



# Aarondale Activities - Assisted Living February 1-18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Assisted Living activities are held in the Activity Room unless otherwise noted</p> 	<p>P1- Puzzle Parlor P2 –Piano Parlor Lib-Library L1- 1<sup>st</sup> Floor Living Rm. DR Dining Room CR Small Conference Room</p>	<p>To hear a recording of daily activities, press extension 884” on your Apartment telephone key pad.</p> <p>Parlor Games are Available every evening at 6:00pm in The Puzzle Parlor</p>	<p>1 10:00 Exercise 10:30 Food Forum Committee Meeting 1:30 Bingo 2:00 Sing-A-Long w/Swaim 6:00 Parlor Games P1 6:00 TV Land ch.84 6:30 Walking</p>	<p>2 9:45 Exercise 10:30 Senior Saints St. John Church 1:00 Leisure Ride 12:30 Stretch Exercise 1:30 Music w/Charlie 2:30 Leisure Ride 6:00 Parlor Games P1 6:30 Walking 7:00 Wheel Of Fortune 7:30 Jeopardy</p>	<p>3 10:00 Exercise 10:30 Wii Bowling 1:00 Leisure Ride 2:30 Bingo 2:30 Penny Ante 3:30 Jewish Sabbath 6:00 Let’s Get Fit 6:00 TV Land ch.84 6:00 Parlor Games P1 6:30 Walking</p>	<p>4 11:00 Exercise 12:45 Go Fish 1:30 Reminiscence 2:00 New Notes Piano Students 6:00 Parlor Games P1 7:00 Wheel Of Fortune 7:30 Jeopardy</p>
<p>5 10:00 Worship Service Broadcast Joel Olsen Ch.5 11:00 Sing-A-Long 12:45 Pass Word 1:30 Phase 10 2:30 Ball Toss 6:00 Super Bowl Party 6:00 Parlor Games P1 6:30 Walking</p>	<p>6 10:00 Exercise 10:30 Music Therapist 1:30 Bingo 2:30 Trivia (Lobby) 2:45 Rosary w/Mary 6:00 Parlor Games P1 6:30 Walking 7:00 Wheel of Fortune 7:30 Jeopardy</p>	<p>7 10:00 Exercise 10:30 Valentine’s Day Arrangement w/Elaine Oak Hill Garden Club 12:45 Wii Games 2:00 Religious Service Pastor Thompson 3:00 Scrabble 6:00 TV Land ch.84 6:00 Parlor Games P1 6:30 Walking</p>	<p>8 10:00 Exercise 10:30 Fairfax County Library Access Service w/Kenneth Plummer 12:45 Music w/Chris 2<sup>nd</sup> Floor Laurels 1:30 Bingo 2:30 Leisure Ride 7:00 Wheel of Fortune 7:30 Jeopardy</p>	<p>9 10:00 Exercise 10:30 Valentine’s Day Grief Workshop 1:30 Chicken Soup (Reading) 2:30 Wine &amp; Cheese 6:00 TV Land ch.84 6:00 Parlor Games P1 6:30 Walking</p>	<p>10 10:00 Exercise 11:00 Out To Lunch 1:30 Bingo 2:30 Go Fish 6:00 Parlor Games P1 6:30 Walking Cinema Today’s Movie Larry Crowne PG 13 (Comedy) will be at 10:00am, 1:00 pm and 3:00 pm</p>	<p>11 11:00 Exercise 12:45 Penny Ante 1:45 Jingo 3:00 Music w/Claude 6:00 TV Land ch.84 6:00 Parlor Games P1 6:30 Walking</p>
<p>12 10:00 Worship Service Broadcast Joel Olsen Ch.5 11:00 Fill In The Blank 12:45 Ball Toss 1:30 Jingo 5:30 Valentine’s Day Dinner 6:00 Immanuel Bible Church 6:00 Parlor Games P1 6:30 Walking</p>	<p>13 10:00 Exercise 10:30 Scrabble 1:30 Bingo 2:30 Trivia (Lobby) 2:45 Rosary w/Mary 7:00 Wheel of Fortune 7:30 Jeopardy</p>	<p>14 10:00 Exercise 10:30 UNO 12:45 Music w/Roberta 2<sup>nd</sup> Floor Laurels 2:00 Valentine’s Day Party 3:00 Scrabble 6:00 TV Land ch.84 6:00 Parlor Games P1 6:30 Walking</p>	<p>15 10:00 Exercise 10:30 Fill In The Blank 1:30 Bingo 2:45 Confession CR 3:00 Catholic Mass 6:00 Parlor Games P1 6:30 Walking 7:00 Wheel of Fortune 7:30 Jeopardy</p>	<p>16 10:00 Exercise 10:30 Fill In The Blank 1:30 Music w/Vladimir 2:30 Monopoly 6:00 TV Land ch.84 6:00 Parlor Games P1 6:30 Walking</p>	<p>17 10 :00 Exercise 10:30 Scrabble 1:30 Leisure Ride 2:30 Bingo 6:00 Parlor Games P1 6:00 Let’s Get Fit 6 :30 Walking 7:00 Wheel Of Fortune 7:30 Jeopardy</p>	<p>18 11:00 Exercise 12:45 Chicken Soup Reading 1:45 Go Fish 6:00 Parlor Games P1 6:00 TV Land ch.84 6:30 Walking</p>

# Aarondale Activities - Assisted Living February 19-29

UNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p>10:00 Worship Service Joel Olsen ch.5</p> <p>11:00 You Be The Judge</p> <p>12:45 Chicken Soup Reading</p> <p>1:30 Monopoly</p> <p>6:00 Immanuel Bible Church</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p>	<p>20</p> <p>10:00 Exercise</p> <p>10:30 Music Therapist</p> <p>12:45 Kennedy Center National President's Day Festival Chorus And Eastern Wind Symphony.</p> <p>6:00 Parlor Games</p> <p>6:00 TV Land ch.84</p> <p>6:30 Walking</p>	<p>21</p> <p>10:00 Exercise</p> <p>10:30 Penny Ante</p> <p>12:45 Go Fish</p> <p>2:00 Religious Service Immanuel Church</p> <p>3:00 Mardi Gras Party</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p> <p>7:00 Wheel Of Fortune</p> <p>7:30 Jeopardy</p> 	<p>22</p> <p>10:00 Exercise</p> <p>10:30 UNO</p> <p>1:30 Bingo</p> <p>2:30 Leisure Ride</p> <p>6:00 TV Land ch.84</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p> <p><b>Ash Wednesday</b></p>	<p>23</p> <p>10:00 Exercise</p> <p>10:30 Senior Saints</p> <p>12:45 Leisure Ride</p> <p>2:30 Wine &amp; Cheese</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p> <p>7:00 Wheel of Fortune</p> <p>7:30 Jeopardy</p>	<p>24</p> <p>10:00 Exercise</p> <p>11:00 Out To Lunch</p> <p>2:30 Scrabble</p> <p>2:30 Go Fish</p> <p>6:00 TV Land ch. 84</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p> <p>Cinema</p> <p><b>Today's Movie:</b> <b>One Day PG-13</b> Starring Anne Hathaway and Tom Mison</p> <p>10:00am, 1:00pm and 3:00pm</p>	<p>25</p> <p>11:00 Exercise</p> <p>12:45 Chicken Soup Reading</p> <p>2:45 UNO</p> <p>3:00 Music w/Claude</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p> <p>7:00 Wheel Of Fortune</p> <p>7:30 Jeopardy</p>
<p>26</p> <p>10:00 Worship Service Joel Olsen ch.5</p> <p>11:00 Spelling Bee</p> <p>12:45 Hand Massage</p> <p>1:45 Pass Word</p> <p>6:00 Parlor Games</p> <p>6:00 TV Land ch.84</p> <p>6:30 Walking</p>	<p>27</p> <p>10:00 Exercise</p> <p>10:30 Music w/Claude</p> <p>1:30 Bingo</p> <p>2:30 Trivia (Lobby)</p> <p>2:45 Rosary w/Mary</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p> <p>7:00 Wheel Of Fortune</p> <p>7:30 Jeopardy</p>	<p>28</p> <p>10:00 Exercise</p> <p>10:30 UNO</p> <p>12:45 Music w/Roberta</p> <p>1:45 Root Beer Float</p> <p>3:00 Scrabble</p> <p>6:00 TV Land ch.84</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p>	<p>29</p> <p>10:00 Exercise</p> <p>10:30 Fill In The Blank</p> <p>12:00 Birthday Party DR</p> <p>1:30 Bingo</p> <p>1:45 Leisure Ride</p> <p>2:45 Chicken Soup Reading</p> <p>6:00 Parlor Games P1</p> <p>6:30 Walking</p> <p>7:00 Wheel Of Fortune</p> <p>7:30 Jeopardy</p>	<p><b>Exercise w/Video</b></p> <p><b>Penny Ante-</b> Game with cards to read out loud express opinions, to laugh and engage in simple conversation.</p> <p><b>Go Fish Word Game</b> – Slips of paper you have to answer the question and do what it said.</p> <p><b>Pass Word</b> – Player use clues to get the residents to say the word</p> <p><b>Trivia</b> – Cards with Questions and clues the residents have to guess the answer</p> <p><b>Phase 10</b> –Be the first player to complete a phase called by the dealer such as make a set of three or four or run a set of 7,8,9 or all cards of the same color.</p> <p><b>Set</b> = All cards of the same number. <b>Run</b>= 1,2,3,4,5,6.</p> <p><b>Fill In The Blank-</b> Example things found on a farm use a white board put blanks up and residents call out letters until the blanks or filled in.</p> <p><b>Reminiscence</b> –Recall, Share, Family</p>		