



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 AM Exercise 10:30 Welcome October 10:30 Jubilee Church, 3 10:30 Catholic Mass, 4 2:30 Matching Games 3:30 Movin' & Groovin Exercise w/ Music 4:30 Soothing Tunes 7:00 Wonder ball Game	2 9:30 Balloon Toss 10:00 Reminisce: Fall 2:30 Sensory Box 2:30 Music w/ Chaplain 3:30 Old Dominion Duo 4:30 WC Sala Dance 7:00 Hand Care	3 9:30 Ball Toss 10:30 Gentle Fitness 2:30 Bingo, 3 2:30 Tactile Dominoes Game 3:30 Sing A Long 4:30 'Senior' Says 7:00 Soft Music	4 9:30 AM Stretch 10:30 Balloon Toss 10:30 The Beat Goes on , 3 🎵 2:30 Personalized Playlists (music) 3:30 Coloring Mandalas 3:30 Bible Study, 3 4:30 PM Stretch 7:00 Sensory Lights	5 9:30 Clapping Rhythms 10:30 Balloon Toss * AM FPOW Pet therapy Visits, All 2:30 Rosary, 3 SOL 2:30 Fall Sensory Group 4:00 Famous Faces and Places Game 7:00 Soft Music	6 9:30 Exercise 10:00 Catholic Eucharist, All 🙏 10:30 Parachute Game 2:30 Mystery Box 3:30 Happy Hour Social 3:30 Hand Care 4:00 Movin' & Groovin' Exercise 7:00 Sing A Long	7 9:30 AM Stretch 10:30 Coffee and Chat Café 2:30 Matching Games 3:30 Balloon Toss 3:30 Praise & Worship w/ Chaplain Pervaiz, 3 4:30 PM Stretch 7:00 Bedtime Cart
8 10:00 Sunday Stretch 10:30 Sing A Long 10:30 Clifton Church Service, 3 ✝️ 10:30 Digital Catholic Mass, 4 SOL 2:30 Sensory Group 3:30 Would you Rather Ball Toss 4:30 Tactile Discs 7:00 Easy Listening	9 9:30 AM Stretch 10:00 Music w/ Roberta 2:30 Pumpkin Craft 2:30 Music w/ Chaplain Pervaiz, All 3:30 Columbus Day "cocktail" 4:30 Sensory Group 7:00 Sing A Long 7:30 Bingo – Knights of Columbus, 3	10 9:30 Movin' & Groovin' Exercise 10:30 Getting to know you, 3 🚗 10:30 Lunch Outing: 1:30 Music w/ Chaplain 2:30 Bingo, 3 2:30 Laundry Day 4:00 Doll Therapy 7:00 Who, What, When Game	11 9:30 AM Stretch 9:30 Music w/ Chaplain 10:30 Fun and Fitness 1:30 NOVA Chorale 🎵 2:00 Walmart Trip 🚗 3:30 Bible Study, 3 3:30 Perfect Pairings 4:30 Spa Day 7:00 Light Sensory	12 9:30 Fitness Class 10:30 Parachute 10:30 Truro Church, 3 * AM FPOW Pet therapy, All 2:30 Sing A Long 2:30 Music w/ Chaplain 4:00 Tactile Dominoes 7:00 Autumn Sensory Group	13 9:30 AM Dance 10:00 Catholic Eucharist, All 10:00 Music with Laura Hills , 3 🎵 2:30 Bowling 2:30 Music w/ Chaplain Pervaiz 3:30 Friday Social 4:00 Hand Care 7:00 Love Songs	14 9:30 AM Coffee Café ☕ 10:30 Fun and Fitness Exercise 3:00 Jocelyn Jackson 🎵 4:00 Matching Games 7:00 Pair them Up!
15 10:00 Chair Soccer 10:30 Digital Catholic Mass 4 SOL 🙏 10:30 McLean Church Service, 3 2:30 Sensory Box 3:30 Afternoon Tea 4:30 Tactile Discs 7:00 Soft Music	16 9:30 Movin' & Groovin' 10:00 Name that Sound 10:30 Gentle Fitness 2:30 Music w/ Chaplain Pervaiz, All 2:30 Bowling Club 3:30 Magic Rubbings (activity connection) 4:30 Name that Scent 7:00 Bedtime Cart	17 9:30 AM Stretch 10:30 Fall Collaging 10:30 Picnic Lunch Outing 🚗 1:30 Music w/ Chaplain Pervaiz 3:30 Getting to Know you Game 4:30 PM Stretch 7:00 Name that Tune	18 9:30 Exercise Group 10:30 Salsa Dancing 2:00 Shopping Trip: Dollar Store 🚗 2:30 Trivia 3:30 Wonder Ball 3:30 Health Week 3 4:30 PM Stretch 7:00 Laundry Basket 7:30 Bingo w/Lion's club, 3	 <p>October Happenings Mezzanine (2nd)</p>		

Mezzanine 2nd 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	20	21
				9:30 Am Stretch 10:00 Sing A Long *AM Pet Therapy, All <u>10:30 Scenic Bus Ride</u> 🚗 2:30 Cranium Crunches 2:30 Rosary, 3 SOL 3:30 Freeze Dance 4:30 Hand Care 7:00 Book Nook	9:30 Balloon Toss 10:30 St. Leo's Catholic Mass, 3 ✝️ 10:30 AM Stretch 2:30 Happy Hour Social (Mock-tails) 3:30 What Belongs Together? (ac) 4:30 Open Rec Room 7:00 Sing A Long	9:30 Chair Soccer 10:30 Fun & Fitness 1:30 Pond Visits ☀️ 2:30 Bingo, 3 2:30 "Fall"ing in love playlist (music) 3:30 Parachute Game 4:00 Soft Music 7:00 Movie Night
22	23	24	25	26	27	28
10:00 Exercise Group 10:30 Truro Church Service, 3 10:30 Dig. Catholic Mass, 4SOL 1:30 Sensory Box 2:30 Laundry Basket 4:30 Hand Care 7:00 Evening Music	9:30 AM Stretch 10:30 Art Therapy, 3 10:30 Fun & Fitness 2:30 Music Hour 🎵 2:30 Music w/ Chaplain Pervaiz 3:30 Sensory Group 4:00 Fun & Fitness 7:00 Soft Music	9:30 Balloon Toss 10:30 Exercise Group <u>10:30 Lunch Outing</u> 🚗 1:30 Music w/ Chaplain 2:30 Bingo, 3 2:30 Baby Faces 3:30 Card Games 4:30 Fitness Club 7:00 Evening Music	9:30 Hand Exercises 10:30 Fun & Fitness <u>2:30 Scenic Bus Ride</u> 🚗 2:30 Resident Council Meeting, 3 2:30 Crafty Corner 3:30 Memorial Service, 3 3:30 Snack Bar 4:30 Bowling 7:00 Songs of Fall	9:30 Rise & Shine * Pet Therapy, All 10:30 Truro Church, 3 <u>10:30 Scenic Bus Ride</u> 🚗 2:30 Bingo, 3 🚗 2:30 Matching Games 2:30 Music w/ Chaplain 4:00 Activity Store, 3 4:00 PM Stretch 7:00 Bedtime Cart	9:30 Chair Soccer 10:30 Catholic Eucharist, 10:30 Name that Tune 2:30 Doll Therapy 3:30 Birthday Party Social, 🎂 4:00 Resident Band 4:30 Sensory Group 7:00 Love to Laugh	9:30 Am Stretch 10:30 Weather, News and Coffee 2:30 Fresh Anoint, 3 2:30 Wacky Words 4:00 Name that Tune 7:00 Movie Night
29	30	31				
10:00 Parachute Game 10:30 Pender Church Service, 3 10:30 Dig. Catholic Mass, 4 SOL 2:30 Matching Games 3:30 Would you Rather 4:30 Relaxing Tunes 7:00 Personalized PL	9:30 AM Stretch 10:00 Fun & Fitness 10:30 AM Music 2:30 Masquerade Fall Craft 3:30 Pumpkin Painting 4:30 Tactile Dominoes 7:00 Bedtime Cart	9:30 Parachute 10:30 Nashville Standard Music Performance 🎵 2:30 Fall Festival 4:00 Pumpkin Contest 7:00 Monster Mash Playlists (music)				

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