

<p>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</p> <p>8:40-10:15 Church Shuttle-O 10:15 Westminster Presbyterian Church Shuttles-O 10:15 Blessed Sacrament Shuttle-O</p>	<p>10:30 Chair Exercise - Inn-3rd 11:00 Rosary - SDR 1:30 WU-Moving Meditation -FC 3:15 Trivia - SR 3:30 WU-Line Dancing - FC</p>	<p>9:30 Tai Chi-FC 11:00 Stretch & Flex - Inn-2nd 1:15 WU-Stabilization Endurance-FC 1:30 Art w/coloring -Inn-2nd 2:30-4:30 Bridge Game -TC-9th 3:00 - 5:00 Rosary-SR 3:00 WU-Bible Hour-TC-5th 6:15 UNO Game - Inn-3rd</p>	<p>10:00 Seamstress Visit - DS 10:30 Seated Fitness-Inn-3rd 11:00 Famous Places 1:00 WU-Needleworks Social-TC-5th 3:00 Ice Cream Social-CBC 3:30 WU-Flow Yoga - FC</p>	<p>9:30 WU-Tai Chi-FC 10:00 Cribbage-TC-7th 10:30 Catholic Service - SDR 11:00 Get Fit - Inn-4th 12:45 Rummikub-TC-9th 1:15 WU-Strength Resistance - FC 1:45 WU-Skytones Rehearsal-SR 3:15 Trivia-SR 6:15 Wii Bowling - Inn-4th</p>	<p>9:45 WU-Dance Aerobics - FC 10:30 Stretch & Flex - Inn-3rd 11:00 Famous People - Inn-3rd</p>	<p>2:00 Matinee Movie-Whth-Ch.2 7:00 Evening Movie-Whth-Ch.2</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>ACTIVITIES ARE SUBJECT TO CHANGE WITH PRIOR NOTICE. Please refer to our daily sheets for more updated programs & events.</p>	<p>OUTINGS</p> <p>7 - Scenic Lights Tour 10 - Kennedy Center 14 - Movie Outing TBA 21 - Movie Outing TBA</p>	<p>Mix & Mingle Events</p> <p>1 - December Birthday Celebration 8 - Piano by Jerry Roman 15 - Resident's Holiday Party 29 - Mr. Audrey Harris, vocals</p>	<p>WSH Artist Series & Holiday Shows</p> <p>3 - Christiana Drapkin's Jazz Trio 9 - Students' Piano Recital 12 - Wakefield Chorale Concert 13 - Falls Church Concert Band</p>	<p>WSH Artist Series & Holiday Shows</p> <p>16 - Obligato Music Students' Recital 17 - Skytones Holiday Concert 25 - Holiday/Big Band Music</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle and December Birthday Celebration w/ Me & Martha "Bluegrass & Folk music" - SR</p>	<p>10:30 Morning Workout - Inn-3rd 11:15 Writing Christmas Poems - Springs-M 1:15 Trivia Challenge - Springs-M 2:30 Weekend Bingo - SR 3:45 Farkle Dice Game - Inn-3rd</p>
<p>10:30 WSH Church Service-SDR 2:30 Sunday Musicale "Swing Into the Holiday" w/Christiana Drapkin's Jazz Trio -SR 5:00 Christian Worship Service -SR</p>	<p>9:30 WU-Basic Floral Demo-Inn-3rd 10:00 WU-Current Events - LL 11:30 Strolling Accordionist- Springs 4:00 Bereavement Group -Springs-M</p>	<p>11:00 Food Comm. Meeting-MDR 11:30 Word Games - Inn-2nd 1:00 WU- Garden Club Meeting-TC-7th 2:30 WU- Health Talk -Inn-3rd 3:30 WU- Music Therapy -SDR 4:15 Parkinson's Support Group-ART</p>	<p>10:30 WU-Acrylic Painting-ART 2:00 WU- Favorite Book - LL 2:30 WU- History Talk "The Halifax Explosion" - Inn-3rd</p>	<p>11:30 Famous Events - Inn-4th 1:30 Craft Creation - Inn-2nd 3:00 WU-Computer 101 - LL 3:00 Talks & Tea - Inn-3rd 3:30 Music Man Bob, keyboard - SDR 4:15 WU-Armchair Theater- LL 6:00 Scenic Lights Tour -O</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/Jerry Roman, piano "Holiday Tunes" - SR</p>	<p>11:30 Chair Fitness -Springs-M 1:15 Trivia Challenge- Springs-M 2:00-2:30 Betencourt Students' Holiday Piano Recital -SR 3:00 Farkle (Dice Game)- Inn-3rd</p>
<p>10:30 WSH Church Service-SDR 1:00 A Candlelight Christmas at The Kennedy Center (\$50+/ticket) -O 2:30 "A Jazzy Christmas Tunes" by 13th Street Sax Quartet - SR 5:00 Christian Worship Service -SR</p>	<p>9:30 WU-Basic Floral Demo-Inn-4th 11:00 News & Views - Inn-3rd 1:15 Holiday Karaoke -T 2:45 Fitness Machine Demo -FC 3:15 Coping w/Depression -Springs-M</p>	<p>Hanukkah Begins at Sunset 11:30 Reminiscing- Inn-2nd 2:00 Resident Council Meeting- SR 2:00 WU- Nutrition Talk - ART 2:45 Manicures - Inn-2nd 3:30 Bluegrass & Country music -SDR 7:00 WSH Artist "Wakefield Chorale Holiday Concert" -SR</p>	<p>1:30 Speak Easy for AL- Inn-3rd 2:30 WU- Old Time Radio- Inn-3rd 7:00 WSH Artist "Falls Church Concert Band Holiday Show" -SR</p>	<p>Movie Outing - TBA 11:30 Card Conversations - Inn-4th 1:30 Craft Creation - Inn-2nd 3:00 Talks & Tea - Inn-3rd 3:30 Piano w/James - SDR 6:00 Caregivers Support Group w/Colin- Conf</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle and Resident's Holiday Party w/The Old Dominion Trio - SR</p>	<p>10:30 Morning Workout - Inn-3rd 11:15 Art w/Coloring - Springs-M 12:00 Hanukkah Celebration -MDR 2:00 to 2:30 Obligato Music Sing-Along and Holiday Piano Recital -SR 3:45 Farkle Dice Game - Inn-3rd</p>
<p>10:30 WSH Church Service-SDR 2:30 Skytones Holiday Concert -SR 5:00 Christian Worship Service -SR</p>	<p>9:30 WU-Basic Floral Demo- Inn-2nd 10:00 WU-Current Events - LL 11:30 Madd Hatter's Lunch -O 2:00 WU- Book Club Meets- LL 3:00 Community Sing-Along -SDR 3:30 Caroling w/Gideon -Springs</p>	<p>11:00 House Comm. Mtg.-Conf 11:30 Word Games - Inn-2nd 1:00 Garden Club Outing - O 2:45 Manicures - Inn-2nd 3:30 Piano w/James -SDR</p>	<p>11:00 Care Comm. Meeting-Conf 2:00 MS Virginia Senior America Talent Show -SR</p>	<p>Movie Outing - TBA 11:30 WU- History Talk "Montgomery Bus Boycott" - Inn-3rd 1:30 Craft Creation - Inn-2nd 3:00 Talks & Tea - Inn-3rd</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/Ernie Tolley, "The Soul Tones of Swing" - SR</p>	<p>10:15 Chair Fitness - Inn-3rd 11:15 Trivia Challenge - Springs- M 1:15 Holiday Bingo- SR</p>
<p>CHRISTMAS EVE 10:30 WSH Church Service-SDR 5:00 Christian Worship Service -SR</p>	<p>CHRISTMAS DAY 10:30 Morning Workout -Inn-3rd 11:15 Holiday Stories -Springs-M 12:00 Piano w/James -SDR 1:15 Holiday Sing-Along - M 2:30 Christmas/Big Band Music w/Ron Howard, vocals/keyboards -SR</p>	<p>First Day of Kwanzaa 10:30 Open Communion -C 11:30 Story/Reflections - Inn-2nd 3:30 Swing Music w/Ernie -SDR</p>	<p>11:00 Activity Comm. meets in Jan. 1:00 WU-Needleworks Social-TC 5th 2:30 WU- Old Time Radio- Inn-3rd</p>	<p>11:30 Fun Trivia - Inn-4th 1:30 Cards for Hospitalized Kids - Inn-3rd 3:00 Talks & Tea -Inn-3rd 3:15 Battle of the Sexes -SR 3:30 Piano w/James - SDR</p>	<p>10:00 Bradlee Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/Mr. Audrey Harris, vocals - SR</p>	<p>10:30 Morning Workout - Inn-3rd 11:15 Trivia Challenge - Springs-M 1:15 New Years Around the World -Springs-M 2:30 Weekend Bingo - SR 3:45 Farkle Dice Game - Inn-3rd</p>

<p>NEW YEAR'S EVE 10:30 WSH Church Service-SDR 5:00 Christian Worship Service -SR 7:00-9:30 pm New Year's Eve Party w/ NITEHAWKS Swing Band- A 14 piece band - SR (You are welcome to bring your own bottle)</p>

<p>Holiday Celebrations</p> <p>15 - Resident's Holiday Party 16 - Hanukkah Celebration 31 - New Year's Eve Party</p>

DECEMBER 2017
Town Center/The Inn

<p>ACTIVITY LOCATOR KEY</p> <p>AR- Activity Room ART- Art Room C- Chapel CBC- Cherry Blossom Cafe Conf- Conference Room</p>
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<p>FC- Fitness Center G- George Unit Inn- Assisted Living L- Lobby LL- Lobby Library M- Martha MDR- Main Dining Room</p>
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<p>O- Outing S- Solarium SDR- Springs Dining Room Springs- Healthcare SR- Sky Room T- Theater Town Center- Independent Living</p>
