

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2018

## Assisted Living Monthly Calendar

<p>9:30 Good Morning Potomac Place/LR 10:00 All About Hanukkah: The Festival of Lights/LR 10:30 Priority One Fitness/LR 11:00 A Collection of Cookie Cutters: How Many Different Shapes Do You See?/LR 1:15pm Grace Lutheran Church: Christmas Caroling/LB 2:00 Afternoon Bingo/LB 3:00 Occoquan Bible Church Caroling/LR 3:45pm December Trivia/LR</p>	<p>9:45 What's Happening This Week/LR 10:00 Learning Circle: Hanukkah w/ Speaker/LR 10:30 Morning Workout/LR 11:00 Monthly Calendar Review/LR 1:00 Afternoon Bingo/LB 2:15 Help w/ Holiday Decorations/LB 3:00 Rhythm Band Hour/LB 3:30 Art Corner: Painting Dreidels/AR 5:30 The Theory of Everything/LR First Day of Hanukkah</p>	<p>9:30 Music Hour/LB 10:30 What Do You Think About the Holidays/LB 11:00 Art Corner: Star of David/LB 11:30-12:30 Holiday Pancakes &amp; Pajama Fundraiser Brunch/LB 1:15 Activities Meeting/LB 2:00 Afternoon Exercise/LB 3:00 Say It w/ Music/LB 3:30 Afternoon Bingo/LB 5:30 Evening Movie/LR</p>	<p>9:30 Yoga, Yoga, Yoga/LB 10:30 Holiday Cards for Senior Center/LB 12:00 Veterans Luncheon/DR 1:00 Hanukkah Poetry/LB 1:30-3:30 Winter Vendors Fair/ DR 2:00 Yoga and More w/ Aliya Card/LB 3:00 Christmas Caroling Rehearsal/LB 4:00 A Hanukkah Story/LR 5:30 Leisure Hour/LB 7:00 Evening Movie/LR</p>	<p>9:00 Woodbridge Wal-Mart Outing 10:00 Bible Study w/Bob Martin/LB 11:00 Dancin' &amp; Singin' Session/LB 1:00 Volunteer Opportunity Meeting/LR 1:30 Cooking Club: Hanukkah Dessert /LR 2:30 Dirty Snowman Social w/ Dominion Duo/DR 3:30 Hanukkah True or False/LR 4:00 First Floor Greetings/LR 5:30 Evening Movie/LR 6:00 Bingo w/Linda/LB</p>	<p>9:30 Current News/LB 10:00 Let's Get Fit w/ Tiffany/LB 10:30 Reminiscing w/Harry/LB 1:00 Holiday Symbols Pictionary/LR 2:00 Classic Movie Friday: It's a Wonderful Life/DR 3:00 Color Creations/LR 3:30 History of Holiday Symbols/LR 4:00 How Many Words Can You Make? /LR 5:30 Evening Movie/LR</p>	<p>9:30 Hot Cocoa/Coffee and the Good Morning Report/LR 10:00 Morning Fitness: Chair Dancing/LR 10:45 Fun &amp; Fellowship w/First Baptist Church/LB 1:15 All Faith Christian Service/LB 2:15 Cooking Club: Easy Apple Pie in a Cup/AR 3:00 All About Rosa Parks/LR 3:30 Making a Book Page Apple/AR 4:15pm Pucker Up...Let's talk about Mistletoe</p>
<p>9:15 Sunday Catholic Service/LB 9:30 Music Hour/LR 10:00 Fairfax Baptist Service Live Stream/LR 11:00 Amazing Pastries/LR 1:00 Sunday Hymn Sing-A-Long/LB 2:00 Afternoon Bingo/LB 3:00 Dale City Christian Church Service/LB 4:00 Trivia Hour/LR 5:30 Evening Movie/LR</p>	<p>SPiRiT WEEK: Merry Morning Monday 9:45 What's Happening This Week/LR 10:00 Winter I Spy/LB 10:30 Residents Rights Meeting/LB 1:00 Residents Rights Bingo/LB 2:15 It's Exercise Time w/ Tiffany/LB 3:00 Art Club: Holiday Clay Painting/AR 3:30 What's Your Superhero Name? /LR 4:00 The Gift of the Magi/LR 5:30 Evening Movie/LR</p>	<p>SPiRiT WEEK: Festive Garments Days 9:45 Helping Hour/LB 10:00 Come Get Your Nails Painted/LB 11:00 Fun Facts About Nail Polish/LB 12:00 Pizza &amp; Beer for Lunch/LB 1:00 Say It w/ Music/LR 1:30 Chair Exercise/LR 2:30 Carmen's 102<sup>nd</sup> Birthday Celebration w/ Norman Voss/DR 3:30 Afternoon Bingo/LB 5:30 Evening Movie/LR</p>	<p>SPiRiT WEEK: Ugly Sweater Day 9:30 Music &amp; Movement/LR 10:00 White Elephant Social/LB 11:00 Yoga, Yoga, Yoga/LR 1:00 Winter Poetry/LB 1:30 Our Lady of Guadalupe/LB 2:00 Christmas Caroling Rehearsal/LB 3:00 Holiday Cookie Exchange/AR 4:00 Say it With Music/LR 5:30 Holiday Lights Scenic Drive/LB 7:00 Evening Movie/LR</p>	<p>SPiRiT WEEK: Holiday Character Day 10:00 Bible Study w/Bob Martin/LB 10:30 Potomac HS Holiday Luncheon Outing 11:00 Strengthen &amp; Stretch/LB 2:00 Gingerbread House Decorating Social/DR 3:00 St. Lucia Day/LR 3:30 Holiday Door Decorations Voting/LR 5:00-7:00 Holiday Open House/DR 7:00 Evening Movie/LR</p>	<p>SPiRiT WEEK: Holiday Cheer Day 9:30 I Hear Memories/LR 10:30 Reminiscing w/Harry/LB 1:00 Cooking Club: Cookie Decorating/LB 1:30 Creative Writing Session/LB 2:00 Food Committee Meeting/LB 3:00 Art Club: Salt Painted Snowflakes/AR 4:00 Color Creations/LR 5:30 Evening Movie/LR</p>	<p>9:30 What's Happening this Weekend?/LR 10:00 Morning Aerobics/LR 10:30 Word Searches &amp; Crossword Puzzles/LR 11:00 Christmas Trivia/Jeopardy/LR 1:15 All Faith Christian Church/LB 2:30 Mrs. Jones Piano Recital/DR 3:30 Timeless Trivia/LR 4:00 Fill in the missing letter/LR</p>
<p>9:30 Greetings and Salutations/LR 9:45 Balloon Volleyball/LR 10:00 Morning Fitness/LR 10:30 Crafter's Corner: Snowflake Keys/AR 1:00 Junk Drawer Detective/AR 1:30 Fill in the Missing Letter/AR 2:00 Afternoon Bingo/LB 3:00 Trinity Baptist Church/LR 4:00 Northern Light Slideshow (LR)</p>	<p>9:45 What's Happening This Week/LR 10:00 Caroling w/ American Heritage Girls Troop/LR 11:00 Blue Suede Shoes/LR 1:00 Afternoon Bingo/LB 2:15 Christmas Caroling Rehearsal/LB 3:00 Cooking Club: Candied Bacon/LB 4:00 Let's Get Fit/LR 5:30 Evening Movie/LR 6:00 Bingo w/Linda/LB</p>	<p>9:45 Current News/LB 9:45 Gaylord Holiday Lights &amp; Lunch @ The National Pastime Restaurant/LB 11:00 Catholic Mass/LB 1:00 Afternoon Work Out/LB 1:30 Rippon Middle School Choir Performance/DR 2:00 Holiday Scatagories/LB 3:00 Ripley's Believe It or Not! /LB 3:30 Afternoon Bingo/LB</p>	<p>9:30 Music &amp; Movement/LR 10:00 Caroling by MinnieLand Daycare/LR 11:00 Yoga, Yoga, Yoga/LR 12:00 Veteran Luncheon 1:00 Christmas Poetry/LB 1:30 Brain Fitness/LB 2:00 Holiday Festive Party/DR 3:30 Elvis Music Hour/LR 5:30 iHop BINGO; Outing/LB 7:00 Evening Movie/LR</p>	<p>9:00 Dumfries Wal-Mart 10:00 Bible Study w/Bob Martin/LB 11:15 Christmas Caroling Meeting/LB 1:15 Resident Council Meeting/LB 1:00 Art Club: DIY 2019 Calendars/LB 2:15 Christmas Caroling at Nursing Home 2:00 Fusion Fitness Exercise/LB 2:30 Staff vs Residents Balloon Volleyball/DR 3:30 Coloring and Word Searches/LB 5:30 Evening Movie/LR</p>	<p>9:30 Current News/LB 9:45 It's the First Day of WINTER/LB 10:30 Reminiscing w/Harry/LB 1:00 Winter Solstice/LB 1:30 I Spy/LB 2:00 Color Creations &amp; Crossword Puzzles/LB 3:00 Mayflower Landing Day/LB 4:00 Let's Get Fit/LR 5:30 Evening Movie/LR Winter Begins</p>	<p>9:30 Multicultural Book Club Reading/LR 10:30 Music with a Touch of Home/DR 11:00 Morning Floor Walk/LR 1:15 Christian Service w/Pastor Harvey/LB 2:00 Art Club: Christmas Tree Plates/AR 3:00 New Horizons Church Service/LB 4:00 Elvis Presley 1973 Concert/LR 5:30 Evening Movie/LR</p>
<p>9:15 Sunday Catholic Service/LB 9:30 Current News/LR 10:00 Fairfax Baptist Service Live Stream/LR 11:00 Chair Tai Chi w/ Zoie/LR 1:00 Afternoon Bingo/LB 2:00 Gospel Outreach Community Church Caroling/LR 2:30 Sunday Hymn Sing-A-Long/LB 3:00 Color Creations &amp; Word Searches/LB 4:00 Dancing and Singing w/ Zoie/LR 5:30 Evening Movie/LR</p>	<p>9:45 What's Happening This Week/LR 9:45 Zumba Gold/LR 10:30 Cooking Club: Eggnog Dip/LR 11:00 Scatagories/LR 1:00 Afternoon Bingo/LB 2:15 Art Club: Pipe Cleaner Snow Flakes/AR 3:00 Silent Night in Different Languages/LR 3:30 Virtual Vacation: Jerusalem/LR 4:00 T'was The Night Before Christmas/LR 5:30 Evening Movie/LR</p>	<p>10:00 Morning Coffee &amp; Holiday Music/LR 10:45 Hot Cocoa &amp; Conversation/LB 11:00 Say It w/ Music/LR 1:00 Staff vs Residents Balloon Volleyball/LB 2:00 Afternoon Work Out/LB 3:00 Christmas Music Hour/LB &amp; LR 3:30 Afternoon Bingo/LB 5:30 A Christmas Story/LR Christmas Day</p>	<p>9:30 Zumba Gold/LB 10:30 Learning Circle: Kwanzaa/LB 1:00 Kwanzaa Poetry/LR 1:30 Candy Cane Games/DR 2:00 Cooking Demo w/ Susan/LB 2:30 Holiday Sing-A-Long/LB 3:30 Music and Imagery/LB 4:00 A Kwanzaa Story/LR 5:30 Cooking Club: Pineapple Upside Down Cake /LB 7:00 Evening Movie/LR Kwanzaa Begins</p>	<p>10:00 Bible Study w/Bob Martin/LB 11:15 Riddle Me This/LB 1:00 Art Club: Kufi/LB 1:30 Snow Flake Fun/LB 2:00 Gift Delivery to Childtime Daycare 3:00 Thingamajig Trivia Hour/LB 3:30 Help Take Down Decorations/LB 5:30 Evening Movie/LR 6:00 Bingo w/Linda/LB</p>	<p>9:30 Current News/LB 10:00 Endangered Species/LB 10:30 Reminiscing w/Harry/LB 1:00 What Holiday Do I Match With? /LB 2:00 Board Game Fun/LB 3:00 Art Club: Winter Wonderland Village/LB 3:30 Cooking Club: Chocolate Candy/LB 4:00 Let's Get Fit/LR 5:30 Evening Movie/LR</p>	<p>9:30 What's Happening this Weekend?/LR 10:00 Morning Exercise/LR 10:30 Music Hour/LR 11:00 Ends w/ "E"/LR 1:15 All Faith Christian Service/LB 2:00 Timeless Trivia/LR 2:30 Let's Play Uno/LR 3:00 Word Searches/LR 3:30 All About Pepper Pot Day/LR 4:00 Countdown to New Year's Eve 2019/LR</p>
<p>9:30 Good Morning Potomac Place/LR 9:45 Today in History/LR 10:00 Hangman/LR 10:30 Daily Fitness/LR 1:00 Let's Get Puzzling/LB 1:30 Scenic Ride Videos/LB 2:00 Afternoon Bingo/LB 3:15 Classic Trivia/LR 3:45 What's The Next Line?/LR 4:15 Countdown to 2019: Celebrations Around The World/LR</p>	<p>9:45 What's Happening This Week/LR 10:00 Silhouette Game/LR 10:30 Travel Tales Tuesday/LR 11:00 The Banished Words List/LR 1:00 Afternoon Bingo/LB 2:30 New Year's Eve Party Shindig/DR 3:30 What's Your New Year's Resolution/LR 4:00 Candle Light Service/DR 5:30 Evening Movie/LR New Year's Eve</p>	 <p>May Lovely, Happy Times Decorate your Holiday Season. May Warm Special Memories Brighten your New Year, May the Wonder of Christmas Be with You Forever. Season Greetings and Happy Holidays to all!</p>				