

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
Tall Oaks New Year's Party
 11:00 Catholic Mass
 1:30 Movie Matinee/ Tables of Engagement
 2:30 New Year's Resolutions
 3:00 Putting the Past in Order
 3:30 First Time for Everything Trivia
 4:00 Chair Dancing
 6:30 Movie
 New Year's Day

2
 10:00 Harmonizing with Simon and Garfunkel/ Tables OF Engagement
 11:00 Chair Aerobics
 11:30 Junk Drawer Detective
 1:30 Movie Matinee/ Water Color Painting
 2:30 Balloon Volleyball/ Puzzles and Pondering
 3:30 Music Circle
 4:00 The Price is Right Team Games
 6:30 Movie

3
 10:00 Stretch and Tone
 10:30 Mad Libs
 11:00 Resident Spotlight
 11:30 January Trivia
 1:30 Movie Matinee/ Word Puzzles
 2:30 The Price is Right
 3:30 Live Entertainment- Jamming with Jimi
 4:30 Relaxing Moments
 6:30 Movie

4
 10:00 Humorous Senior Moments
 10:30 Chair Dancing
 11:00 Learning Spanish with Kenny
 11:30 Resident Spotlight
 1:30 Movie Matinee/ Tables of Engagement
 2:30 Basketball Challenge
 3:30 Art Therapy
 4:00 Travelogue
 6:30 Movie

5
 10:00 Brain Games
 10:30 Stretch and Tone
 11:00 Music Circle with Marcy
 11:45 Resident Spotlight
 1:30 Movie Matinee/ Tables of Engagement
 2:30 Story Creation
 3:00 Arts and Crafts
 4:00 Word Games
 6:00 Movie: David Lynch: The Art Life

6
 10:00 Music Circle With Marcy
 10:30 Mclean Bible Church
 11:30 Humorous Stories
 1:30 Movie and Popcorn Social
 2:30 Travelogue
 3:30 Bean Bag Toss
 4:00 Tables Of Engagement
 4:30 Audiobook
 6:00 Movie: Glory Road

7
 10:00 Sunday Stretches
 10:30 Episcopal Church Service/ Tables of Engagement
 11:30 Hymn Sing
 1:30 Movie and Popcorn Social/ Art Corner
 3:00 Bingo/ Sensory Moments
 4:00 Karaoke Hour/ Ball Toss
 4:30 Stretch and Tone
 6:30 Movie

8
 10:00 America's Funniest Home Videos
 10:30 Resident Spotlight
 11:15 Groovercise with Karen
 11:00 Name that Tune
 1:30 Movie Matinee/ Puzzles and Pondering
 2:30 Bingo
 3:00 Parachute Pass/ Music of the 50's
 4:00 Karaoke Hour
 6:30 Movie

9
 10:00 Chair Aerobics
 10:30 Patriotic Sing-A-Long
 11:30 Who Am I?- Rocky Graziano
 1:30 Movie Matinee/ Tables of Engagement
 2:30 Charades/ Coupon Clipping
 3:30 Dominos/ Tile Games
 4:30 Famous Painting and Artists
 6:30 Movie

10
 10:00 Stretch and Tone
 10:30 Family Feud
 11:30 Patriotic Sing-A-Long
 1:30 Movie Matinee/ Arts and Crafts
 2:30 Scrapbooking/ Woodworking
 3:30 Live Entertainment- Jamming with Jimi
 4:30 Relaxing Moments
 6:30 Movie

11
 10:00 Music and Memories
 10:30 Stretch and Tone
 11:00 Outing
 11:00 Group Discussion- Healthy Food
 1:30 Movie Matinee/ Puzzles and Pondering
 2:30 Balloon Volleyball
 3:00 Winter Gardens/ The Price is Right
 4:30 Music with Micki
 6:30 Movie

12
 10:00 This Day in History
 10:30 Jivin with Marcy
 11:00 Music Trivia
 11:30 Musical Memories with Marcy
 1:30 Classical Movies
 2:30 Table Top Games
 3:30 Tables of Engagement
 4:30 Chair Yoga
 6:00 Movie

13
 10:00 Music Circle With Marcy
 10:30 Mclean Bible Church
 11:30 Humorous Stories
 1:30 Movie and Popcorn Social
 2:30 Exercise with Marcy
 3:30 Team Sports Games
 4:00 Trivia? Audio Books
 4:30 Tables of Engagement
 6:00 Movie

14
 10:00 Sunday Stretches
 10:30 Inspirational Stories
 11:00 Hymn Sing
 11:45 Resident Spotlight
 1:30 Movie Matinee/ Puzzles and Pondering
 2:30 A Day to Remember- Slide Show/ Board Games
 3:30 Bingo
 4:30 Karaoke
 6:30 Movie

15
 10:00 Tribute to Martin Luther King Facts and Trivia
 11:00 I have a Dream Speech with Eva
 11:15 Groovercise with Karen
 11:00 Bing Cosby Sing-A-Long
 1:30 Movie Matinee/ Art Corner- Doves of Peace Craft
 2:30 Echo of Nature
 3:30 Balloon Volleyball/ Audiobooks
 4:00 Art Therapy
 4:30 Music with Micki
 6:30 Movie
 Martin Luther King Day

16
 10:00 Chair Aerobics
 11:00 Grab Bag
 11:15 Bingo
 1:00 Mad Libs and Cookies with Christie Pace
 1:30 Movie Matinee
 2:30 Birthday Celebration with Live Entertainment- Brian Rudolph
 3:30 Indoor Gardening
 4:30 Sensory Moments- Lotions and Potions
 6:30 Movie

17
 10:00 Chair Yoga
 10:30 Brain Games
 11:30 Bakers Corner/ Reminiscing Radio Shows
 1:30 Movie Matinee/ Discussion Group
 2:30 Darts
 3:30 Live Entertainment- Jamming with Jimi
 4:30 Stretch and Tone
 6:30 Movie

18
 10:00 Spelling Bee
 10:30 Mind and Body Exercise
 11:00 Target Games
 11:30 Seasonal Trivia
 1:30 Outing
 1:30 Movie Matinee
 2:30 Craft Corner with Micki
 3:30 Parachute Pass
 4:30 Karaoke Hour
 6:30 Movie

19
 10:00 Humors News Room Moments
 10:30 Chair Dancing
 11:00 80's Karaoke Hour
 11:30 Bowling
 1:30 Movie
 1:30 Tables of Engagement
 2:30 Happy Hour with Live Entertainment- Gurda
 3:30 Word Games/ Audiobooks
 4:15 Ageism
 6:00 Movie

20
 10:00 Music Circle With Marcy
 10:30 Mclean Bible Church
 11:30 Let's Get Physical
 1:30 Movie and Popcorn Social
 1:30 Tables of Engagement
 2:30 Exercise Program
 3:30 Team Sports Games
 4:30 Chair Yoga
 6:00 Movie

21
 10:00 Sunday Stretches
 10:30 Episcopal Church Service
 1:30 Movie Matinee/ Tables of Engagement
 2:30 Live Entertainment-Dave Lovins Accordionist
 3:30 Balloon Volleyball/ Audiobooks
 4:15 Card Games
 4:45 Stretch and Tone
 6:30 Movie

22
 10:00 This Day in History
 10:30 Charades
 11:00 Resident Spotlight
 11:15 Groovercise with Karen
 11:00 Brain Games
 1:30 Movie Matinee/ Puzzles and Pondering
 2:30 Kickball Team Games/ Tables of Engagement
 3:30 Day-to-Day Calendar Craft
 4:30 Mediation Moments
 6:30 Movie

23
 10:00 Chair Dancing
 10:30 Wii Games- Jeopardy
 11:30 Jonny Cash Sing-A-Long
 1:30 Movie Matinee/ Writers Corner
 2:30 Balloon Tennis
 3:00 Inspirational Stories
 3:30 Sensory Moments
 4:30 Water Color Painting/ Radio Shows
 6:30 Movie

24
 10:00 America's Funniest Home Videos
 10:30 Resistance Training
 11:00 Name that Tune
 11:30 Music and Memories with Micki
 1:30 Movie Matinee
 2:30 Canvas Creations
 3:30 Live Entertainment-Jamming with Jimi
 4:30 Word Games
 6:30 Movie

25
 10:00 School Time Reminiscing
 10:30 Corn Hole Toss
 11:00 Outing
 11:00 Finish the Phrase
 11:30 Coupon Clipping
 1:30 Movie Matinee/ Tables of Engagement
 2:30 Bingo
 3:30 Winter Olympic Games History/ Games
 4:30 70's Sing-A-Long
 6:30 Movie

26
 10:00 This Day in History Rocky Mountain National Park
 10:30 Chair Yoga
 11:00 Balloon Tennis
 11:30 Trivia Pursuit
 1:30 Movie Matinee
 2:30 Mad Libs
 3:00 Poetry Corner/ Craft Creation
 3:30 Puzzles and Pondering
 4:30 Name that Tune
 6:00 Movie
 Australia Day

27
 10:00 Music Circle With Marcy
 10:30 Mclean Bible Church
 11:30 Poetry and Prose
 1:30 Movie and Popcorn Social
 2:30 Tables of Engagement
 3:00 Snow Paintings/Exercise
 3:30 Ball Games with Marcy
 4:15 Stretch and Tone
 4:30 Musical Books
 6:00 Movie

28
 10:00 Chair Dancing
 10:30 Hymn Sing
 11:15 Inspirational Quotes
 1:30 Movie and Popcorn Social/ Art Corner
 2:30 Basketball Team Games
 3:00 Probowl Celebration/ Viewing Party- Ice Cream Social
 4:30 Music and Memories
 6:30 Movie

29
 10:00 Monday Mad Libs
 11:00 Spanish with Kenny
 11:15 Groovercise with Karen
 1:30 Movie Matinee/ Puzzles and Pondering
 2:00 Indoor Gardening
 3:00 Bingo
 4:00 Board Games/ Audio Book
 6:30 Movie

30
 10:00 This Day In History
 10:30 Kickboxing
 11:00 Haring-Inspired Dancing Figures and Pondering
 1:30 Movie Matinee
 2:00 Plants and Animals Trivia
 3:00 Circuit for Seniors
 4:00 Music with Micki/ Poetry Corner
 6:30 Movie

31
 10:00 Poetry with Eva
 10:30 Resistance Training
 11:00 Name that Tune
 1:30 Movie Matinee/ Discussion Group
 2:30 Golfers Challenge/ Audiobooks
 3:30 Live Entertainment- Jamming with Jimi
 4:30 Stretch and Tone
 6:30 Movie
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Rose Garden Activities Calendar



12052 North Shore Drive Reston, Virginia 20190

Schedule is subject to change and will be noted on the daily calendars