

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Activities and schedule trips are subject to change	9:00 Table Newspaper 9:30 Go4Life® Walking Club 10:00 Senior Chair Exercise 11:00 Residents Council Day 1:30 Jigsaw Piece Puzzle 2:00 Water Color Painting 3:00 Afternoon Social And Snack 3:30 Rummy Card 6:30 McLean Bible Church 7:00 Residents Evening Snack	9:00 Table Newspaper 9:30 Go4Life® Walking Club 10:00 Home Workout 10:30 Walmart 1:30 Bible Study With Merri 3:00 Afternoon Fruit Social 3:30 Rummy Card 6:00 Bingo Night 7:00 Residents Evening Snack	9:00 Morning News 9:30 Go4Life® Walking Club 10:00 Strengthen Muscles 11:00 Historical Impressionist 1:30 Movie Show Times 2:00 Communion Service 3:00 Afternoon Social And Snack 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Today News Chat 9:30 Go4Life® Walking Club 10:00 Sit And Be Fit 11:00 Painting w/ Paula 1:30 Northern VA. Church 3:00 Afternoon Fruit Snack 3:30 Checker Game 6:15 Old Movie Night Club 7:00 Residents Evening Snack
9:00 Sunday Newspaper 10:00 Easy - to Follow Exercise 10:30 Holy Catholic 1:30 Sunday Crafts w/ Carolyn 1:30 Fun Time Bingo 3:00 Sunday Worship Services 3:30 Card & Board Games 6:15 Old Movie Night Club 7:00 Residents Evening Snack	9:00 News Talk w/ Neighbors 9:30 Go4Life® Walking Club 10:00 Chair Exercise 11:00 Mbrning Mx Tea Social 1:30 Classics Video 2:00 Out Door Game 3:00 Afternoon Root Beer Float Social 3:30 Rummy Card Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Tuesday News Updates 9:30 Go4Life® Walking Club 10:00 Creative Movement Exercise With Joan 11:00 Baking Club 1:30 Popcorn Social 2:00 News Currents Sr. 3:00 Afternoon Cookies And Coffee Social 3:30 Dominoes Game Club 7:00 Residents Evening Snack	9:00 News And Chat 9:30 Go4Life® Walking Club 10:00 Senior Chair Exercise 11:00 Hangman Word 1:30 Jigsaw Piece Puzzle 2:00 Art & Crafts w/ Mary 3:00 Afternoon Social And Snack 3:30 Canasta Game 6:30 McLean Bible Church 7:00 Residents Evening Snack	9:00 Table Newspaper 9:30 Go4Life® Walking Club 10:00 Home Workout 11:00 Toss N Talk About Ball 1:30 Bible Study With Bill 3:00 Afternoon Fruit Social 3:30 Rummy Card 6:15 Netflix Movie Night Club 7:00 Residents Evening Snack	9:00 Morning News 9:30 Go4Life® Walking Club 10:00 Strengthen Muscles 11:00 Nail Color Day 1:30 Movie Show Times 3:00 Afternoon Social And Snack 3:30 Deck Of Cards Match Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Today News Chat 9:30 Go4Life® Walking Club 10:00 Sit And Be Fit 11:00 Timeless Trivia 1:45 Bingo 3:00 Afternoon Fruit Snack 3:30 Checker Game 6:15 Old Movie Night Club 7:00 Residents Evening Snack
9:00 Sunday Newspaper 10:00 Easy - to Follow Exercise 10:30 Holy Catholic 1:30 Mother's day 3:00 Sunday Worship Services 3:30 Card & Board Games 6:15 Old Movie Night Club 7:00 Residents Evening Snack	9:00 News Talk w/ Neighbors 9:30 Go4Life® Walking Club 10:00 Chair Exercise 11:00 Choices Right Or Wrong 1:30 Classics Video 2:00 Banana Split Social 3:30 Rummy Card Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Tuesday News Updates 9:30 Go4Life® Walking Club 10:00 Creative Movement Exercise With Joan 11:00 Singfit 1:30 Popcorn Social 2:00 News Currents 3:00 Afternoon Cookies And Coffee Social 3:30 Dominoes Game Club 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 News Room 9:30 Go4Life® Walking Club 10:00 Senior Chair Exercise 11:00 My 2 Cents Game 2:00 Book Event w/ Jill 3:00 Afternoon Social And Snack 3:30 Canasta Game 6:30 McLean Bible Church 7:00 Residents Evening Snack	9:00 Table Newspaper 9:30 Go4Life® Walking Club 10:00 Home Workout 10:30 Trip To Shoppers 1:30 Bible Study With Joanne 3:00 Afternoon Fruit Social 3:30 Rummy Card 6:15 Netflix Movie Night Club 7:00 Residents Evening Snack	9:00 Morning News 9:30 Go4Life® Walking Club 10:00 Strengthen Muscles 11:00 Mind Joggers 1:30 Movie Show Times 3:00 Afternoon Social And Snack 3:30 Deck Of Cards Match Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Today News Chat 9:30 Go4Life® Walking Club 10:00 Chair Yoga Work 11:00 Music By Bonnie 1:30 Bingo w/ Northern VA. Church 3:00 Afternoon Fruit Snack 3:30 Checker Game 6:15 Old Movie Night Club 7:00 Residents Evening Snack
9:00 Sunday Newspaper 10:00 Easy - to Follow Exercise 10:30 Holy Catholic 1:45 Fun Time Bingo Day 3:00 Sunday Worship Services 3:30 Card & Board Games 6:15 Old Movie Night Club 7:00 Residents Evening Snack	9:00 News Talk w/ Neighbors 9:30 Go4Life® Walking Club 10:00 Chair Exercise 11:00 Mbrning Lemonade & Muffin 1:30 Classics Video 2:00 relaxing On Front Porch 3:00 Afternoon Root Beer Float Social 3:30 Rummy Card Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Tuesday News Updates 9:30 Go4Life® Walking Club 10:00 Creative Movement Exercise With Joan 11:00 Sing Fit 1:30 Popcorn Social 2:00 Bowling 3:00 Afternoon Cookies And Coffee Social 3:30 Dominoes Game Club 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 News Room 9:30 Go4Life® Walking Club 10:00 Senior Chair Exercise 11:00 Finish The Phrase 1:30 Jigsaw Piece Puzzle 2:00 Jewelry Club 3:00 Afternoon Social And Snack 3:30 Canasta Game 6:30 McLean Bible Church 7:00 Residents Evening Snack	9:00 Table Newspaper 9:30 Go4Life® Walking Club 10:00 Home Workout 11:00 Brain Teasers Game 1:30 Bible Study With Joanne 3:00 Afternoon Fruit Social 3:30 Rummy Card 6:15 Netflix Movie Night Club 7:00 Residents Evening Snack	9:00 Morning News 9:30 Go4Life® Walking Club 10:00 Strengthen Muscles 11:00 You Be The Judge 2:00 Music By DJ Charlie 3:00 Afternoon Social And Snack 3:30 Deck Of Cards Match Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Today News Chat 9:30 Go4Life® Walking Club 10:00 Sit And Be Fit 11:00 Timeless Trivia 1:30 Bingo Club 3:00 Afternoon Fruit Snack 3:30 Checker Game 6:15 Old Movie Night Club 7:00 Residents Evening Snack
9:00 Sunday Newspaper 10:00 Easy - to Follow Exercise 10:30 Holy Catholic 1:45 Fun Time Bingo Day 3:00 Sunday Worship Services 3:30 Card & Board Games 6:15 Old Movie Night Club 7:00 Residents Evening Snack	9:00 News Talk w/ Neighbors 9:30 Go4Life® Walking Club 10:00 Chair Exercise 11:00 Mbrning Mx Tea Social 1:30 Classics Video 2:00 Music Bingo 3:00 Afternoon Root Beer Float Social 3:30 Rummy Card Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 Tuesday News Updates 9:30 Go4Life® Walking Club 10:00 Creative Movement Exercise With Joan 11:00 Sing Fit 1:30 Popcorn Social 2:00 Bowling 3:00 Afternoon Cookies And Coffee Social 3:30 Dominoes Game Club 6:00 Bingo Night Club 7:00 Residents Evening Snack	9:00 News Room 9:30 Go4Life® Walking Club 10:00 Senior Chair Exercise 11:00 Scramble Word 1:30 Jigsaw Piece Puzzle 2:00 Happy Hour 3:00 Afternoon Social And Snack 3:30 Canasta Game 6:30 McLean Bible Church 7:00 Residents Evening Snack	9:00 Table Newspaper 9:30 Go4Life® Walking Club 10:00 Home Workout 11:00 Name 5 If You can 1:30 Bible Study With Joanne 3:00 Afternoon Fruit Social 3:30 Rummy Card 6:15 Netflix Movie Night Club 7:00 Residents Evening Snack	9:00 Morning News 9:30 Go4Life® Walking Club 10:00 Strengthen Muscles 11:00 Crossword Puzzle Club 1:30 Movie Show Times 3:00 Afternoon Social And Snack 3:30 Deck Of Cards Match Game 6:00 Bingo Night Club 7:00 Residents Evening Snack	