

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Welcome October Trivia 10:30 Chair Fitness 11:00 Daily Chronicles With Helen 11:30 Hymn Sing with John 1:30 Movie Matinee 1:30 Bakers Corner 2:30 Balloon Volleyball 3:00 Ice Cream Social 3:30 Music Circle With Miki 6:00 Movie	10:00 The Daily Chronicle With Moira 10:30 Name That Tune 11:15 Groovercise with Karen 11:00 St Thomas a Becket Mass 11:45 Senses Alive 1:30 Movie Matinee 1:30 Writers Corner 2:30 Tables of Engagement 3:30 Team Sports Games 4:00 What makes Polka-Music And Dance 6:00 Movie	10:00 Sing Along To The Oldies 10:30 Let's Get Fit 11:00 Daily News 1:30 Andy Griffith Show 2:00 Tables of Engagement 2:00 Make Pickles with Micki 3:00 The Glories Of Fall- <i>Slide Show And Discussion</i> 3:45 Arts And Crafts 4:15 It's All About Ozzie and Harriet 6:00 Movie	10:00 This Day In History- <i>Leave It To Beaver's 60th Anniversary</i> 10:30 Kickboxing 11:00 Music Therapy with Josh 1:30 Movie Matinee 1:30 Watercolor Wednesdays 2:30 Balloon Volleyball-Team Games 3:30 Cheese And Wine Social With Pianist/Singer Jimi 4:30 Breathing Exercises 6:00 Movie	10:00 This Day In History- <i>They Call It Harvest Moon</i> 10:30 Outing- Botanical Gardens DC 10:30 Music And Memories With Miki 11:15 Chair Workout /Sensory Moments 1:30 Movie Matinee 2:30 Bakers Corner With Marcy 2:30 Woodshop Workshop With Rodolfo 3:30 Karaoke Hour 4:30 Stretch And Tone 6:00 Movie Sukkot	10:00 Resistance Training 10:45 Tongue Twisters 11:00 Price Is Right 11:30 Echo of Nature 1:30 Movie Matinee 1:30 Tables of Engagement 2:30 Bingo 2:30 Audio Books 3:30 Happy Hour With Live Entertainment-Jazz Guitarist Fred 4:30 Relaxing Moments	10:00 Chair Yoga 10:30 This Day In History 11:00 Front Porch Singers 1:30 Mclean Bible Church Service 1:30 Tables Of Engagement 2:30 Bingo 2:30 Audio Books 3:30 Team Games-Sports 4:30 Piano Recital With Jallin 6:00 Movie
10:00 Earth Science Talk 10:30 Episcopalian Service 11:00 Chair Fitness 11:30 Hymn Sing with John 1:30 Movie Matinee 1:30 Baking with Micki 2:30 Balloon Tennis 3:00 Ice Cream Social 4:00 Travelogue-New York 4:30 Team Games-Golfers Challenge 6:00 Movie	10:00 The History Of Columbus Day 10:30 Columbus Day Trivia 11:15 Oktoberfest 1:30 Movie Matinee 2:30 Tables of Engagement 3:30 Columbus Day Cocktails 4:00 Columbus Day Trivia 4:00 Tables Of Engagement 4:30 Lucky Strike Bowling 6:00 Movie Columbus Day (US) Thanksgiving Day (Canada)	10:00 Poems with Helen 10:30 Chair Dancing 11:15 Word Games 11:45 Resident Spotlight Chuck 1:30 Movie Matinee 1:30 Tables of Engagement 2:30 Circuit For Seniors 2:30 Audio Books 3:30 Name That Tune With Miki 6:00 Movie	10:00 Morning Melodies With Miki 10:00 Bakers Corner-Apple Pies 11:00 Chair Aerobics 11:45 Resident Spotlight-Ken 12:00 Lunch Bunch 1:30 Tables Of Engagement 2:30 Art Therapy 2:30 Writers Corner 3:30 Cheese And Wine Social With Pianist/Singer Jimi 4:30 Ted Talks-Positive Thinking 6:00 Movie	10:00 Morning News With Miki 10:30 Outing-Apple Picking 10:30 Sing Along With Miki 11:15 Chair Yoga 11:45 Fun With Synonyms 1:30 Sensory Moments 2:30 Bingo/Audio Books 3:30 Balloon Volleyball 4:00 Lets Learn Spanish 4:00 Woodshop Workshop With Rodolfo 6:00 Movie	10:00 Patriotic Sing Along 11:00 Chair Aerobics 11:45 Favorite Recipe's 1:30 Movie Matinee 1:30 Tables of Engagement 2:30 Creative Musings 3:00 Front Porch Memories 3:30 Happy Hour With Live Entertainment-Pianist/Singer Grant 4:30 Relaxing Moments 6:00 Movie	10:00 Music And Memories 10:30 Mclean Bible Church Service 10:30 Card Games 1:30 OUTREACH PROJECT - MCLEAN BIBLE CHURCH-LUNCH BAGS FOR THE HOMELESS 1:30 Movie Martine 3:00 Arts And Crafts-Bird Feeders 4:00 History Of Famous Artists 4:30 Pet Therapy With Goose 6:00 Movie
10:00 Newsworthy 10:30 Chair Fitness 11:00 Stories From The Heart 11:30 Hymn Sing with John 1:30 Movie Matinee 1:30 Culinary Corner 2:30 Live Entertainment with Dave Lovins 3:15 Ice Cream Social 4:00 Name That Place 4:30 Team Games-Basketball 6:00 Movie	10:00 Word Teasers With Shirley 10:30 Charades 11:00 American History Trivia 11:30 Groovercise with Karen 1:30 Movie Matinee 1:30 Word Games 2:30 Tables of Engagement 3:30 Circuit For Seniors 4:15 Writers Corner 4:15 Ted Talks-Ageism 6:00 Movie	10:00 Who Am I? 10:30 The History Of Italian - America Heritage -Group Discussion 11:30 Echo of Nature 1:30 The Frank Sinatra Hour 2:30 It's All About Money 3:30 Writers Corner 3:30 Music With Miki 4:30 Stretch And Tone 6:00 Movie	10:00 Baking - Let's celebrate National Cupcakes day with Baking Cupcakes 10:00 Let's Get Fit 10:45 Travelogue-Austria 11:30 Outing: Cheesecake Factory 1:30 The Sounds Of Elvis Presley 2:15 Birthday Celebrations with Live Entertainment-Caribbean Sounds With Gurda 3:30 Bingo /Art Therapy 4:30 Stretch And Tone 6:00 Movie	10:00 Resident Spotlight-Phyllis 10:30 Outing Shenandoah Mountain 10:30 Chair Aerobics 11:15 Sensory Moments 1:30 Tables Of Engagement/Movie Matinee 1:30 Movie Matinee 3:15 The Life And Times Of A squirrel - <i>Slide Show Presentation</i> 4:15 Brain Games 4:15 Woodshop Workshop With Rodolfo 6:00 Movie	10:00 Good Morning News 10:30 Resistance Training 11:15 60's Sing Along 11:45 The Price Is Right -60's 1:30 Gardening Club 1:30 Lawrence Welk Hour 2:30 Tables of Engagement 2:30 Still Life Painting 3:30 Happy Hour With Live Entertainment-District Music 4:30 Meditation Moments 6:00 Movie	10:00 Hand Bells With Marcy 10:30 Mclean Bible Church Service 10:30 Word Games 1:30 Movie Matinee 1:30 Gardening Club 2:30 Tables Of Engagement 3:30 Chair Aerobics 4:15 Writers Corner 4:15 Art Therapy 4:45 Famous Poems And poets 6:00 Movie
10:00 Group Discussion 10:30 Episcopalian Service 11:00 Stretch and Tone 11:30 Hymn Sing with John 1:30 Movie Matinee 1:30 Cards For Our Soldiers 2:30 Charades 2:30 Relaxing Melodies 3:30 The Price is Right 4:15 Basketball Challenge 6:00 Movie	10:00 Word Games With Moira 10:30 Lets Learn Spanish 11:15 Groovercise with Karen 1:30 Movie Matinee 1:30 Sensory Moments-Citrus 2:30 Musical Memories 3:30 Target Golf 3:30 Poetry Corner 4:15 Stretch And Tone 4:45 Brain Teasers 6:00 Movie	10:00 What Am I? 10:30 Brain Games 10:30 Sensory Moments 11:30 Chair Yoga 11:30 Lets Learn Spanish 1:30 The "I Love Lucy Show" 1:30 Tables Of Engagement 2:30 Golfers Challenge-Team Games 3:30 Music Circle 4:30 Stretch And Tone 6:00 Movie	10:00 The Story Of Magic <i>International Magic Week Begin</i> 10:45 Chair Aerobics 11:30 Lets Learn Spanish 11:30 Sensory Moments 1:30 Tables Of Engagement 1:30 Pumpkin Carving 2:30 Bakers Corner Pumpkin Pie 2:30 Luck Tricks And Illusions 3:30 Cheese And Wine Social With Pianist/Singer Jimi 6:00 Movie	10:00 Sleeping Through It-A <i>story Of Hibernation -Slide Show and Discussion</i> 10:30 Outing-National Cathedral 10:45 30 Minute Workout 11:15 Music And Memories 11:45 Fun With Synonyms 1:30 Movie And Popcorn Social 1:30 Halloween Crafts 2:30 Tables Of Engagement 3:30 Team Sports Games 6:00 Movie	10:00 Sportsercise 10:45 The Daily Chronicle with Helen 11:00 This Was The Year-1986 11:30 The Sounds Of The 80's Sing Along 1:30 Tables of Engagement 1:30 Movie Matinee 2:30 Gardening Club 2:30 Art Therapy 3:30 Happy Hour With Bill And Reenu 6:00 Movie	10:00 Resident Spotlight-Eva 10:30 Mclean Bible Church Service 10:30 Brain Games 1:30 Movie Matinee 1:30 Table Games 2:30 Kickboxing 3:30 Reminiscing -School Days 4:00 Hand Bells With Marcy 4:00 Tables Of Engagement 4:30 Balloon Volleyball 6:00 Movie
10:00 Creative Musings 10:30 Daily Chronicles w/ Shirley 11:30 Hymn Sing with John 1:30 Movie Matinee 1:30 Baking with Micki 2:30 Live Entertainment-Tom Stringer 3:30 Chair Work Out 4:00 Music and Memories with Micki 4:30 Group Discussion 6:00 Movie	10:00 Gospel Songs with Evelyn 10:30 The Daily Chronicle With Ken 11:00 The Months Highlights 11:30 Groovercise with Karen 1:30 Movie And Popcorn Social 2:30 Cards For The Forces 3:30 Back In Day-Courting 4:15 Cookie Decorating 4:15 Tables Of Engagement 6:00 Movie	10:00 What Is It? 10:30 Witches Warm Up 11:15 The Story Of Halloween 12:00 Halloween With Children Of The Montessori School 2:30 Spooky Tales And Treats 3:30 Trick Or Treat Reminiscing 4:00 Halloween History 4:30 Humorous Halloween Stories 6-8 HALLOWEEN PARTY Halloween				