SUN MON WED TUE THUR 9:30 Stretch & Balance Class 9:30 Morning Fitness (LC) OT - Outing 9:30 Fitness on Our Feet! (LC) **LOCATION KEY** New Year's Day ART Room -10:00 ED Roundtable/Coffee 9:30 Chair Fitness (LC) 10:30 Candy Bingo (LC) Independence Lounge | WE - Waters Edge 10:00 Mahjong Resident-Led Connections (Bistro) 10:00 Wednesday Trivia (LC) 12:15 Afternoon Movie: BB - Bar and Bistro 10:00 Friday Trivia (LC) 11:00 Mexican Train Big (LC) 10:30 Left Right Center Candy (MR) 10:00 Resident Update Meeting (LC) LC - Lexington 1:00 Board Games & Card Games Dominoes (LC) CD - Chesapeake 1:00 Book Club with Courtney (Waters 11:00 Kroger Grocery Store Trip (OT) 1:00 Canasta - Resident Led (CK) **Edge Dining Room)** Commons 1:00 Art Time! (Art Room) Dining Room 1:00 Making Jump Ropes for Charity 1:00 Puzzle Time (Lexington) 1:00 Bridge - Resident Led (Waters 1:00 Bridge Game - Resident Led (CK) 1:00 Spanish Class with Aude (Montpelier) with Gloria (MR) Edge Dining Room) 1:00 Walking Club (FL) MR - Montpelier 2:00 Happy Hour with Mark Pettiford CK - Country Kitchen 3:15 Afternoon Cornhole (LC) 1:00 Sequence -Resident Led 2:00 Tai Chi (MR) 5:00 Lighting of the Menorah (LC) (Montpelier) 3:00 Money Bingo (LC) Room 3:15 Afternoon Cornhole (LC) FL - Front Lobby 6:00 Musical Wednesday- Fiddler 5:00 Lighting of the Menorah (LC) 6:00 Comedy Movie Night: A Man on the Inside (LC) 2:15 Trivia Time (LC) 5:30 Seated Balloon Volleyball (LC) 3:00 Afternoon Cornhole (LC) on the Roof (LC) 9:05 Great Neck Baptist (OT) 9:30 Chair Fitness (LC) 9:30 Strength & Balance 9:30 Fitness with 9:30 Stretch & Balance Class 9:30 Fitness on Our Feet! (LC) 9:30 Morning Fitness (LC) 10:00 Massage Time (MR) 10:30 Holy Family Catholic Class (LC) Powerback (LC) (LC) 10:00 Friday Trivia (LC) 10:30 Candy Bingo (LC) 10:00 Mahjong Resident-Led 10:00 Wednesday Trivia (LC) 10:00 Hilltop Shops (OT) 10:00 Kroger Grocery 10:30 Left Right Center Candy 12:15 Afternoon Movie: Mass (OT) 10:45 Brunch at IHOP Store Trip (OT) 11:15 Church Service (LC) 10:00 Word Games (LC) Moonstruck (LC) 10:30 Monday Trivia (MR) 10:00 Mahjong Resident-Led (CK) 12:30 Sunday Outing to Burlington 11:30 Drink in the Flowers (MR) 1:00 Board Games & Card Games 11:00 Sing Fit (LC) 11:00 Seated Balloon Volleyball (LC) 1:00 Canasta - Resident Led (CK) 11:00 Wii Bowling (LC) 1:00 Spanish Lessons (MR) 1:00 Resident Led Poker (CK) 2:00 Happy Hour Monday: Candy 1:00 Making Jump Ropes for Charity 1:00 Canasta - Resident Led (CK) 1:00 Bridge Game - Resident Led (CK) 2:00 Happy Hour with Christian 1:00 Bridge - Resident Led (Waters 2:00 Tasty Tuesday Chicken Bingo (BB) 3:00 Money Bingo (LC) 3:15 Afternoon Cornhole (LC) with Gloria (MR) 1:00 Walking Club (FL) Flores (BB) Edge Dining Room) Adobo with Anita (The Bistro) 4:00 NFL Football Sundays (Bistro 2:00 Tai Chi (MR) 6:00 Mega Monday Left-Right- Center 3:15 Afternoon Cornhole (LC) 3:15 Afternoon Cornhole (LC) 1:00 Sequence -Resident Led 3:00 Money Bingo (LC) 6:00 Musical Wednesday- Man of 3:00 Money Bingo (LC) 6:00 Comedy Movie Night: A Man (Montpelier) 6:00 Cornhole Practice Resident Led 6:00 Movie Night-The Apartment (CK) 5:30 Seated Balloon Volleyball 6:00 Sunday Movie : Seven Years 2:15 Trivia Time (LC) La Mancha (LC) on the Inside (LC) 6:00 Prayer Circle Resident Led (MR) in Tibet (LC) 6:30 Hymn Sing (LC) 3:00 Afternoon Cornhole (LC) (LC) 9:30 Stretch & Balance Class (LC) 9:30 Strength & Balance Class 9:30 Chair Fitness (LC) 9:05 Great Neck Baptist (OT) 9:30 Chair Fitness (LC) 9:30 Fitness on Our Feet! (LC) 9:30 Morning Fitness (LC) 10:00 Kroger Grocery Store Trip 10:30 Holy Family Catholic Mass 10:00 Massage Time (MR) 10:00 Wednesday Trivia (LC) 9:30 American Revolution 10:30 Candy Bingo (LC) 11:00 Mexican Train Museum in Yorktown (OT) 10:00 Mahjong Resident-Led 10:00 Hilltop Shops (OT) 12:15 Afternoon Movie: 10:00 Mahjong Resident-Led (CK) 11:15 Church Service (LC) 10:00 Word Games (LC) Dominoes (LC) 10:00 Friday Trivia (LC) 10:30 New Resident Orientation Hang' em High (LC) 10:30 Monday Trivia (MR) 10:30 Left Right Center Candy (MR) 12:30 Sunday Outing to Food Lion 1:00 Canasta - Resident Led (CK) 11:00 Sing Fit (LC) 1:00 Board Games & Card Games 1:00 Book Club with Courtney (Waters 11:00 Seated Balloon Volleyball (LC) 1:00 Nutritional Smoothie Time (FL) 1:00 Making Jump Ropes for Charity with 10:30 The King's Choir at FCI (LC) 11:00 Catholic Mass (MR) 1:00 Canasta - Resident Led (Water's Edge) 2:00 Happy Hour Monday: Candy Left Gloria (MR) Edge Dining Room) 1:00 Resident Led Poker (CK) 1:00 Bridge - Resident Led (Waters 1:00 Art Time! (Art Room) 2:00 What's the Scoop Wednesdays 1:00 Puzzle Time (Lexington) 3:00 Money Bingo (LC) Right and Center (BB) 2:00 Soft Pretzel Party with 1:00 Spanish Class with Aude (Montpelier) Edge Dining Room) 1:00 Bridge Game - Resident Led (CK) 4:00 NFL Football Sundays (Bistro 3:15 Afternoon Cornhole (LC) with Anita (MR) Equilibrio (FL) 2:00 Happy Hour with Roberto (BB) 1:00 Walking Club (FL) 1:00 Sequence -Resident Led 6:00 Mega Monday Left-Right- Center 3:15 Afternoon Cornhole (LC) 3:00 Money Bingo (LC) 1:30 Resident Update Meeting (CD) 3:15 Afternoon Cornhole (LC) (Montpelier) 6:00 Sunday Movie: The Kings 4:00 Dinner at Aldo's (OT) 6:00 Cornhole Practice Resident Led (LC) 2:00 Tai Chi (MR) 6:00 Comedy Movie Night: A Man on 6:00 Movie Night-Selma (CK) 6:00 Musical Wednesday- The 2:15 Trivia Time (LC) Speech (LC) 3:00 Money Bingo (LC) the Inside (LC) 6:00 Prayer Circle Resident Led (MR) **Unsinkable Molly Brown (LC)** 5:30 Seated Balloon Volleyball (LC) 3:00 Afternoon Cornhole (LC) 9:05 Great Neck Baptist (OT) Martin Luther King Jr. Day 9:30 Strength & Balance 9:30 Stretch & Balance Class 9:30 Fitness on Our Feet! (LC) 9:30 Morning Fitness (LC) 9:30 Fitness with 10:30 Holy Family Catholic 9:30 Chair Fitness (LC Class (LC) Powerback (LC) 10:00 Friday Trivia (LC) 10:30 Candy Bingo (LC) (LC) 10:00 Massage Time (MR) Mass (OT) 10:00 Wednesday Trivia (LC) 12:15 Afternoon Movie: 10:00 Hilltop Shops (OT) 10:00 Kroger Grocery 10:30 Left Right Center Candy 10:00 Mahjong Resident-Led (CK) 11:15 Church Service (LC) 10:00 Word Games (LC) 11:00 POKENO Store Trip (OT) **Evil Under the Sun (LC)** 10:30 Monday Trivia (MR) 12:30 Sunday Outing Great Bridge 11:30 Crafting with Inna (MR) Wednesday (LC) 10:00 Mahjong Resident-Led (CK) 1:00 Board Games & Card Games 11:00 Sing Fit (LC) 11:00 Seated Balloon Volleyball (LC) Library (OT) 11:00 Resident LIFE FORUM (LC) 11:00 Wii Bowling (LC) 1:00 Spanish Lessons (MR) (CK) 2:00 Dr. Martin Luther King Jr. 1:00 Resident Led Poker (CK) 1:00 Canasta - Resident Led (Water's Presentation (BB) 1:00 Bridge Game - Resident Led (CK) 2:00 Happy Hour with Tidewater 1:00 Canasta - Resident Led (CK) 1:00 Bridge - Resident Led (Waters 2:00 Tasty Tuesday: Making Edge) 3:15 Afternoon Cornhole (LC) 1:00 Making Jump Ropes for Charity 1:00 Walking Club (FL) **Bluegrass Revival (BB)** Edge Dining Room) Pizzas (The Bistro) 3:00 Money Bingo (LC) 4:00 Yearbook Photos (MR) 2:00 Tai Chi (MR) 3:15 Afternoon Cornhole (LC) 1:00 Sequence -Resident Led with Gloria (MR) 3:00 Money Bingo (LC) 4:00 NFL Football Sundays (Bistro 6:00 Mega Monday Left-Right- Center 3:15 Afternoon Cornhole (LC) 3:00 Money Bingo (LC) 6:00 Comedy Movie Night: A Man (Montpelier) 6:00 Cornhole Practice Resident Led 6:00 Musical Wednesday- Cyrano 5:30 Seated Balloon Volleyball on the Inside (LC) 2:15 Trivia Time (LC) 6:00 Sunday Movie : Cry Macho (LC) 6:00 Movie Night- Midway (CK) 6:00 Prayer Circle Resident Led (MR) (LC) (LC) 3:00 Afternoon Cornhole (LC) 9:05 Great Neck Baptist (OT) 9:30 Chair Fitness (LC) 3:30 Strength & Balance Class Chinese New Year 9:30 Stretch & Balance Class 9:30 Fitness on Our Feet! (LC) 10:00 Massage Time (MR) 9:30 Chair Fitness (LC) 10:00 Friday Trivia (LC) 10:30 Holy Family Catholic (LC) (LC) 10:00 Mahjong Resident-Led (CK) 10:00 Kroger Grocery 10:00 Hilltop Shops (OT) 10:00 Wednesday Trivia (LC) 10:30 Left Right Center Candy Mass (OT) 10:30 Monday Trivia (MR) 11:00 Mexican Train 10:00 Word Games (LC) Store Trip (OT) 11:15 Church Service (LC) 11:00 Seated Balloon Volleyball (LC) Dominoes (LC) 1:00 Book Club with Courtney 11:00 Sing Fit (LC) 10:00 Mahjong Resident-Led (CK) 1:00 Canasta - Resident Led (Water's 2:00 Happy Hour Monday: Chinese New 1:00 Canasta - Resident Led (CK) (Waters Edge Dining Room) 12:30 Monthly Birthday Luncheon 11:00 Wii Bowling (LC) Year Celebration (BB) 1:00 Making Jump Ropes for Charity with for Residents (WE) 1:00 Puzzle Time (Lexington) 1:00 Art Time! (Art Room) 3:00 Money Bingo (LC) 3:15 Afternoon Cornhole (LC) 1:00 Nutritional Smoothie Time (FL) Gloria (MR) 1:00 Spanish Class with Aude (Montpelier) 1:00 Bridge Game - Resident Led (CK) 6:00 Mega Monday Left-Right- Center 4:00 NFL Football Sundays 3:15 Afternoon Cornhole (LC) 2:00 Happy Hour TBA (BB) 1:00 Resident Led Poker (CK) 1:00 Walking Club (FL) 4:00 New Resident Happy Hour (MR) (Bistro Bar) 3:00 Money Bingo (LC) 3:15 Afternoon Cornhole (LC) 6:00 Movie Night-Quigley Down Under 2:00 Tai Chi (MR) 6:00 Musical Wednesday- De- Lovely 6:00 Sunday Movie : Maid In 6:00 Cornhole Practice Resident Led (LC) 6:00 Comedy Movie Night: A Man on 3:00 Money Bingo (LC) 6:00 Prayer Circle Resident Led (MR) Manhatten (LC) the Inside (LC) 5:30 Seated Balloon Volleyball (LC)

January 2025



