

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACRA Admin Conference Room ALD Assisted Living D-Wing AR Activities Room AUD Auditorium CC Corner Cafe CCL Community Center Lobby CH Chapel CL Camm Lounge DR Dining Room EX Exercise Room GR Game Room HCC Health Care Center OT Outing PG Parade Grounds PGP Putting Green Patio SOL Solarium SP Swimming Pool						9:00 <b>Mount Vernon Town Mtg (OT)</b> <b>1</b> 9:30 Yoga on The Mat (Activities Room) 1:00 Poker 1:00 Poker (Game Room) 7:00 <b>Saturday Night Movie (Auditorium)</b>
9:15 Protestant (Auditorium) <b>2</b> 9:15 Protestant Service (Auditorium) 11:00 Roman Catholic Mass (Auditorium) 11:00 Roman Catholic Service (Auditorium) 6:00 Super Bowl Party (AUD)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>3</b> 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 1:30 <b>Movie Outing - 1917 (OT)</b> 3:00 Tai Chi (Activities Room) 6:30 Duplicate Bridge (Activities Room)	12:30 <b>Fords Theatre (OT)</b> <b>4</b> 7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) 8:30 Rosary (Solarium) 9:30 Commissary/Post Exchange 1:00 Knit & Stitch (Camm Lounge)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>5</b> 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 10:30 Episcopal Liturgy (Auditorium) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 1:00 DPT: Gunston Plaza (Gustons Plaza) 2:00 Roads to Discovery (Camm Lounge) 2:00 Church with Communion (Health Care Center) 3:15 <b>Meeting w Activities (AR)</b> 6:30 <b>BINGO (AR)</b>	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>6</b> 8:30 Rosary (Solarium) 9:00 Catholic Mass (Auditorium) 9:30 Yoga on The Mat (Activities Room) 9:30 Commissary/Post Exchange 11:00 Yoga in Chair (Activities Room) 2:00 <b>Resident Council Mtg (CL)</b> 2:00 Fall Prevention (Activities Room) 7:00 <b>Little Theatre Of Alexandria (OT)</b>	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>7</b> 8:30 Rosary Group (Solarium) 10:00 Water Aerobics 10:00 Fairfax Chorus (Auditorium) 1:00 Poker (Game Room) 2:00 Annual Chili Contest (AUD) 6:30 Chatty Bridge (Camm Lounge)	9:30 Yoga on The Mat (Activities Room) <b>8</b> 1:00 Poker 1:00 Poker (Game Room) 7:00 <b>Saturday Night Movie (Auditorium)</b>
9:15 Protestant (Auditorium) <b>9</b> 9:15 Protestant Service (Auditorium) 11:00 Roman Catholic Mass (Auditorium) 11:00 Roman Catholic Service (Auditorium)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>10</b> 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 3:00 Tai Chi (Activities Room) 4:15 <b>Happy Hour w Jerry (CL)</b> 6:30 Duplicate Bridge (Activities Room)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>11</b> 8:30 Rosary (Solarium) 9:30 <b>National African Art Museum (OT)</b> 9:30 Commissary/Post Exchange 1:00 Knit & Stitch (Camm Lounge)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>12</b> 9:45 Fords Theatre Performance (OT) 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 10:30 Episcopal Liturgy (Auditorium) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 1:00 DPT: Gunston Plaza (Gustons Plaza) 2:00 Roads to Discovery (Camm Lounge) 2:00 Church with Communion (Health Care Center)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>13</b> 8:30 Rosary (Solarium) 9:00 Catholic Mass (Auditorium) 9:30 Yoga on The Mat (Activities Room) 9:30 Commissary/Post Exchange 11:00 Yoga in Chair (Activities Room) 2:00 Fall Prevention (Activities Room)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>14</b> 8:30 Rosary Group (Solarium) 10:00 Water Aerobics 10:00 Fairfax Chorus (Auditorium) 1:00 Poker (Game Room) 3:30 <b>Valentines day Social (AUD)</b> 6:30 Chatty Bridge (Camm Lounge)	9:30 Yoga on The Mat (Activities Room) <b>15</b> 1:00 Poker 1:00 Poker (Game Room) 7:00 <b>Saturday Night Movie (Auditorium)</b>
9:15 Protestant (Auditorium) <b>16</b> 9:15 Protestant Service (Auditorium) 11:00 Roman Catholic Mass (Auditorium) 11:00 Roman Catholic Service (Auditorium)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>17</b> 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 3:00 Tai Chi (Activities Room) 6:30 Duplicate Bridge (Activities Room)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>18</b> 8:30 Rosary (Solarium) 9:30 Commissary/Post Exchange 10:45 <b>L'Auberge Chez Francois Restaurant (OT)</b> 1:00 Knit & Stitch (Camm Lounge) 2:00 <b>iPhone Tutorial (AR)</b>	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>19</b> 10:00 <b>MGM Casino (OT)</b> 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 10:30 Episcopal Liturgy (Auditorium) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 1:00 DPT: Gunston Plaza (Gustons Plaza) 2:00 Roads to Discovery (Camm Lounge) 2:00 Church with Communion (Health Care Center) 6:30 <b>BINGO (AR)</b>	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>20</b> 8:30 Rosary (Solarium) 9:00 Catholic Mass (Auditorium) 9:30 Yoga on The Mat (Activities Room) 9:30 Commissary/Post Exchange 11:00 Yoga in Chair (Activities Room) 2:00 Fall Prevention (Activities Room) 6:00 Capital Steps Performance (OT)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>21</b> 8:30 Rosary Group (Solarium) 9:45 <b>Surratt House &amp; Lunch (OT)</b> 10:00 Water Aerobics 10:00 Fairfax Chorus (Auditorium) 1:00 Poker (Game Room) 6:30 Chatty Bridge (Camm Lounge)	9:30 Yoga on The Mat (Activities Room) <b>22</b> 1:00 Poker 1:00 Poker (Game Room) 7:00 <b>No Movie Tonight (AUD)</b>
9:15 Protestant (Auditorium) <b>23</b> 9:15 Protestant Service (Auditorium) 11:00 Roman Catholic Mass (Auditorium) 11:00 Roman Catholic Service (Auditorium)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>24</b> 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 3:00 Tai Chi (Activities Room) 6:30 Duplicate Bridge (Activities Room)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>25</b> 8:30 Rosary (Solarium) 9:30 Commissary/Post Exchange 1:00 Knit & Stitch (Camm Lounge) 4:30 <b>Mardi Gras Dinner Party (AUD)</b>	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>26</b> 10:00 Water Aerobics 10:00 Wells Fargo/ Walgreens (Lorton Station) 10:30 Episcopal Liturgy (Auditorium) 11:15 Stretch & Strength Training (Activities Room) 1:00 Poker (Game Room) 1:00 DPT: Gunston Plaza (Gustons Plaza) 2:00 Roads to Discovery (Camm Lounge) 2:00 Church with Communion (Health Care Center)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>27</b> 8:30 Rosary (Solarium) 9:00 Catholic Mass (Auditorium) 9:30 Yoga on The Mat (Activities Room) 9:30 Commissary/Post Exchange 11:00 Yoga in Chair (Activities Room) 2:00 Fall Prevention (Activities Room)	7:45 DPT: Belvoir Comm. Hospital (Ft. Belvoir) <b>28</b> 8:30 Rosary Group (Solarium) 10:00 Water Aerobics 10:00 Fairfax Chorus (Auditorium) 1:00 Poker (Game Room) 6:30 Chatty Bridge (Camm Lounge)	9:30 Yoga on The Mat (Activities Room) <b>29</b> 1:00 Poker 1:00 Poker (Game Room) 7:00 <b>Saturday Night Movie (Auditorium)</b>

