

Sunday



Monday

****Daily schedule is subject to change based on the needs of the residents****

Tuesday

Wednesday

Thursday

Friday

Saturday

- 9:30 St. Rapheal's Catholic Church Outing **6**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Nondenominational Church Service (2ARER)
- 2:00 Potomac Pride Bingo (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Men's Club (LAC)
- 6:30 Scrabble Tournament (2FGR)

- 9:30 St. Rapheal's Catholic Church Outing **13**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Nondenominational Church Service (2ARER)
- 2:00 Potomac Pound Bingo (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Men's Club (LAC)
- 6:30 Scrabble Tournament (2FGR)

- 9:30 St. Rapheal's Catholic Church Outing **20**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Nondenominational Church Service (2ARER)
- 2:00 Potomac Pride Bingo (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Men's Club (LAC)
- 6:30 Scrabble Tournament (2FGR)

- 9:30 St. Rapheal's Catholic Church Outing **27**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Nondenominational Church Service (2ARER)
- 2:00 Potomac Pound Bingo (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Men's Club (LAC)
- 6:30 Scrabble Tournament (2FGR)

- 10:30 Pet Therapy Visits with Mollie (LAC) **7**
- 11:00 Big Word Little Word (PRDEMR)
- 1:30 Rhythm and Motion with Carol (2ARER)
- 2:30 Aqua-cise with Gail (PBP)
- 2:30 Timeless Learning - American Art (3FSCL)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mindful Meditation (3FFL)
- 6:30 Colorful Whimsical Flowers (2ARER)

- 10:30 Pet Therapy Visits with Mollie (LAC) **14**
- 11:00 Big Word Little Word (PRDEMR)
- 1:30 Rhythm and Motion with Carol (2ARER)
- 2:30 Aqua-cise with Gail (PBP)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mindful Meditation (3FFL)
- 6:30 Colorful Whimsical Flowers (2ARER)

- 10:30 Pet Therapy Visits with Mollie (LAC) **21**
- 11:00 Big Word Little Word (PRDEMR)
- 1:30 Rhythm and Motion with Carol (2ARER)
- 2:30 Aqua-cise with Gail (PBP)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mindful Meditation (3FFL)
- 6:30 Colorful Whimsical Flowers (2ARER)

- 10:30 Pet Therapy Visits with Mollie (LAC) **28**
- 11:00 Big Word Little Word (PRDEMR)
- 1:30 Rhythm and Motion with Carol (2ARER)
- 2:30 Aqua-cise with Gail (PBP)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mindful Meditation (3FFL)
- 6:30 Colorful Whimsical Flowers (2ARER)

- 10:00 Target Shopping Outing **1**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Crossword Puzzle
- 1:15 Catholic Mass Service (3FSCL)
- 1:30 Garden Club (GB)
- 2:00 Balloon Volleyball
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mahjong Club (PRDEMR)
- 6:30 Billiards Competition (2FGR)

- 10:30 Sit and Be Fit Exercise (2ARER) **8**
- 11:00 Juice Bar (2FB)
- 11:00 Scattergories (2ARER)
- 1:15 Catholic Mass Service (3FSCL)
- 1:30 Garden Club (GB)
- 2:00 Calendar Planning
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mahjong Club (PRDEMR)
- 6:30 Billiards Competition (2FGR)

- 10:00 Target Shopping Outing **15**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Brain Fitness with Dana (2ARER)
- 1:15 Catholic Mass Service (3FSCL)
- 1:30 Garden Club (GB)
- 2:00 Coffee Talk with the Executives (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mahjong Club (PRDEMR)
- 6:30 Billiards Competition (2FGR)

- 10:30 Sit and Be Fit Exercise (2ARER) **22**
- 11:00 Juice Bar (2FB)
- 11:00 Scattergories (2ARER)
- 1:15 Catholic Mass Service (3FSCL)
- 1:30 Garden Club (GB)
- 2:00 Cooking with Class
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Mahjong Club (PRDEMR)
- 6:30 Billiards Competition (2FGR)

- 10:30 Sit and Be Fit Exercise (2ARER) **29**
- 11:00 Brain Fitness with Dana (2ARER)
- 1:15 Catholic Mass Service (3FSCL)
- 1:30 Garden Club (GB)
- 3:00 Happy Hour (PTTR)
- 3:30 New Resident Happy Hour (PRDEMR)
- 4:00 Daily Movie (CCT)
- 4:00 Mahjong Club (PRDEMR)
- 6:30 Billiards Competition (2FGR)

- 10:30 Seated Yoga with Kate **2**
- 11:00 Aqua-cise with Gail
- 11:30 Scattergories (2ARER)
- 1:30 Jewelry Making (2ARER)
- 2:30 Flower Arranging (2ARER)
- 3:00 Happy Hour: Pub Trivia (PTTR)
- 4:00 Bridge Club (PRDEMR)
- 4:00 Daily Movie (CCT)
- 6:30 Late night Bingo with Markea (2ARER)

- 10:30 Seated Yoga with Kate **9**
- 11:00 Aqua-cise with Gail
- 11:30 Scattergories (2ARER)
- 1:30 Jewelry Making (2ARER)
- 2:30 Flower Arranging (2ARER)
- 3:00 Happy Hour: Pub Trivia (PTTR)
- 4:00 Bridge Club (PRDEMR)
- 4:00 Daily Movie (CCT)
- 6:30 Late night Bingo with Markea (2ARER)

- 10:30 Seated Yoga with Kate **16**
- 11:00 Aqua-cise with Gail
- 11:30 Scattergories (2ARER)
- 1:30 Jewelry Making (2ARER)
- 2:30 Flower Arranging (2ARER)
- 3:00 Happy Hour: Pub Trivia (PTTR)
- 4:00 Bridge Club (PRDEMR)
- 4:00 Daily Movie (CCT)
- 6:30 Late night Bingo with Markea (2ARER)

- 10:30 Seated Yoga with Kate **23**
- 11:00 Aqua-cise with Gail
- 11:30 Scattergories (2ARER)
- 1:30 Bayada Wellness Talk (2ARER)
- 1:30 Jewelry Making (2ARER)
- 2:30 Flower Arranging (2ARER)
- 3:00 Happy Hour: Pub Trivia (PTTR)
- 4:00 Bridge Club (PRDEMR)
- 4:00 Daily Movie (CCT)
- 6:30 Late night Bingo with Markea (2ARER)

- 10:30 Seated Yoga with Kate **30**
- 11:00 Aqua-cise with Gail
- 11:30 Scattergories (2ARER)
- 1:30 Jewelry Making (2ARER)
- 2:30 Flower Arranging (2ARER)
- 3:00 Happy Hour: Pub Trivia (PTTR)
- 4:00 Bridge Club (PRDEMR)
- 4:00 Daily Movie (CCT)
- 6:30 Late night Bingo with Markea (2ARER)

- 10:00 Potomac Cart Shopping (2ARER) **3**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Virtual Voyages! - New Zealand (2ARER)
- 1:30 Falls Road Park Picnic Outing
- 2:00 Crafty Corner (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Dominos (PRDEMR)
- 6:30 Late Night with Laura (2ARER)

- 10:00 Potomac Cart Shopping (2ARER) **10**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Virtual Voyages! - Venice part 2 (2ARER)
- 11:00 Water Taxi Outing
- 2:00 Crafty Corner (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Dominos (PRDEMR)
- 6:30 Late Night with Laura (2ARER)

- 10:00 Potomac Cart Shopping (2ARER) **17**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Virtual Voyages! - Africa Safari (2ARER)
- 1:30 The Kreeger Museum Outing
- 2:00 Crafty Corner (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Dominos (PRDEMR)
- 6:30 Late Night with Laura (2ARER)

- 10:00 Potomac Cart Shopping (2ARER) **24**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Virtual Voyages! - Paris: Latin Quarter and Notre Dame (2ARER)
- 1:30 Washington National Cathedral Outing
- 2:00 Crafty Corner (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Dominos (PRDEMR)
- 6:30 Late Night with Laura (2ARER)

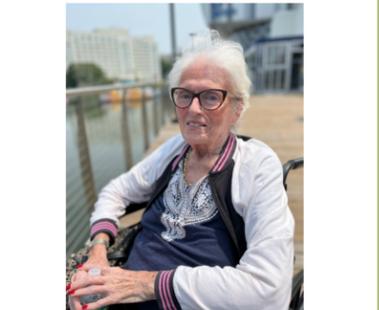
- 10:00 Potomac Cart Shopping (2ARER) **31**
- 10:30 Sit and Be Fit Exercise (2ARER)
- 11:00 Virtual Voyages! - Peru (2ARER)
- 1:30 Strathmore Museum
- 2:00 Crafty Corner (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Dominos (PRDEMR)
- 6:30 Late Night with Laura (2ARER)

- Independence Day **4**
- 10:00 Book Club (LAC)
- 10:00 Jewelry Making (2ARER)
- 11:00 Potomac Pound Bingo
- 1:30 Shabbat with Rabbi David (3FSCL)
- 1:30 Sit and Be Fit Exercise (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Veterans Club (LAC)
- 6:30 Mandalas and Classical Music (2ARER)

- 10:00 Book Club (LAC) **11**
- 10:00 Jewelry Making (2ARER)
- 11:00 Potomac Pound Bingo
- 1:30 Rhythm and Motion with Carol (2ARER)
- 1:30 Shabbat with Rabbi David (3FSCL)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Veterans Club (LAC)
- 6:30 Mandalas and Classical Music (2ARER)

- 10:00 Book Club (LAC) **18**
- 10:00 Jewelry Making (2ARER)
- 11:00 Potomac Pound Bingo
- 1:30 Rhythm and Motion with Carol (2ARER)
- 1:30 Shabbat with Rabbi David (3FSCL)
- 2:30 Jewish Art History (2ARER)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Veterans Club (LAC)
- 6:30 Mandalas and Classical Music (2ARER)

- 10:00 Book Club (LAC) **25**
- 10:00 Jewelry Making (2ARER)
- 11:00 Potomac Pound Bingo
- 1:30 Rhythm and Motion with Carol (2ARER)
- 1:30 Shabbat with Rabbi David (3FSCL)
- 3:00 Happy Hour (PTTR)
- 4:00 Daily Movie (CCT)
- 4:00 Veterans Club (LAC)
- 6:30 Mandalas and Classical Music (2ARER)



- 10:30 Sit and Be Fit Exercise (2ARER) **5**
- 11:00 Word Games with Laura (2ARER)
- 1:30 Walking Club (MIL)
- 2:00 Starlight Presents: Nashville Standard (PRDEMR)
- 3:00 Happy Hour (PTTR)
- 4:00 Billiards Competition (2FGR)
- 4:00 Daily Movie (CCT)
- 6:30 Chinese Checkers (2FGR)

- 10:30 Sit and Be Fit Exercise (2ARER) **12**
- 11:00 Word Games with Laura (2ARER)
- 1:30 Walking Club (MIL)
- 2:00 Starlight Presents: Ty Lyles (PRDEMR)
- 3:00 Happy Hour (PTTR)
- 4:00 Billiards Competition (2FGR)
- 4:00 Daily Movie (CCT)
- 6:30 Chinese Checkers (2FGR)

- 10:30 Sit and Be Fit Exercise (2ARER) **19**
- 11:00 Word Games with Laura (2ARER)
- 1:00 Starlight Presents: Vince Borelli (PRDEMR)
- 2:00 Potomac Pound Bingo
- 3:00 Happy Hour (PTTR)
- 4:00 Billiards Competition (2FGR)
- 4:00 Daily Movie (CCT)
- 6:30 Chinese Checkers (2FGR)

- 10:30 Sit and Be Fit Exercise (2ARER) **26**
- 11:00 Word Games with Laura (2ARER)
- 1:30 Walking Club (MIL)
- 2:00 Starlight Presents: Myca Townes (PRDEMR)
- 3:00 Happy Hour (PTTR)
- 4:00 Billiards Competition (2FGR)
- 4:00 Daily Movie (CCT)
- 6:30 Chinese Checkers (2FGR)



Happy Birthday!

Manijeh S. - 24th

Room Key

1DR = 1st floor- Dining Hemmingway Restuarant
 3DR = 3rd floor- Dining- Serenade Restuarant
 3SCL = 3rd Floor- Serenade Community Lounge
 PR = Piano Room- Duke Ellington Music Room
 SAL = Salon- Coco Chanel Beauty Salon
 MCR = Memory Care- Serenade Restuarant
 2GR = 2nd Floor- Game Room
 PUB = Pub- The Tap Room
 2AR = 2nd- Activities Room- Escapades Room
 LIB = Library- Agatha Christie
 CY1 = Courtyard #1- Koy Pond Courtyard
 CY2 = Courtyard #2- Fountain Courtyard

Activity Type Key

- Active
- Cognitive
- Community
- Dimensional
- Environmental
- Expressive
- Nourishing