

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Dog Adoption Event Saturday, August 10th Noon to 3				
10:30 30 minutes That Warm The Spirit 4 11:00 Light Sunday Stretch 11:30 Sunday Champagne Brunch 2:00 Scenic Ride with Richard 2:00 Armchair Travels 3:00 Family Friends Tea Social 3:30 Short Stories and Reflection 4:00 Light Afternoon Stretch 4:00 Go4Life@Walking Club 6:30 Movie on the Big Screen	10:30 Monday Morning Moves 5 10:30 Fresh Air - Podcast Club 11:00 Aromatherapy Hand Massages 2:00 Armchair Travels 2:00 Walking for Wellness 3:00 Spring Social 4:00 Chicken Soup for the Soul Readings 6:30 Monday Night Musical	10:30 Morning Moves with Maria 6 11:00 Holy Communion with Julia Finley (AR) 11:00 Music as Therapy with Jonathan 1:30 Reading Corner W/ Maria 2:00 The National Parks - The History 3:00 Chit Chat Social 4:00 Watercolor Painting/Music 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea	10:30 Music Appreciation and Movement 7 11:00 Imagination Vacation 1:30 Craft Corner W/ Maria 2:00 Linked Senior Visual Trivia 3:00 Wednesday Wind-Down Social 3:30 Scenic Ride W/ Richard 3:30 Songs By Heart Program 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:30 News Reading Roundtable 1 10:30 Awakening Your Senses with Aromatherapy 11:15 Go4Life Exercise with Grace 2:00 Reflect and Relax 2:30 Colorful Creations 3:00 "Thirsty" Tropical Thursday Social 4:00 Go4Life@Walking Club 6:30 Evening Relaxation and Games	10:30 Exploring Linked Senior 2 11:00 Morning Movement with Maria 2:00 SingFit@ 2:30 Catholic Services with Father Potts (AR) 2:30 Reading Corner W/ Maria 3:00 Table Talk Social 4:00 Open Art with Maria 4:00 Go4Life@Walking Club 4:30 Shabbat Services with Ginny 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:15 Reading Up on the News 3 10:30 Awaken Your Senses W/ Staff 10:30 Lets Explore DC W/ Richard - Scenic Drive 2:00 Singfit with Maria 2:30 Go4Life Fitness W/ Staff 3:00 Table Talk Social 3:30 Movie Lover's Club 4:00 Go4Life@Walking Club 4:30 Mind Joggers with Maria 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea
10:30 30 minutes That Warm The Spirit 11 11:00 Light Sunday Stretch 11:30 Sunday Champagne Brunch 2:00 Scenic Ride with Richard 2:00 Armchair Travels 3:00 Family Friends Tea Social 3:30 Short Stories and Reflection 4:00 Light Afternoon Stretch 4:00 Go4Life@Walking Club 6:30 Movie on the Big Screen	10:30 Monday Morning Moves 12 10:30 Fresh Air - Podcast Club 11:00 Aromatherapy Hand Massages 2:00 Armchair Travels 2:00 Walking for Wellness 3:00 Spring Social 4:00 Chicken Soup for the Soul Readings 6:30 Monday Night Musical	10:30 Morning Moves with Maria 13 11:00 Holy Communion with Julia Finley (AR) 11:00 Music as Therapy with Jonathan 1:30 Reading Corner W/ Maria 2:00 The National Parks - The History 2:30 Chip and Andrea Perform 3:00 Chit Chat Social 4:00 Watercolor Painting/Music 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea	10:30 Music Appreciation and Movement 14 11:00 Imagination Vacation 1:30 Craft Corner W/ Maria 2:00 Linked Senior Visual Trivia 3:00 Wednesday Wind-Down Social 3:30 Scenic Ride W/ Richard 3:30 Songs By Heart Program 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:30 News Reading Roundtable 15 10:30 Awakening Your Senses with Aromatherapy 11:15 Go4Life Exercise with Grace 2:00 Ballroom Dancing with Victor 2:00 Reflect and Relax 2:30 Colorful Creations 3:00 "Thirsty" Tropical Thursday Social 4:00 Go4Life@Walking Club 6:30 Evening Relaxation and Games	10:30 Exploring Linked Senior 16 11:00 Morning Movement with Maria 2:00 SingFit@ 2:30 Reading Corner W/ Maria 3:00 Table Talk Social 4:00 Open Art with Maria 4:00 Go4Life@Walking Club 4:30 Shabbat Services with Ginny 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:15 Reading Up on the News 17 10:30 Awaken Your Senses W/ Staff 10:30 Lets Explore DC W/ Richard - Scenic Drive 2:00 Singfit with Maria 2:30 Go4Life Fitness W/ Staff 3:00 Table Talk Social 3:30 Movie Lover's Club 4:00 Go4Life@Walking Club 4:30 Mind Joggers with Maria 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea
10:30 30 minutes That Warm The Spirit 18 11:00 Light Sunday Stretch 11:30 Sunday Champagne Brunch 2:00 Scenic Ride with Richard 2:00 Armchair Travels 3:00 Family Friends Tea Social 3:30 Short Stories and Reflection 4:00 Light Afternoon Stretch 4:00 Go4Life@Walking Club 6:30 Movie on the Big Screen	10:00 Musical Memories with Peggy 19 10:30 Monday Morning Moves 10:30 Fresh Air - Podcast Club 11:00 Aromatherapy Hand Massages 2:00 Armchair Travels 2:00 Walking for Wellness 3:00 Spring Social 4:00 Chicken Soup for the Soul Readings 6:30 Monday Night Musical	10:30 Morning Moves with Maria 20 11:00 Holy Communion with Julia Finley (AR) 11:00 Music as Therapy with Jonathan 1:30 Reading Corner W/ Maria 2:00 The National Parks - The History 3:00 Chit Chat Social 4:00 Watercolor Painting/Music 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea	10:30 Music Appreciation and Movement 21 11:00 Imagination Vacation 1:30 Craft Corner W/ Maria 2:00 Linked Senior Visual Trivia 3:00 Wednesday Wind-Down Social 3:30 Scenic Ride W/ Richard 3:30 Songs By Heart Program 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:30 News Reading Roundtable 22 10:30 Awakening Your Senses with Aromatherapy 11:15 Go4Life Exercise with Grace 2:00 Music Appreciation Talk with Colleen (AR) 2:00 Reflect and Relax 2:30 Colorful Creations 3:00 "Thirsty" Tropical Thursday Social 4:00 Go4Life@Walking Club 6:30 Evening Relaxation and Games	10:30 Exploring Linked Senior 23 11:00 Morning Movement with Maria 2:00 SingFit@ 2:30 Reading Corner W/ Maria 3:00 Table Talk Social 4:00 Open Art with Maria 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:15 Reading Up on the News 24 10:30 Awaken Your Senses W/ Staff 10:30 Lets Explore DC W/ Richard - Scenic Drive 2:00 Singfit with Maria 2:30 Go4Life Fitness W/ Staff 3:00 Table Talk Social 3:30 Movie Lover's Club 4:00 Go4Life@Walking Club 4:30 Mind Joggers with Maria 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea
10:30 30 minutes That Warm The Spirit 25 11:00 Light Sunday Stretch 11:30 Sunday Champagne Brunch 2:00 Scenic Ride with Richard 2:00 Armchair Travels 3:00 Family Friends Tea Social 3:30 Short Stories and Reflection 4:00 Light Afternoon Stretch 4:00 Go4Life@Walking Club 6:30 Movie on the Big Screen	10:30 Monday Morning Moves 26 10:30 Fresh Air - Podcast Club 11:00 Aromatherapy Hand Massages 2:00 Armchair Travels 2:00 Walking for Wellness 3:00 Spring Social 4:00 Chicken Soup for the Soul Readings 6:30 Monday Night Musical	10:30 Morning Moves with Maria 27 11:00 Holy Communion with Julia Finley (AR) 11:00 Music as Therapy with Jonathan 1:30 Reading Corner W/ Maria 2:00 The National Parks - The History 3:00 Chit Chat Social 4:00 Watercolor Painting/Music 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea	10:30 Music Appreciation and Movement 28 11:00 Imagination Vacation 1:30 Craft Corner W/ Maria 2:00 Linked Senior Visual Trivia 3:00 Wednesday Wind-Down Social 3:30 Scenic Ride W/ Richard 3:30 Songs By Heart Program 4:00 Go4Life@Walking Club 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:30 News Reading Roundtable 29 10:30 Awakening Your Senses with Aromatherapy 11:15 Go4Life Exercise with Grace 2:00 Reflect and Relax 2:30 Colorful Creations 3:00 "Thirsty" Tropical Thursday Social 4:00 Go4Life@Walking Club 6:30 Evening Relaxation and Games	10:30 Exploring Linked Senior 30 11:00 Morning Movement with Maria 2:00 SingFit@ 2:30 Reading Corner W/ Maria 3:00 Table Talk Social 4:00 Open Art with Maria 4:00 Go4Life@Walking Club 4:30 Shabbat Services with Ginny 4:30 1:1 Interactions W/ Maria 6:30 Classic Movie Night	10:15 Reading Up on the News 31 10:30 Awaken Your Senses W/ Staff 10:30 Lets Explore DC W/ Richard - Scenic Drive 2:00 Singfit with Maria 2:30 Go4Life Fitness W/ Staff 3:00 Table Talk Social 3:30 Movie Lover's Club 4:00 Go4Life@Walking Club 4:30 Mind Joggers with Maria 4:30 1:1 Interactions W/ Maria 6:30 Relaxation & Tea

AUGUST 2019

Reminiscence

Sunrise on Connecticut Ave

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LIVE WITH PURPOSE



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