

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|--|--|--|---|---|---|
| 1AK 1st floor activity kitchen<br>1LR 1st floor living room<br>2DR 2nd floor dining room<br>3AK 3rd floor activity kitchen<br>3AR 3rd floor activity room<br>FP 2nd floor front porch<br>IR 3rd floor inspiration room<br>LBR 2nd floor library<br>LR 2nd floor living room<br>PAT 1st floor patio  |  |  |  |   | 10:00 Meditation with Bonnie (LBR)<br>10:00 Exercise Essentials with Staff (3AR)<br>10:30 Trivia and Puzzles with Michelle (LR)<br>11:00 BUNCO with Bonnie (LBR)<br>1:00 Fairfax Christian School Music Ensemble (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 News Currents Sr. with Bonnie (LBR)<br>2:30 Afternoon piano with James (LR)<br>3:00 Music with Mildred (LR)<br>3:30 Afternoon Social (LR)<br>4:00 Bingo with Ashmi (LBR)<br>6:15 Evening Movie (3AR) | 10:30 Baking with Staff (3AK) <b>2</b><br>11:00 Seniors 'n Sync (LBR)<br>2:00 Bingo with Moorthy and Rajeswari (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>3:30 Warm Cookies and Milk (LR)<br>3:45 Casino Club with George (LBR)<br>6:15 Evening Movie (3AR)        |
| 9:00 "Sunday Morning" (3AR) <b>3</b><br>10:30 Gentle Stretch with Gail (LR)<br>11:00 Baking cookies with Staff (3AR)<br>1:30 St. Joseph's Communion (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Community Service Project (1AK)<br>2:30 Bingo with Saketh (LR)<br>3:30 Ice Cream and Current Events Social (LR)<br>4:00 UNO with Gail (LR)<br>6:15 Evening Movie (3AR)   | 10:00 Writers Workshop Series (LBR) <b>4</b><br>10:30 Exercise Essentials with Laura (LR)<br>11:15 Sing-a-long with Anna King (LBR)<br>1:30 Joy of Coloring with Barbara (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Bingo with Barbara (LBR)<br>2:30 Seasonal Social (LR)<br>3:30 Trivia with Connie (LR)<br>4:00 Meditation with Gail (IR)<br>6:15 Evening Movie (3AR)  | 9:30 Morning News with Bonnie (LR) <b>5</b><br>10:30 Flower arranging (LBR)<br>11:15 Exercise Essentials "Healthy Hands" with Nancy (LR)<br>1:30 Resident Council Meeting (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 Brain Games with Bonnie (LBR)<br>3:00 Sip and Paint (3AR)<br>3:00 Visit with Pets on Wheels (LR)<br>3:30 Wine and Cheese Social (LR)<br>3:45 Scrabble with Abbie and Langley H.S. Honor Society (LBR)<br>6:15 Evening Movie (3AR) | 10:00 Yoga with Gale (LBR) <b>6</b><br>11:15 Musical Fun with Peggy (LR)<br>1:30 Bible Study with Karen (LR)<br>2:00 Go4Life® Walking Club (FP)<br>3:00 Music with Mildred (LR)<br>3:15 Watercolor painting with Bridget and Sophia (LBR)<br>3:30 Afternoon Social<br>6:15 Evening Movie (3AR)   | 10:30 Exercise with Laura (LVR) <b>7</b><br>11:30 Lunch outing<br>2:00 Go4Life® Walking Club (FP)<br>3:00 Music with Mildred (LR)<br>3:30 Happy Hour Social (LR)<br>3:45 Poetry and discussion with Langley English Honor Society (LBR)<br>6:15 Evening Movie (3AR)                 | 10:00 Meditation with Bonnie (LBR) <b>8</b><br>10:00 Exercise Essentials with Staff (3AR)<br>10:30 Trivia and Puzzles with Michelle (LR)<br>11:00 BUNCO with Bonnie (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 News Currents Sr. with Bonnie (LBR)<br>3:00 Music with Mildred (LR)<br>3:00 Afternoon Social (LR)<br>3:30 Afternoon Social (LR)<br>4:00 Bingo with Ashmi (LBR)<br>6:15 Evening Movie (3AR)   | 10:30 Baking with Staff (3AK) <b>9</b><br>11:00 Seniors 'n Sync (LBR)<br>1:00 Grazioso Youth Chamber Ensemble (LR)<br>2:00 Bingo with Moorthy and Rajeswari (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>3:30 Warm Cookies and Milk (LR)<br>6:15 Evening Movie (3AR) |
| 9:00 "Sunday Morning" (3AR) <b>10</b><br>10:00 St. Anne's Episcopal Communion (1LR)<br>10:30 Gentle Stretch with Gail (LR)<br>11:00 Pastor Helm (LR)<br>11:00 Baking cookies with Staff (3AR)<br>1:30 St. Joseph's Communion (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Community Service Project (1AK)<br>2:30 Bingo with Saketh (LBR)<br>3:30 Ice Cream and Current Events Social (LR)<br>4:00 UNO with Gail (LR)<br>6:15 Evening Movie (3AR) | 10:30 Exercise Essentials with Laura (LR) <b>11</b><br>11:15 Sing-a-long with Anna King (LBR)<br>1:30 Joy of Coloring with Barbara (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Bingo with Barbara (LBR)<br>3:30 Seasonal Social (LR)<br>4:00 Trivia with Connie (LR)<br>4:00 Meditation with Gail (IR)<br>6:15 Evening Movie (3AR)  | 9:30 Morning News with Bonnie (LR) <b>12</b><br>10:30 Flower arranging (LBR)<br>11:15 Exercise Essentials "Healthy Hands" with Nancy (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 Brain Games with Bonnie (LBR)<br>3:00 Visit with Pets on Wheels (LR)<br>3:30 Wine and Cheese Social (LR)<br>3:45 Scrabble with Abbie and Langley H.S. Honor Society (LBR)<br>6:15 Evening Movie (3AR)   | 10:00 Yoga with Gale (LBR) <b>13</b><br>11:15 Musical Fun with Peggy (LR)<br>1:30 Bible Study with Karen (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 Watercolor Painting with Gail (LBR)<br>3:00 Music with Mildred (LR)<br>3:15 Crossword Puzzles with Bridget and Sophia (LR)<br>3:30 Afternoon Social<br>6:15 Evening Movie (3AR)                                 | 10:30 Al Fatih Academy Visit (LR) <b>14</b><br>2:00 Go4Life® Walking Club (FP)<br>2:30 Cards and Dominoes (LBR)<br>3:30 Happy Hour Social (LR)<br>3:45 Poetry and discussion with Langley English Honor Society (LBR)<br>6:15 Evening Movie (3AR)                                   | 10:00 Meditation with Bonnie (LBR) <b>15</b><br>10:00 Exercise Essentials with Staff (3AR)<br>10:30 Trivia and Puzzles with Michelle (LR)<br>11:00 BUNCO with Bonnie (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 News Currents Sr. with Bonnie (LBR)<br>3:00 Music with Mildred (LR)<br>3:30 Afternoon Social (LR)<br>4:00 Bingo with Ashmi (LBR)<br>6:15 Evening Movie (3AR)  | 10:30 Baking with Staff (3AK) <b>16</b><br>11:00 Seniors 'n Sync (LBR)<br>2:00 Bingo with Moorthy and Rajeswari (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>3:30 Warm Cookies and Milk (LR)<br>3:45 Casino Club with George (LBR)<br>6:15 Evening Movie (3AR)       |
| 9:00 "Sunday Morning" (3AR) <b>17</b><br>10:30 Gentle Stretch with Gail (LR)<br>11:00 Baking cookies with Staff (3AR)<br>1:30 St. Joseph's Communion (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Community Service Project (1AK)<br>2:30 Bingo with Saketh (LR)<br>3:30 Ice Cream and Current Events Social (LR)<br>4:00 UNO with Gail (LR)<br>6:15 Evening Movie (3AR)  | 10:00 Writers Workshop Series (LBR) <b>18</b><br>10:30 Exercise Essentials with Laura (LR)<br>11:15 Sing-a-long with Anna King (LBR)<br>1:30 Joy of Coloring with Barbara (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Bingo with Barbara (LBR)<br>3:30 Seasonal Social (LR)<br>4:00 Trivia with Connie (LR)<br>4:00 Meditation with Gail (IR)<br>6:15 Evening Movie (3AR) | 9:30 Morning News with Bonnie (LR) <b>19</b><br>10:30 Flower arranging (LBR)<br>11:15 Exercise Essentials "Healthy Hands" with Nancy (LR)<br>1:00 Girl Scout Visit (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 Brain Games with Bonnie (LBR)<br>3:00 Visit with Pets on Wheels (LR)<br>3:30 Wine and Cheese Social (LR)<br>3:30 Crafts (LBR)<br>3:45 Scrabble with Abbie and Langley H.S. Honor Society (LBR)<br>6:15 Evening Movie (3AR)               | 10:00 Yoga with Gale (LBR) <b>20</b><br>11:15 Musical Fun with Peggy (LR)<br>1:30 Bible Study with Karen (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 Meet Me at MoMA (LBR)<br>3:00 Music with Mildred (LR)<br>3:15 Games/Cards with Bridget and Sophia (LBR)<br>3:30 Afternoon Social<br>6:15 Evening Movie (3AR)  | 10:30 Exercise with Laura (LVR) <b>21</b><br>11:15 Sing-a-long / Singfit (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Cards and Dominoes (LBR)<br>3:30 Happy Hour Social (LR)<br>3:45 Poetry and discussion with Langley English Honor Society (LBR)<br>6:15 Evening Movie (3AR) | 10:00 Meditation with Bonnie (LBR) <b>22</b><br>10:00 Exercise Essentials with Staff (3AR)<br>10:30 Trivia and Puzzles with Michelle (LR)<br>11:00 BUNCO with Bonnie (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 News Currents Sr. with Bonnie (LBR)<br>3:00 Music with Mildred (LR)<br>3:30 Afternoon Social (LR)<br>4:00 Bingo with Ashmi (LBR)<br>6:15 Evening Movie (3AR)  | 10:30 Baking with Staff (3AK) <b>23</b><br>11:00 Seniors 'n Sync (LBR)<br>2:00 Bingo with Moorthy and Rajeswari (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>3:30 Warm Cookies and Milk (LR)<br>6:15 Evening Movie (3AR)   |
| 9:00 "Sunday Morning" (3AR) <b>24</b><br>10:00 St. Anne's Episcopal Communion (1LR)<br>10:30 Gentle Stretch with Gail (LR)<br>11:00 Pastor Helm (LR)<br>11:00 Baking cookies with Staff (3AR)<br>1:30 St. Joseph's Communion (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Community Service Project (1AK)<br>2:30 Bingo with Saketh (LBR)<br>3:30 Ice Cream and Current Events Social (LR)<br>4:00 UNO with Gail (LR)<br>6:15 Evening Movie (3AR) | 10:30 Exercise Essentials with Laura (LR) <b>25</b><br>11:15 Sing-a-long with Anna King (LBR)<br>1:30 Joy of Coloring with Barbara (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Bingo with Barbara (LBR)<br>3:30 Seasonal Social (LR)<br>4:00 Trivia with Connie (LR)<br>4:00 Meditation with Gail (IR)<br>6:15 Evening Movie (3AR)  | 9:30 Morning News with Bonnie (LR) <b>26</b><br>10:30 Flower arranging (LBR)<br>11:15 Exercise Essentials "Healthy Hands" with Nancy (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 Brain Games with Bonnie (LBR)<br>3:00 Visit with Pets on Wheels (LR)<br>3:30 Wine and Cheese Social (LR)<br>3:45 Scrabble with Abbie and Langley H.S. Honor Society (LBR)<br>6:15 Evening Movie (3AR)   | 10:15 Singfit with Jean (LR) <b>27</b><br>11:15 Musical Fun with Peggy (LR)<br>1:30 Bible Study with Karen (LR)<br>2:00 Thanksgiving Memories with Jean (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 Sunrise "Bookies" Book Club with Jean (LBR)<br>3:00 Sing-a-long with Jean (LR)<br>3:30 Birthday Social (LR)<br>3:30 Afternoon Social<br>6:15 Evening Movie (3AR) | 10:30 Exercise with Laura (LVR) <b>28</b><br>11:15 Sing-a-long / Singfit (LR)<br>2:00 Go4Life® Walking Club (FP)<br>2:30 Cards and Dominoes (LBR)<br>3:30 Happy Hour Social (LR)<br>3:45 Poetry and discussion with Langley English Honor Society (LBR)<br>6:15 Evening Movie (3AR) | 10:00 Meditation with Bonnie (LBR) <b>29</b><br>10:00 Exercise Essentials with Staff (3AR)<br>11:00 BUNCO with Bonnie (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>2:00 News Currents Sr. with Bonnie (LBR)<br>3:00 Music with Mildred (LR)<br>3:00 Afternoon Social (LR)<br>3:30 Afternoon Social (LR)<br>4:00 Bingo with Ashmi (LBR)<br>6:15 Evening Movie (3AR)   | 10:30 Baking with Staff (3AK) <b>30</b><br>11:00 Seniors 'n Sync (LBR)<br>2:00 Bingo with Moorthy and Rajeswari (LBR)<br>2:00 Go4Life® Walking Club (FP)<br>3:30 Warm Cookies and Milk (LR)<br>3:45 Casino Club with George (LBR)<br>6:15 Evening Movie (3AR)       |