

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AL 2nd floor bistro AUD Auditorium CC Corner Cafe CL Camm Lounge DW D-Wing REM Reminiscence SN 3rd floor Bistro						<b>African American History Month</b> 1 9:15 Good Morning Chat & Updates! 9:30 Exercise Essentials & Go4Life Refreshers (AL) 10:00 Linked Senior Fun 12:00 Go4Life@ Walk 2:00 <b>Weekend Bingo (AL)</b> 3:00 Cheese & Crackers Social 4:00 Netflix & Snack
<b>Groundhog Day</b> 2 9:15 Protestant Service (AUD) 9:15 Good Morning Chat & Updates! 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 2:00 Weekend Bingo (AL) 3:00 Music by Hector Munoz (AL) 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 3 9:30 Morning Meditation 10:00 Exercise Essentials (AL) 10:00 <b>Shoppers Club</b> 10:30 <b>Poetry Club w/ Helen (DW)</b> 12:00 Go4Life@ Walk 1:30 <b>Rosary &amp; Prayer Group (DW)</b> 2:00 <b>Bingo Club (AL)</b> 3:00 Macaroni Social 4:00 Netflix & Snack	<b>Rosa Parks Bday</b> 4 9:15 Good Morning Chat & Updates! 9:30 Morning Meditation 10:00 Crossword Puzzle 12:00 Go4Life@ Walk 2:00 <b>Yoga w/ Rita (DW)</b> 2:00 <b>AL/SN Scenic Ride</b> 3:00 Chicken Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 5 9:30 Morning Meditation 10:00 SingFit@ 12:00 Go4Life@ Walk 1:30 <b>Hymns w/ Pastor Bill (REM)</b> 2:00 Afternoon Sitcom 3:00 <b>Pohick Episcopal Church Service (3rd Floor)</b> 3:00 Wine & Cheese Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 6 9:30 Morning Meditation 10:00 Exercise Essentials 10:30 Resident Choice 12:00 Go4Life@ Walk 1:00 <b>Bridge Club (D-Wing)</b> 1:00 <b>Music by Bob Clark</b> 2:00 <b>Bingo Club (AL)</b> 3:00 Quiche Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 7 9:30 Morning Meditation 10:00 Morning Matinee & Popcorn (AL) 10:30 <b>AL/SN Lunch Bunch</b> 2:00 <b>8th Annual Chile Contest</b> 2:00 Floral Arranging (AL) 3:00 Brie Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 8 10:00 Baking Club (DW) 11:00 Linked Senior Fun 12:00 Go4Life@ Walk 2:00 <b>Weekend Bingo (AL)</b> 3:00 Cheese & Crackers Social 4:00 Netflix & Snack
9:15 Protestant Service (AUD) 9 9:15 Good Morning Chat & Updates! 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 2:00 Weekend Bingo (AL) 3:00 Tortilla Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 10 9:30 Morning Meditation 10:00 Exercise Essentials (AL) 10:00 <b>Shoppers Club</b> 10:30 <b>Poetry Club w/ Helen (DW)</b> 12:00 Go4Life@ Walk 1:30 <b>Rosary &amp; Prayer Group (DW)</b> 2:00 <b>Bingo Club (AL)</b> 3:15 <b>Macaroni Social w/ Jerry Roman (SN)</b> 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 11 9:30 Morning Meditation 10:30 Trivia Tuesday 12:00 Go4Life@ Walk 1:30 <b>Music Therapy w/ Peggy (REM)</b> 2:00 <b>Yoga w/ Rita (DW)</b> 2:00 <b>AL/SN Scenic Ride</b> 3:00 Chicken Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 12 9:30 Morning Meditation 10:00 Exercise Essentials 10:30 Valentine's Day Candy Decorating 12:00 <b>Monthly Birthday Luncheon in Main Dining Room</b> 1:30 <b>Hymns w/ Pastor Bill (REM)</b> 2:45 <b>Music by Mike Surratt (AL)</b> 3:00 <b>Pohick Episcopal Church Service (3rd Floor)</b> 3:00 Wine & Cheese Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 13 9:30 Morning Meditation 10:00 Exercise Essentials 10:30 <b>Crafting w/ Loye</b> 12:00 Go4Life@ Walk 1:00 <b>Bridge Club (D-Wing)</b> 2:00 <b>Bingo Club (AL)</b> 3:00 Quiche Social 4:00 Netflix & Snack 6:30 <b>Music by Brian Rudolph</b>	9:15 Good Morning Chat & Updates! 14 9:30 Morning Meditation 10:30 Residents Choice 12:00 Go4Life@ Walk 1:30 Afternoon Hymns 2:00 Floral Arranging (AL) 2:00 <b>Tai Chi w/ Nan</b> 3:30 <b>Let's Share The Love Social</b>	9:15 Good Morning Chat & Updates! 15 9:30 Exercise Essentials & Go4Life Refreshers (AL) 10:00 Linked Senior Fun 12:00 Go4Life@ Walk 2:00 <b>Weekend Bingo (AL)</b> 3:00 Cheese & Crackers Social 4:00 <b>Pierre Family Ministry &amp; Music (SN)</b>
9:15 Protestant Service (AUD) 16 9:15 Good Morning Chat & Updates! 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 2:00 Weekend Bingo (AL) 3:00 Tortilla Social 4:00 Netflix & Snack	<b>Presidents' Day</b> 17 9:15 Good Morning Chat & Updates! 9:30 Morning Meditation 10:00 Exercise Essentials (AL) 10:00 <b>Shoppers Club</b> 10:30 <b>Poetry Club w/ Helen (DW)</b> 12:00 Go4Life@ Walk 1:30 <b>Rosary &amp; Prayer Group (DW)</b> 2:00 <b>Bingo Club (AL)</b> 3:00 Macaroni Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 18 9:30 Morning Meditation 10:00 Crossword Puzzle 11:00 <b>Resident Council Meeting (DW)</b> 12:00 Go4Life@ Walk 2:00 <b>Yoga w/ Rita (DW)</b> 2:00 <b>AL/SN Scenic Ride</b> 3:00 <b>Chicken Social w/ Nashville Standard (AL)</b> 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 19 9:30 Morning Meditation 10:00 Exercise Essentials 10:30 <b>Music by Eric Highsmith</b> 12:00 Go4Life@ Walk 1:30 <b>Hymns w/ Pastor Bill (REM)</b> 2:00 Afternoon Sitcom 3:00 <b>Pohick Episcopal Church Service (3rd Floor)</b> 3:00 Wine & Cheese Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 20 9:30 Morning Meditation 10:00 Exercise Essentials 11:00 <b>AL/SN Lunch Bunch</b> 11:00 <b>Music by Bob Clark (SN)</b> 12:00 Go4Life@ Walk 1:00 <b>Bridge Club (D-Wing)</b> 2:00 <b>Bingo Club (AL)</b> 3:00 Quiche Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 21 9:30 Morning Meditation 10:30 Words in a word 11:00 Music by Ronald Doria (SN) 12:00 Go4Life@ Walk 2:00 Afternoon Karaoke 2:00 Floral Arranging (AL) 3:00 Brie Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 22 10:00 Baking Club (DW) 11:00 Linked Senior Fun 12:00 Go4Life@ Walk 2:00 <b>Weekend Bingo (AL)</b> 3:00 Cheese & Crackers Social 4:00 Netflix & Snack
9:15 Protestant Service (AUD) 23 9:15 Good Morning Chat & Updates! 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 2:00 Weekend Bingo (AL) 3:00 Tortilla Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 24 9:30 Morning Meditation 10:00 Exercise Essentials (AL) 10:00 <b>Shoppers Club</b> 10:30 <b>Poetry Club w/ Helen (DW)</b> 12:00 Go4Life@ Walk 1:30 <b>Rosary &amp; Prayer Group (DW)</b> 2:00 <b>Bingo Club (AL)</b> 3:00 <b>Monthly Birthday Bash w/ Ordinary People (AL)</b> 4:00 Netflix & Snack	<b>Mardi Gras</b> 25 9:15 Good Morning Chat & Updates! 9:30 Morning Meditation 10:30 Trivia Tuesday 12:00 Go4Life@ Walk 1:30 <b>Music Therapy w/ Peggy (REM)</b> 2:00 <b>Yoga w/ Rita (DW)</b> 2:00 <b>AL/SN Scenic Ride</b> 3:00 <b>Mardi Gras Social w/ Gurda Williams (AL)</b> 4:00 Netflix & Snack	<b>Ash Wednesday</b> 26 9:15 Good Morning Chat & Updates! 9:30 Morning Meditation 10:30 Jewelry Making (AL) 11:00 Trivia Marathon 12:00 Go4Life@ Walk 1:30 <b>Hymns w/ Pastor Bill (REM)</b> 2:45 <b>Music by Mike Surratt (AL)</b> 3:00 <b>Pohick Episcopal Church Service (3rd Floor)</b> 3:00 Wine & Cheese Social 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 27 9:30 Morning Meditation 10:00 Exercise Essentials 10:30 Words in a Word 12:00 Go4Life@ Walk 1:00 <b>Bridge Club (D-Wing)</b> 2:00 <b>Bingo Club (AL)</b> 3:00 <b>Quiche Social w/ Joyful Entertainment</b> 4:00 Netflix & Snack	9:15 Good Morning Chat & Updates! 28 9:30 Morning Meditation 10:30 Cookies and Current Events/ Trivia 12:00 Go4Life@ Walk 2:00 Floral Arranging (AL) 3:00 Brie Social 4:00 Netflix & Snack 6:15 <b>Bingo Night</b>	<b>Leap Day</b> 29 9:15 Good Morning Chat & Updates! 9:30 Exercise Essentials & Go4Life Refreshers (AL) 10:00 Linked Senior Fun 11:00 Linked Senior Fun 12:00 Go4Life@ Walk 2:00 <b>Weekend Bingo (AL)</b> 3:00 Cheese & Crackers Social 4:00 Netflix & Snack

**FEBRUARY 2020**  
**Assisted Living**  
*The Fairfax*  
 9140 Belvoir Woods Parkway, Fort Belvoir,  
 VA 22060; (703) 799-1200

LIVE WITH PURPOSE



**THE FAIRFAX**  
 MONOGRAM COLLECTION BY SUNRISE