



September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<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 4:30-5:30 1:1 Activities, Table Games Sing-A-Long</p>		<p>Happy Birthday! Dolores, Meir, Gabe, Euterpe & Mercy!</p> 	<p>1 Emma Nut Day 10:00 News Update w/Peggi 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 12:30 Who is Emma Nut? 2:00 Reading Club w/Joanne Nifty Nails w/Lisa 3:00 Golfing</p>	<p>2 Bingo w/Linda! 10:00 Current Events 10:30 <u>Art Therapy w/Crista</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:15 TGIF Bingo w/Linda! 1:1 DAKIM w/Bob 3:30 Balloon Toss</p>
<p>5 Labor Day! Center Closed!</p> 	<p>6 On This Day... 10:00 Inspirational Readings 10:30 <u>Art Appreciation w/Joan</u> 12:30 History of September 6th... 2:00 "Discuss Much?" Group w/Lisa Crafty Creations w/Elba 3:00 Golfing</p>	<p>7 Truth or Consequences 10:00 Jokes, Puns & Riddles 10:30 <u>Creative Expressions w/Elba</u> <u>Van Trip to McDonalds!</u> 12:30 Fact or Fiction Game 2:30 <u>Music w/Tom Stringer</u> 1:1 DAKIM w/Bob</p>	<p>8 Peter Seller's B-Day 10:00 Gossip in the News w/Peggi 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 2:00 Reading Club w/Joanne Target Toss 3:00 <u>"Pink Panther Drive-In!"</u></p>	<p>9 Weirdo Day! 10:00 Current Events 10:30 <u>Art Therapy w/Crista</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:30 <u>Jazz w/Aellyn & Charles</u> 1:1 DAKIM w/Bob 3:30 Weirdo Wildlife</p>
<p>12 Beauty Day! 10:00 What's in the News? 10:30 <u>Music w/Frank Plumer</u> 12:30 Biography of Estee Lauder 2:15 AFDC Salon Opens! Manicures, Facials, Hand Massage, Hair & Make-up! 3:30 Tai Chi w/Elba</p>	<p>13 Fortune Cookie Day 10:00 News Review 10:30 <u>Scenic Van Trip to DC!</u> 12:30 Fact or Fiction Game 2:00 Crafty Creations w/Elba Fun w/the Parachute 3:30 Fortune Cookies & Spring Rolls!</p>	<p>14 1st Atlantic Balloon Flight 10:00 Hollywood Update 10:30 <u>Creative Expressions w/Elba</u> Men's Group w/Cara 12:30 History of 1st Flight 2:30 <u>Music w/Rob & Friends</u></p>	<p>15 USA Today Premier 10:00 Current Events w/Peggy 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 12:30 Powerful Women in History 2:00 Reading Club w/Joanne 3:00 Golfing</p>	<p>16 Mexican International Day 10:00 Daily Horoscopes 10:30 <u>Art Therapy w/Crista</u> 11:00 <u>Music w/Jocelyn</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:15 TGIF Bingo w/Linda Quesadillas & Nachos!</p>
<p>19 Talk Like a Pirate Day! 10:00 Current Events 10:30 Bingo! 12:30 Talk Like a Pirate! AARRRR... 2:15 <u>Monday Bingo!</u> 3:30 Pirate Quiz for Gold Coins!</p>	<p>20 Celebrate First Ladies 10:00 Gossip in the News w/Cara 10:30 <u>Art Appreciation w/Joan</u> 12:30 Fun Facts of Michelle Obama 2:00 "Discuss Much?" Group w/Lisa Crafty Creations w/Elba 3:00 First Lady Slideshow w/Cara</p>	<p>21 Mini Golf Day 10:00 Daily Horoscopes 10:30 <u>Creative Expressions w/Elba</u> Men's Group w/Cara 12:30 "Golf" Matrix Game 2:00 Putt-Putt Golfing! 2:30 <u>Accordion w/Dave</u></p>	<p>22 Celebrate Elephants 10:00 News Update w/Peggi 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 12:30 Short Stories w/Joanne 2:00 Elephant Presentation w/Cara 3:00 Peanut Target Toss</p>	<p>23 1st Day of Autumn! 10:00 Jokes, Puns & Riddles 10:30 Leaf Painting w/Cara & Elba 12:15 <u>Tai Chi w/Cynthia</u> 2:15 TGIF Bingo w/Linda & Lisa 1:1 DAKIM w/Bob 3:30 Pumpkin Waffle Party!</p>
<p>26 Tool Time Day 10:00 What's in the News? 10:30 <u>Van Trip to IHOP!</u> 12:30 Guess the Tool! 2:00 <u>Monday Bingo!</u> 3:00 Monthly Birthday Party!</p>	<p>27 "Tonight Show" Premier 10:00 News Review 10:30 Fun w/the Projector! 11:30 <u>Music w/Steve Gellman</u> 12:30 Stretch Band Time! 2:00 Crafty Creations w/Lisa Small Group Activity w/Cara 3:00 "The Best of Johnny Carson"</p>	<p>28 Rosh Hashanah 10:00 Daily Horoscopes 10:30 <u>Creative Expressions w/ Elba</u> Men's Group w/Cara 12:30 Jewish New Year Begins! 2:30 <u>Balloon Sculpting w/Glen</u> 3:30 "Hangman" Game</p>	<p>29 Gene Autry Birthday 10:00 Current Events w/Peggi 10:30 <u>Music Therapy w/Peggy</u> 12:00 <u>PT w/Lena</u> 12:30 Fun Gene Autry Facts 2:00 Musical "Cowboy" Hat Game 3:00 Golf Time</p>	<p>30 Stupid Question Day! 10:00 Current Events 10:30 <u>Art Therapy w/Crista</u> 12:15 <u>Tai Chi w/Cynthia</u> 2:00 Fact or Fiction Game 2:30 <u>Violin w/Anthony</u> 3:30 Stupid Questions!</p>



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 9:30-11:00am



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<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 4:30-5:30 1:1 Activities, Table Games Sing-A-Long</p>			<p>1 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>2 10:00 Workout Time 11:00 Poetry Reading 12:00 Montessori Activities 2:00 Balloon Toss 3:00 Sing-A-Long</p>
<p>5 Labor Day Center Closed</p> 	<p>6 10:00 Morning Stretch 10:30 Table Games w/Tsi Tsi 12:30 1:1 Walking w/Marilu 2:00 Montessori Activities 3:00 Short Stories</p>	<p>7 10:00 Date w/the Weight 10:30 Sensory Activity 12:30 Personal Care 2:00 Table Games 2:30 <u>Music w/Tom Stringer</u></p>	<p>8 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>9 10:00 Stretch & Tone/Horoscopes 10:30 Table Ball 12:30 Montessori Activities 2:30 <u>Jazz w/Aellyn & Charles</u> 3:00 Balloon Toss</p>
<p>12 10:00 Morning Stretch 10:30 <u>Music w/Frank Plumer</u> 12:30 Poetry Reading 2:00 Range of Motion Exercise 3:30 Sing-A-Long</p>	<p>13 Scenic Van Trip to DC! 10:00 News Review/Exercise 10:30 R.O.M. Exercise Table Games w/Tsi Tsi 12:00 Marvelous Manicures 2:00 Montessori Activities 3:30 Poetry</p>	<p>14 10:00 1:1 Walking 10:30 Tactile Sensory Activity 11:00 Short Stories 12:30 Balloon Toss 2:30 <u>Music w/Rob & Friends</u></p>	<p>15 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 P.M. Stretch</p>	<p>16 10:00 Morning Exercise 10:30 Personal Care 12:00 Book Club w/Marilu 2:30 Musical Stretch</p>
<p>19 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>20 10:00 Work it Out! 10:30 Range of Motion Exercise 11:30 Short Stories 12:30 Sensory Time 2:00 Sing-A-Long 3:00 Balloon Toss</p>	<p>21 10:00 Stretch & Daily Horoscopes 10:30 Book Club w/Marilu 12:00 Table Games 2:30 <u>Accordion w/Dave</u></p> <p><u>OT Visit w/Judy</u></p>	<p>22 10:00 March Time & News 10:30 <u>Music Therapy w/Peggy</u> 11:30 <u>PT w/Lena</u> 12:00 Marvelous Manicures 2:30 Musical Stretch</p>	<p>23 1st Day of Autumn! 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>26 10:00 Morning Exercise 10:30 Montessori Activities 12:00 Musical Stretch 2:30 Poetry Time 3:00 Monthly Birthday Party!</p>	<p>27 10:00 Musical Stretch 10:30 Marvelous Manicures 12:00 Sentimental Sing-A-Long 12:30 Daily Horoscopes 2:30 "I Love Lucy" Matinee</p>	<p>28 10:00 Date w/the Weight 10:30 Ball Toss 12:00 Book Club 2:30 <u>Balloon Sculpting</u></p>	<p>29 10:00 Stretch & Tone 10:30 <u>Music Therapy w/Peggy</u> 11:30 <u>PT w/Lena</u> 12:00 Marvelous Manicures 2:30 Balloon Toss</p>	<p>30 10:00 1:1 Walking w/Marilu 10:30 Hand Massage 11:30 Short Stories 12:00 Table Games 2:30 <u>Violin w/Anthony</u></p>

ALZHEIMER'S

**Family
Day Center**
**Activity Calendar
Sunshine Club**

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

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