


October 2021 Daytime Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October cont'd 31 10:30 🌿 Name that Tune [AR] 11:00 📖 Daily Chronicle [RR] 11:30 Lunch in the dining room 1:30 📖 Alphabet Game [AR] 2:30 🌿 Virtual Church Service [C] 3:00 🌿 Seated Yoga [AR] 3:30 📖 Games and Puzzles [AR] 4:30 Dinner in the dining room		“You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down.” – Mary Pickford	Location Keys Activity Room AR Bistro B Courtyard C Patio PAT Resident Rooms RR Whole Community LH	19520 Sandridge Way Leesburg, VA 20176 703-936-7300	10:30 🌿 Friday Trivia [AR] 1 11:00 Music Therapy 11:30 Lunch in the dining room 12:45 Walking Club [PAT] 1:30 Pictionary with Tina [AR] 3:30 🎵 Bingo! [AR] 4:30 Dinner in the dining room	10:30 🌿 Good News of the Day [RR] 2 10:30 🎨 Morning News [AR] 10:45 📖 Craft Corner [AR] 11:30 Lunch in the dining room 1:30 🎵 Sing along with instruments [AR] 2:30 🎨 Bingo! [AR] 3:30 🌿 Walking Club [LH] 4:30 Dinner in the dining room
10:30 🌿 Name that Tune [AR] 3 11:00 📖 Daily Chronicle [RR] 11:30 Lunch in the dining room 1:30 📖 Alphabet Game [AR] 2:30 🌿 Virtual Church Service [C] 3:00 🌿 Seated Yoga [AR] 3:30 📖 Games and Puzzles [AR] 4:30 Dinner in the dining room	10:30 🎨 Chair Yoga with Vinaya [AR] 4 11:30 Lunch in the dining room 12:45 Walking Club 1:30 bowling 2:00 🎵 Milkshake Monday! [B] 2:30 Chair Workout [AR] 3:30 Ted Talks [AR] 4:30 Dinner in the dining room	10:00 📖 Country Drive [AR] 5 11:30 Lunch in the dining room 12:45 Put Put Golf 2:00 🎵 Baking Club with Tina [AR] 3:30 🎵 Ted Talks: [AR] 4:30 Dinner in the dining room	10:00 🌿 Coffee and Chronicles [AR] 6 11:00 🌿 Chair Workout [AR] 11:30 Lunch in the dining room 12:45 Manicures With Tina 1:30 🎨 Happy Hour [AR] 2:30 Bingo! [C] 3:30 Balloon Volleyball 4:30 Dinner in the dining room	10:00 Coffee and Chronicles 7 10:30 bowling 11:30 Lunch in the dining room 1:30 Trivia [RR] 2:30 🌿 Tell Your Story [PAT] 3:30 🎵 Sing Along with Instruments [AR] 4:30 Dinner in the dining room	10:30 🌿 Friday Trivia [AR] 8 11:00 Music Therapy 11:30 Lunch in the dining room 12:45 Walking Club [PAT] 1:30 Pictionary with Tina [AR] 3:30 🎵 Bingo! [AR] 4:30 Dinner in the dining room	10:30 🌿 Good News of the Day [RR] 9 10:45 📖 Craft Corner [AR] 11:30 Lunch in the dining room 1:30 🎵 Sing along with instruments [AR] 2:30 🎨 Bingo! [AR] 3:30 🌿 Walking Club [LH] 4:30 Dinner in the dining room
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