

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Years Day 1 9:00 Morning Coffee and News show 10:30 Dance Fever 11:00 New Years' Photo Booth 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 New Year's Social 3:30 Arts and Crafts- 2020 Calendars 7:00 Evening Meditation 7:30 Evening Movie	Happy Birthday Georgia 2 9:00 Morning Coffee and News show 10:30 Morning Exercise 11:00 Painting to Music 2:00 Baking- Peach Parfaits 2:00 Go4Life® Walking Club 3:00 Peach Parfait Social 3:30 Reminiscing Circle 4:00 Sing Along 7:00 Wind down Stretches 7:30 Evening Movie	9:00 Morning Coffee and News show 3 10:30 Exercise w/ Care Managers 11:00 Jewelry Making 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Cheese and crackers Social 6:30 Movie night at the Hoffman 7:00 Evening Meditation 7:30 Evening Movie	Trivia Day 4 9:00 Weekend News Show 10:30 Chair Exercise 2:00 Bingo with AL 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Ice Cream Social 3:30 Balloon Tennis 7:00 Wind down Stretches 7:30 Evening Movie
9:00 CBS News Sunday 5 10:30 Wake up and move 10:30 Streamed Church Service 1:00 Football Sunday Watch Group 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Chef's Choice Social 3:30 Nail Salon and Table Top Games 7:00 Evening Meditation 7:30 Evening Movie	9:00 Morning Coffee and News show 6 10:30 Morning Movement 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Fruity Social 7:00 Wind down Stretches 7:30 Evening Movie	9:00 Morning Coffee and News show 7 10:30 Cardio Clap 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Chef's Choice Social 3:30 Tricky Trivia 7:00 Evening Meditation 7:30 Evening Movie	Elvis Lives Day 8 9:00 Morning Coffee and News show 10:30 Dance Fever 11:00 Paint to the Music 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Poetry and Tea Social 4:00 Art and fun with students from St Stephen's and St Agnes 7:00 Wind down Stretches 7:30 Evening Movie	9:00 Morning Coffee and News show 9 11:00 "Snow" word game 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Coffee Social 3:30 SingFit® 7:00 Evening Meditation 7:30 Evening Movie	Houseplant Appreciation Day 10 9:00 Morning Coffee and News show 10:30 Exercise w/ Care Managers 11:00 Flowerpot Decorating 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Cheese and crackers Social 3:30 Indoor Gardening 7:00 Wind down Stretches 7:30 Evening Movie	Eat Your Oats Day 11 9:00 Weekend News Show 10:30 Chair Exercise 11:00 Baking- Oatmeal Cookies 1:00 Gospel Music with Ellen 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Cookie and Coffee Social 3:30 SingFit® 7:00 Evening Meditation 7:30 Evening Movie
National Hot Tea Day 12 9:00 CBS News Sunday 10:30 Wake up and move 10:30 Streamed Church Service 1:00 Football Sunday Watch Group 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Coffee Social 3:30 Nail Salon and Table Top Games 7:00 Wind down Stretches 7:30 Evening Movie	Sticker Day 13 9:00 Morning Coffee and News show 10:30 Morning Movement 11:00 Arts and Crafts with Stickers 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Tea Party Social 3:00 Fruity Social 3:30 Sticker Bingo 7:00 Evening Meditation 7:30 Evening Movie	9:00 Morning Coffee and News show 14 10:30 Cardio Clap 11:00 Painting to Music 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Chef's Choice Social 3:30 Tricky Trivia 7:00 Wind down Stretches 7:30 Evening Movie	9:00 Morning Coffee and News show 15 10:30 Dance Fever 11:00 Guitar with David Pankey 2:00 Family Feud 2:00 Go4Life® Walking Club 3:00 Sing Along 3:00 Poetry and Tea Social 4:00 Art and fun with students from St Stephen's and St Agnes 7:00 Evening Meditation 7:30 Evening Movie	9:00 Morning Coffee and News show 16 11:00 Out on the Town Van Ride 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Coffee Social 3:30 SingFit® 7:00 Wind down Stretches 7:30 Evening Movie	Betty White's Birthday 17 9:00 Morning Coffee and News show 10:30 Exercise w/ Care Managers 11:00 Arts and Crafts 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Cheese and crackers Social 3:30 Trivia 6:30 Family Game Night 7:00 Evening Meditation 7:30 Evening Movie	Tulip Day 18 9:00 Weekend News Show 10:30 Chair Exercise 2:00 Bingo with AL 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Ice Cream Social 3:30 Balloon Tennis 7:00 Wind down Stretches 7:30 Evening Movie
Activity Professionals Week 19 9:00 CBS News Sunday 10:30 Wake up and move 10:30 Streamed Church Service 1:00 Football Sunday Watch Group 2:00 Accokeek First Church of God 2:00 Go4Life® Walking Club 3:00 Chef's Choice Social 3:30 Nail Salon and Table Top Games 7:00 Evening Meditation 7:30 Evening Movie	Martin Luthor King Jr. Day 20 9:00 Morning Coffee and News show 10:30 Morning Movement 2:00 MLK Day with Douglas McArthur Students 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Fruity Social 7:00 Wind down Stretches 7:30 Evening Movie	9:00 Morning Coffee and News show 21 10:30 Cardio Clap 11:00 National Gallery of Art- "Just Us" 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Chef's Choice Social 3:30 Tricky Trivia 7:00 Evening Meditation 7:30 Evening Movie	No Need to Knead Day 22 9:00 Morning Coffee and News show 10:30 Dance Fever 11:00 Paint to the Music 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Poetry and Tea Social 4:00 Art and fun with students from St Stephen's and St Agnes 7:00 Wind down Stretches 7:30 Evening Movie	Casablanca Day 23 9:00 Morning Coffee and News show 11:00 Out on the Town Van Ride 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Coffee Social 3:30 SingFit® 7:00 Evening Meditation 7:30 Evening Movie	First Boy Scout Day 24 9:00 Morning Coffee and News show 10:30 Exercise w/ Care Managers 11:00 Nail Spa/ Puzzles 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Cheese and crackers Social 7:00 Wind down Stretches 7:30 Evening Movie	Toss a Fruitcake Day 25 9:00 Weekend News Show 10:30 Chair Exercise 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Ice Cream Social 3:30 SingFit® 7:00 Evening Meditation 7:30 Evening Movie
Pro Bowl 26 9:00 CBS News Sunday 10:30 Wake up and move 10:30 Streamed Church Service 1:00 Football Sunday Watch Group 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Chef's Choice Social 3:30 Reading Nook- Bible Stories 3:30 Nail Salon and Table Top Games 7:00 Wind down Stretches 7:30 Evening Movie	Marshmallow Monday 27 9:00 Morning Coffee and News show 10:30 Morning Movement 11:15 Noodle Ball 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Fruity Social 3:30 Bingo Blast 7:00 Evening Meditation 7:30 Evening Movie	Tea and Trivia Tuesday 28 9:00 Morning Coffee and News show 10:30 Cardio Clap 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Chef's Choice Social 3:30 Tricky Trivia 7:00 Wind down Stretches 7:30 Evening Movie	"Once Upon a Midnight Dreary.." 29 9:00 Morning Coffee and News show 10:30 Dance Fever 11:00 Jewelry with care manager 11:00 Paint to the Music 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Poetry and Tea Social 4:00 Art and fun with students from St Stephen's and St Agnes 7:00 Evening Meditation 7:30 Evening Movie	FDR Day 30 9:00 Morning Coffee and News show 11:00 Out on the Town Van Ride 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Coffee Social 3:30 SingFit® 7:00 Wind down Stretches 7:30 Evening Movie	Hot Chocolate Day 31 9:00 Morning Coffee and News show 10:30 Exercise w/ Care Managers 11:00 Nails with care managers 2:00 Go4Life® Walking Club 2:00 Reminiscing Circle 3:00 Cheese and crackers Social 7:00 Evening Meditation 7:30 Evening Movie	

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7:00 Wind down Stretches
7:30 Evening Movie