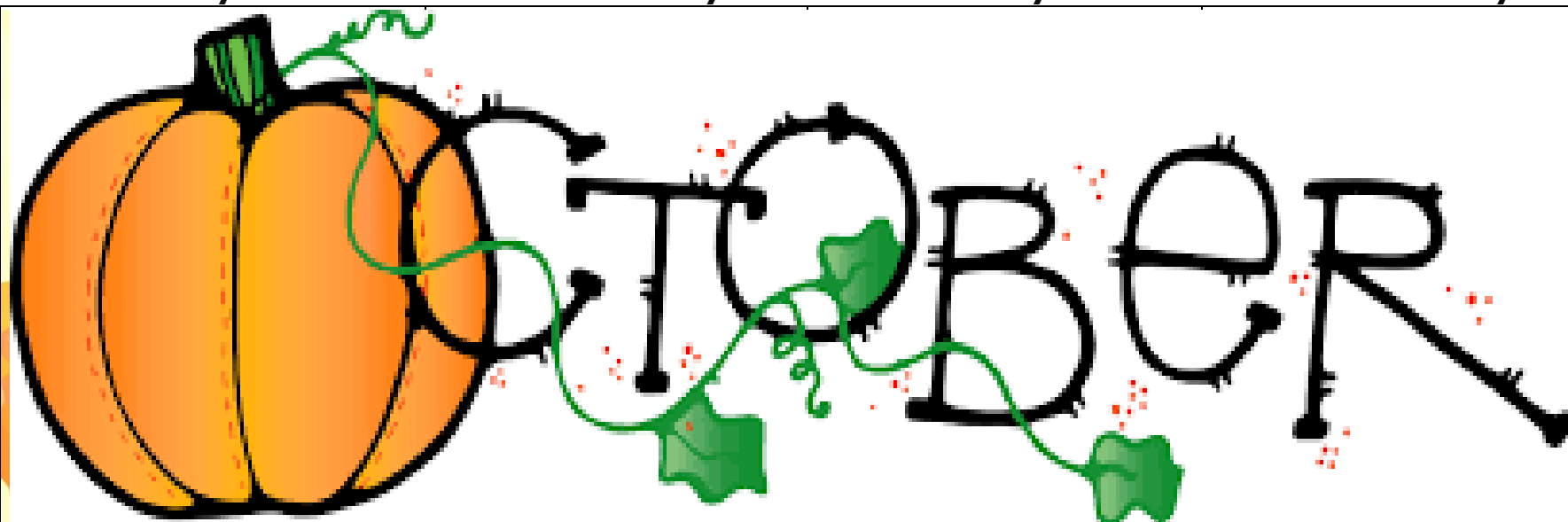
Tuesday

Wednesday

Thursday

Friday

Saturday



					19 9:30 AM Fitness, 3 10:30 Open Rec, 3 <b>10:30 Scenic Bus Ride</b> 🚗 2:30 Bingo, 3 2:30 Rosary, 3 SOL 3:30 Personalized Playlists, 3 4:30 Word Power, 3	20 9:30 Balloon Toss, 3 <b>10:30 St. Leo's Catholic Mass</b> , 3 ✝️ 2:30 Happy Hour Social, 3 3:30 Open Rec Room, 3 4:30 Hand Care, 4SOL	21 9:30 AM Stretch, 3 10:30 News Currents, 3 2:30 Trivial Pursuit, 3 3:30 Movin' & Groovin' Exercise, 3 4:00 Fresh Anoint, 3
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22 9:30 Exercise Group, 3 10:30 <b>Truro Church Service</b> , 3 10:30 Dig. Catholic Mass, 4SOL 1:00 <b>Sunday Football, TV</b> 2:30 Matinee Movie, : "The Soloist" (2009), 4SOL 2:30 Hand Care, 1 4:00 Pizza Toss Game, 4SOL	23 9:30 AM Stretch, 3 10:30 <b>Trick or Treat Sensory Kit</b> , 3 2:30 Resident 🎵 Choice Music Hour 2:30 Music w/ Chaplain Pervaiz 3:30 Name 5, 3 4:30 <b>Drama Club: The Haunted House</b> , 3	24 9:30 Balloon Toss, 3 10:30 <b>Fall-themed Exercise Group</b> , 3 10:30 <b>Lunch Outing: Silver Diner</b> 🚗 1:30 Music w/ Chaplain Pervaiz 2:30 Bingo, 3 4:00 Hand Care, 3 +4	25 9:30 Movin' & Groovin', 3 10:30 Rhythm Band, 3 1:30 <b>Pumpkin Picking Cox Farm</b> 🚗 2:30 Resident Council Meeting, 3 3:30 Memorial Service, 3 4:30 PM Stretch, 1	26 9:30 Coffee and the News, 3 10:30 <b>Truro Church</b> , 3 10:30 <b>Scenic Drive</b> 🚗 2:30 Bingo, 3 2:30 Music w/ Chaplain Pervaiz 4:00 Activity Store, 3	27 9:30 Chair Soccer, 3 10:30 Catholic Eucharist, All Floors 10:30 <b>Frankenstein Friday</b> , 3 2:30 Birthday Party Social, 3 🎂 4:00 Word Power, 3	28 9:30 AM Stretch, 3 10:30 News Currents, 3 2:30 <b>Bingo w/ Balavikas</b> , 3 ☀️ 4:00 Name 5, 3 4:30 Fun & Fitness, 3 + 4SOL
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29 9:30 Exercise Group, 3 10:30 <b>Pender United Methodist Church Service</b> , 3 10:30 Dig. Catholic Mass, 4 SOL 1:00 Sunday Football, TV 2:30 <b>Wal-Mart Trip</b> 🚗 4:30 Trivia, 4SOL	30 9:30 AM Stretch, 3 10:30 <b>Name that Fall Tune</b> , 3 2:30 <b>Masquerade Fall Craft</b> , 3 3:30 <b>Pumpkin Painting</b> , 3 4:30 PM Stretch, 4	31 9:30 Fun & Fitness, 3 10:00 <b>Costume and Mask Making</b> , 3 2:30 <b>Costume Party with Nashville Standard</b> , 3 4:00 <b>Pumpkin Carving Contest</b> , 3				
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