

ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED	10:30 Chair Exercise - DR 11:00 Rosary - DR 1:30 WU - Moving Meditation - FC	1:15 WU-Stabilization Endurance - FC 1:30 Community Work - Flower Arrangements - M 3:00 Bible Hour - TC -5th	10:00 Seamstress Visit - DS 10:30 Strengthen Exercise - M 1:15 Bingo and Prizes - M 3:45 Ice Cream Social - M	8:00 Making Breakfast - DR 9:30 Tai Chi - FC 10:30 Catholic Service - DR 11:15 Chair Aerobics - M 1:15 WU-Strength Resistance Training - FC	9:30 1:1 Walking Fitness - O 9:45 Dance Aerobics - FC 10:30 Ball Fitness - S 2:00 Shabbat Service - Conf
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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					11:00 Famous People - Woody Allen - M 1:15 Aromatherapy - AR 3:00 Mix and Mingle & December Birthday Celebration w/Me & Martha "Bluegrass/Country" - SR	10:30 Morning Workout - Inn-3rd 11:15 Write Holiday Poems - M 1:15 Trivia Challenge - M 2:30 Bingo - SR 3:45 Farkle Dice Game - Inn-3rd
10:30 WH Church Service - DR 2:30 Sunday Musicale "Swing Into the Holiday" by Christiana Jazz Trio - SR 5:00 Christian Worship Service - SR	11:30 Strolling Accordion by Sylvia -DR 1:30 UNO Card Game - M 3:45 Popcorn Social - M 4:00 Bereavement Group - M	10:30 Baking Session - Holiday Cake - M 11:00 Tips for Holiday - M 3:30 WU-Music Therapy - DR 6:15 Balloon Volleyball - M	11:00 Arts and Crafts - Holiday Wreath - M 2:00 WU - My Favorite Book Discussion - LL 4:00 WU-History Talk: Spain	11:15 Lunch Outing - Olive Garden - O 3:30 Mr. Musicman Bob, vocals/keyboard- DR 6:15 Bowling Night - M	11:00 WU-Famous People: Frank Sinatra - M 1:15 Lovely Manicure - M 3:00 Mix & Mingle w/Jerry Roman, piano "Holiday Tunes" - SR	11:30 Chair Fitness - M 1:15 Trivia Challenge - M 2:00 - 2:30 Betencourt Students' Holiday Piano Recital - SR 3:00 Farkle Dice Game - Inn-3rd
10:30 WH Church Service - DR 1:00 A Candlelight Christmas at The Kennedy Center (\$50.00 ticket) Pls. see Maricel 2:30 "A Jazzy Christmas Tunes" by 13th St. Sax Quartet - SR 5:00 Christian Worship Service - SR	1:30 UNO Card Game - M 3:00 Popcorn Social - M 3:15 Coping w/ Depression - M	10:30 Baking Session - Chocolate Fudge - M 11:00 Storytelling w/Winoka - M 3:30 Country/Bluegrass music - DR 6:15 Frisbee Social - M 7:00 WSH Artist Series: Wakefield Chorale Holiday Concert - SR Hanukkah begins at sundown	11:00 Arts and Crafts - Holiday Ornaments - M 4:00 WU-History Talk - St. Petersburg, Russia - M 7:00 WSH Artist Series: Falls Church Concert Band Holiday Show - SR	1:15 Crafts Corner - Writing Holiday Card - M 3:30 Piano w/James - DR 6:00 Caregivers Support - Conf 6:15 Bowling Night - M	11:00 Let's make Gingerbread - M 1:15 Resident Council Meeting - AR 3:00 Mix & Mingle & Residents Holiday Party w/The Old Dominion Trio - SR	10:30 Morning Workout - Inn-3rd 11:15 Art Coloring - M 12:00 Hanukkah Celebration w/ Gideon - MDR 1:15 Holiday Fun Facts - M 2:30 Obbligato Music Sing-Along & Holiday Recital - SR 3:45 Farkle Dice Game - Inn-3rd
10:30 WH Church Service - DR 2:30 Skytones Holiday Concert - SR 5:00 Christian Worship Service - SR	3:00 Community Sing - Along w/Gideon - DR 3:30 Holiday Caroling - Room Visit	10:30 Baking Session - Old Fashioned Sugar Cookies - M 11:00 Holiday Sing -Along - M 3:30 Piano w/James - DR 6:15 Balloon Volleyball - M	11:00 Short Stories - M 11:30 Tea Party & Holiday Music - DR 2:00 MS Virginia Senior America Talent Show - M 4:00 WU - History Talk: Israel - M	1:15 Crafts Corner - Holiday Painting - M 3:30 Music w/ Marta, viola - DR 6:00 Holiday Lights Scenic Drive - O 6:15 Bowling Night - M Winter begins	10:30 - 12:00 noon Holiday Spa Manicure, Hand Massages & Eggnog 1:15 WU-Famous People: Pope Francis - M 3:00 Mix & Mingle "The Soul Tones of Swing" - SR	10:30 Chair Fitness - Inn-3rd 11:15 Trivia Challenge - M 1:15 Holiday Bingo - SR
10:30 WH Church Service - DR 5:00 Christian Worship Service - SR	MERRY CHRISTMAS! 10:30 Morning Workout - Inn-3rd 11:15 Holiday Stories - M 12:00 Holiday Music w/James - DR 1:15 Sing-Along - Inn-2nd 2:30 Christmas & Big Band Tunes by Ron, vocals/keyboard - SR	10:30 Open Communion - C 10:30 Baking Session Krispy Treats - M 11:00 Tell Us Your Story - M 3:30 The Soul Tones of Swing w/Ernie, vocals/guitar - DR Kwanzaa begins	11:00 Local News - M 4:00 WU - History Talk: New York - M	1:15 Crafts Corner - New Years Card - M 3:15 Battle of the Sexes - SR 3:30 Piano w/James - DR 6:15 Bowling Night - M	11:00 WU-Famous People: Bill Clinton - M 1:15 Aromatherapy - M 3:00 Mix & Mingle w/ Mr. Audrey Harris, singer - SR	10:30 Morning Stretch - Inn-3rd 11:15 Trivia Challenge - M 1:15 New Years Around the World - M 2:30 Bingo - SR 3:45 Farkle Dice Game - Inn-3rd

10:30 WH Church Service - DR
5:00 Christian Worship Service - SR
7:00 PM - 9:30 New Years Eve Party
w/NITEHAWKS Swing Band - SR
(13 piece band)
(You are welcome to bring your own bottle)

NEW YEAR'S EVE

Activities are subject to change.

DECEMBER 2017

The Springs

ACTIVITY LOCATOR KEY

TC- Town Center
C- Chapel
L- Lobby
LL- Lobby Library
FC - Fitness Center

PDR- Private Dining Room
ART - Art Room
DR- Dining Room
AR - Activity Room
MDR - Main Dining Room
S- Solarium
M - Martha Hall

Inn- Assisted Living
O - Outing
SR - Sky Room
Conf- Conference Room
T- Theater
G - George Hall