



October 2011

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 3 Mansion Day! 10:30 Lifestyles of the Rich & Famous Slideshow w/Marcy 12:30 Who Are America's Richest? 2:00 Word Scramble 2:30 <u>Music w/Rob & Friends</u> | 4 Foliage Fun 10:30 <u>Van Trip to Green Spring Gardens/Leaf Collecting</u> 12:30 Tree Trivia Quiz 2:15 Discussion Group w/Lisa Crafty Creations w/Cara 3:00 Golfing | 5 World Teacher's Day 10:30 Creative Expressions w/Elba Men's Group Art Project 12:30 AFDC Spelling Bee! 2:30 <u>Music w/Tom Stringer</u> 3:30 Hula Hoop Toss | 6 Homemade Soup Day 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 12:30 "Soup" Matrix Game 2:15 Reading Club w/Elba Men's Group w/Cara 3:00 Homemade Soup Party! | 7 Yom Kippur Begins 10:30 <u>Art Therapy w/Crista</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:15 TGIF Bingo! 1:1 DAKIM w/Nicole 3:30 Yom Kippur Discussion |
| 10 Columbus Day! 10:30 <u>Music w/Frank Plumer</u> 12:30 Who is Christopher Columbus? 2:15 "Table Tantalizer" Game 3:30 Workout Band Time | 11 Welcome Back Brian! 10:30 <u>Music w/Brian Rudolph</u> 12:30 "OO" Word Game 2:15 Crafty Creations w/Elba Men's Group w/Cara 3:30 Balloon Volleyball | 12 Teddy Bear Day! 10:30 Creative Expressions w/Elba Men's Group Art Project 12:30 Famous "Teddy's!" 2:00 Brown Bear Fun Facts 2:30 <u>Accordion w/Dave</u> | 13 Happy Birthday Navy! 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 2:00 "Navy" Slideshow w/Marcy Reading Club w/Elba 3:00 Patriotic Sing-A-Long | 14 Perigrine Falcon Day 10:30 <u>Art Therapy w/Crista</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:00 TGIF Bingo! 1:1 DAKIM w/Iman 3:30 Bird Presentation w/Cara |
| 17 National Boss' Day 10:30 <u>Van Trip to Pizza Hut!</u> 12:30 Staff Appreciation Ceremony 2:00 Musical Hat Game 3:30 Action Games w/Lisa | 18 Celebrate Autumn 10:30 <u>Art Appreciation w/Joan</u> 12:30 Outdoor Autumn Walking 2:15 Crafty Creations w/Lisa Men's Group w/Cara 3:30 Drive-In Movie! | 19 Yorktown Day 10:30 Creative Expressions w/Elba Men's Group Art Project 12:30 History of Yorktown 2:30 "Virginia" Slideshow w/Marcy OT Visit w/Judy | 20 Music Day 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 12:30 Word Scramble 2:30 <u>Jazz w/Aellyn & Charles</u> 3:30 Music Trivia | 21 Monthly Birthday Party! 10:30 <u>Art Therapy w/Crista</u> 11:00 <u>Music w/Jocelyn</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:00 TGIF Bingo! 1:1 DAKIM w/Bob 3:30 Monthly Birthday Party! |
| 24 Embassy Day 10:30 <u>Scenic Drive to Embassy Row/DC</u> 12:30 Brain Teasers w/Avantay 2:00 Projector Fun! 3:00 Drive-In Movie! | 25 Art Appreciation Day 10:15 <u>Art Appreciation w/Joan</u> 11:30 <u>Music w/Steve Gellman</u> 12:30 Verbosity Game 2:15 Crafty Creations w/Elba Men's Group w/Cara 3:30 Golfing | 26 "Doonesbury's Birthday" 10:30 Creative Expressions w/Elba Men's Group Art Project 12:30 Famous Cartoons 2:15 Marvelous Manicures w/Lisa Fun w/the Parachute 3:30 Funny Comics | 27 Autumn Apple Celebration 10:30 Spiritual Hymns w/Peggi! 12:00 <u>PT w/Lena</u> 12:30 Golfing! 2:15 Discussion Group w/Lisa Reading Club w/Elba 3:30 Apple Tasting & Cider | 28 Frankenstein Day 10:30 <u>Art Therapy w/Crista</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:00 TGIF Bingo! 1:1 DAKIM w/Bob 3:30 Halloween Cupcakes |
| 31 Happy Halloween! 10:00 Cookie Decorating w/Avantay 10:30 <u>Van Trip to IHOP</u> 11:45 Staff Pumpkin Carving Competition 2:30 <u>Violin w/Anthony</u> 3:30 Target Toss for Candy! |  | | Additional Daily Activities 7:30-9:30 Breakfast Art, Book & News Review! 11:30 Snack 11:45 Action Games & Exercise 1:00 Lunch 3:30 Snack |  |

ALZHEIMER'S

Family Day Center
Activity Calendar
Friends Club

2812 Old Lee Highway
 Fairfax, Virginia 22031
 Phone: 703-204-4664
 Fax 703-204-0509

Monthly Support Groups 2nd & 4th Wednesday
9:30-11am





October 2011

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|--|--|--|---|--|
| <p>3 10:00 Morning Stretch 10:30 Hand Massage 11:30 Montessori Activities 12:00 "I Love Lucy" Video 2:30 <u>Music w/Rob & Friends</u></p> | <p>4 10:00 Sweat to the Oldies 10:30 Nifty Nails 11:30 Poetry Reading 12:00 Balloon Toss 2:30 Andy Williams Video</p> | <p>5 10:00 1:1 Walking w/Marilu 10:30 Hand Massage 11:30 Short Stories 12:00 Table Games 2:30 <u>Music w/Tom Stringer</u></p> | <p>6 10:00 Morning Stretch 10:30 <u>Music Therapy w/Peggy</u> 11:30 <u>PT w/Lena</u> 12:30 Sensory Activity 2:00 Short Stories 3:00 Sing-A-Long</p> | <p>7 10:00 Workout Time 11:00 Poetry Reading 12:00 Montessori Activities 2:00 Balloon Toss 3:00 Sing-A-Long</p> |
| <p>10 Columbus Day! 10:00 Musical Stretch 10:30 <u>Music w/Frank Plumer</u> 12:00 Sentimental Sing-A-Long 12:30 Daily Horoscopes 2:30 "I Love Lucy" Matinee</p> | <p>11 10:00 Morning Stretch 10:30 <u>Music w/Brian Rudolph</u> 12:30 1:1 Walking w/Marilu 2:00 Montessori Activities 3:00 Short Stories</p> | <p>12 10:00 Date w/the Weight 10:30 Sensory Activity 12:30 Personal Care 2:00 Table Games 2:30 <u>Accordion w/Dave</u></p> | <p>13 10:00 Waking Up the Senses 10:30 <u>Music Therapy w/Peggy</u> 11:30 <u>PT w/Lena</u> 2:00 Montessori Activities 3:00 Drive-In Movie!</p> | <p>14 10:00 Stretch & Tone/Horoscopes 10:30 Table Ball 12:30 Montessori Activities 2:30 Afternoon Video 3:00 Balloon Toss</p> |
| <p>17 10:00 Morning Stretch 10:30 Reminisce Magazine 12:30 Poetry Reading 2:00 Range of Motion Exercise 3:30 Sing-A-Long</p> | <p>18 10:00 News Review/Exercise 10:30 R.O.M. Exercise 11:00 Table Games w/Tsi Tsi 12:00 Marvelous Manicures 2:00 Montessori Activities 3:30 Poetry</p> | <p>19 10:00 1:1 Walking 10:30 Tactile Sensory Activity 11:00 Short Stories 12:30 Balloon Toss 2:30 Montessori Activities</p> | <p>20 10:00 Waking Up the Senses 10:30 <u>Music Therapy w/Peggy</u> 11:30 <u>PT w/Lena</u> 12:30 Montessori Activities 2:30 <u>Jazz w/Aelwyn & Charles</u></p> | <p>21 10:00 Morning Exercise 10:30 <u>Music w/Jocelyn</u> 12:00 Book Club w/Marilu 2:30 Musical Stretch</p> |
| <p>24 10:00 Date w/the Weight 10:30 Table Ball 12:00 Story Time 2:00 Hand Massage 2:30 "I Love Lucy" Video</p> | <p>25 10:00 Work it Out! 10:30 Range of Motion Exercise 11:30 <u>Music w/Steve Gellman</u> 12:30 Sensory Time 2:00 Sing-A-Long 3:00 Balloon Toss</p> | <p>26 10:00 Stretch & Daily Horoscopes 10:30 Book Club w/Marilu 12:00 Table Games 2:30 Afternoon Matinee</p> | <p>27 10:00 March Time & News 10:30 1:1 Table Activities 11:30 <u>PT w/Lena</u> 12:00 Marvelous Manicures 2:30 Musical Stretch</p> | <p>28 10:00 Exercise w/Tsi Tsi 10:30 Sentimental Sing-A-Long 12:00 1:1 Walking 2:00 Range of Motion Exercise 3:00 Montessori Activities</p> |
| <p>31 Happy Halloween! 10:00 Morning Exercise 10:30 Montessori Activities 12:00 Musical Stretch 2:30 <u>Violin w/Anthony</u></p> |  | | <p><u>Additional Daily Activities</u> 7:30-9:30 Breakfast Art, Book & News Review! 11:30 Snack 11:45 Action Games & Exercise 1:00 Lunch 3:30 Snack</p> |  |



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