


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Humorous Stories 10:30 Bible Trivia 11:00 Hymn Sing With Marcy 11:45 Sports Workout 1:30 Tables Of Engagement 2:30 Bingo/Arts 3:00 Ice Cream Social 3:30 Balloon Volleyball 4:15 Karaoke Hour Canada Day</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Humorous Senior Moments 10:30 Monday Morning News 11:00 GROOVERCISE WITH KAREN 11:45 Historical Trivia 1:30 The Lawrence Welk Hour 1:30 Time to Relax 2:30 Time to Bake 2:30 Puzzles And Pondering 3:15 Table Top Tennis 4:00 Patriotic Sing along 4:30 Dining Setup/ Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00: <b>Outing to the Sweet Frog</b> 10:30 Finish the Phrase 11:00 The Price is right 11:30 Workout with Carolyn 1:30 Time to Relax 2:00 Cold Cooking with Carolyn 2:30 Memory Lane 3:00 Tables of Engagement 4:00 Hymn Sing 4:30 Current Events 4:30 Dining Set-up/ Pre meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Resistance Training 10:45 Discuss and Recall- Independence Day  11:30 JULY 4<sup>TH</sup> CELEBRATION WITH LIVE ENTERTAINMENT-Reston Folk Club 2:00 PM Bomb Pop's on the Patio Independence Day</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 News and Views 10:30 Music Circle With Micki 11:30 The Price is Right 1:30 Time to Relax 1:30 Bowling 2:30 Bingo 3:30 Celebrate Name That Tune Day! 4:30 Chair Aerobics 4:30 Dining Setup/ Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Discuss and Recall- Professions 10:45 Chair Aerobics 11:00 Parachute Exercise 1:30 Walking Club 1:30 What Comes Next 2:30 Travelogue- China 3:15 Mocktails and Music with Marcy 4:00 Sensory Moments 4:30 Cars Trivia 4:30 Dining Set Up/Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Chair Aerobics 11:00 Sand Art 1:30 Movie And Popcorn Social 1:30 Mclean Bible Church 2:30 No Stress Art 3:00 Singing With Marcy 4:00 Welcome To July 4:30 July Trivia 4:30 Dining Setup/ Pre Meal Fun 6 Movie</p>
<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Inspirational Stories 10:30 Hymn Sing With Miki 11:15 Sports Workout 11:45 Finish The Phrase 1:30 Time to Relax 2:30 Pass The Parachute /Audio Books 3:00 Travelogue /Ice Cream Social 4:00 Trivia</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Humorous Senior Moments 10:30 Monday Morning News 11:00 GROOVERCISE WITH KAREN 11:30 Drum Circle 1:30 Frank Sinatra Live In Concert 1:30 Time to Relax 3:30 Team Sports Games 3:30 Sensory Moments 4:30 Country Classics Sing Along 4:30 Dining Setup/Pre-meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 This Day in History 10:30 Stretch and Tone 11:15 Pass The Parachute 1:30 Time to Relax 1:30 Puzzles and Pondering 2:30 National Blueberry Muffin Day-Bakers Corner 2:30 Watch MLB All-Star Game 3:30 What Did It Cost 4:30 Neil Diamond Sing Along 4:30 Dining Setup/Pre-meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 This day in History 10:30 Walking with Ms Minnie 10:30 Tea Social on the Patio 11:15 Zumba Gold 11:45 Animal Trivia 1:30 Time to Relax 1:30 Bakers Corner- Cookie Pizzas 2:30 Lighting Round List It! 3:15 <b>Cheese and Wine Social</b> 4:30 Audio Books 4:30 Dining setup/ Pre meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 News and Views 10:30 <b>Outing- IHOP</b> 10:30 Travelogue- Greece 11:30 Frank Sinatra Sing Along 1:30 Time to Relax 1:30 Tables of Engagement 2:30 Police Officer Appreciation Bags 4:00 Balloon Volley Ball 4:30 Chair Aerobics 4:30 Dining Setup/Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 This Day In History 10:30 Cranium Crunches 11:00 Roy Lichtenstein Pop Art 1:30 Walking Club 1:30 Time to Relax 2:15 Fabulous Friday Social Hour on the Patio" Live Music " Judha" 3:30 The Price is Right 4:30 Bean Bag Target 4:30 Dining Setup/ Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Stretch And Tone 10:30 Mclean Bible Church 11:30 Patriotic Sing Along 1:30 Movie And Popcorn Social 1:30 Art Club 2:30 Lucky Strike Bowling 2:30 Tables Of Engagement 3:30 Sing Along With Marcy 4:30 Chair Workout 4:30 Dining Setup/ Pre Meal Fun 6:00 Movie</p>
<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Good News Stories 10:30 Hymn Sing With Miki 11:15 Chair Aerobics 11:45 Ball Toss 1:30 Time to Relax 2:00 Ice Cream Social 2:30-Dave Lovins, Accordionist 3:30 Life Stories 4:15 Word Games</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Humorous Senior Moments 10:30 Monday Morning News 11:00 GROOVERCISE WITH KAREN 11:45 World Trivia 1:30 Time to Relax 2:30 Echo of Nature 3:15 Tables of Engagement 4:00 Travelogue- Turkey 4:30 Show Tunes Sing Along 4:30 Dining Setup/Pre-meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 This Day in History 10:30 Target Golf 11:30 Workout with Carolyn 1:30 Movie Matinee 1:30 Puzzles and Pondering 2:00 Music In The Air With DJ Bill /Jean 3:00 Bakers Corner 3:00 Tables of engagement 4:00 Oldies Sing Along 4:30 Dining Setup/ Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Good Morning News 10:30 Morning Social on the Patio 10:30 Walking with Ms. Minnie 11:30 Team Ball Games 1:30 Time to Relax 1:30 Gardening Club 2:30 Circuit Games 3:00 Wine &amp; Cheese Social 4:30 Audio Books 4:30 Dining Set-up/ Pre meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 News and Views 10:30 <b>Outing- Sweet Frog</b> 10:30 Kickball 11:30 Word Games 1:30 Movie Matinee 1:30 July Craft 1:30 Time to Relax 2:30 Sensory Moments 3:30 Music on the Patio 4:30 Chair Aerobics 4:30 Dining Setup Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Resident Spotlight- Chuck 10:30 Who am I? 11:00 Ring Toss 1:30 Time to Relax 1:30 Walking Club 1:30 Jewish Services 2:15 Monthly Birthday Party with Gurda 3:15 Making Spinning Sun catchers 4:00 Workout with Activities 4:30 50's Sing Along 4:30 Dining Setup Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Stretch And Tone 10:30 Mclean Bible Church 11:30 Word Games 1:30 Movie And Popcorn Social 1:30 Art Club 2:30 Golfers Challenge 3:30 Sing Along With Marcy 4:30 Chair Aerobics 4:30 Dining Setup/Pre Meal Fun 6:00 Movie</p>
<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 News And Views 10:30 Hymn Sing With Miki 11:15 Bible Stories 1:30 Time to Relax 2:30 Bingo /Arts 3:00 Ice Cream Social 3:30 Travelogue-Australia 3:30 Table Games 4:15 Bocce/Sensory Moments</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Humorous Senior Moments 10:30 Monday Morning News 11:00 GROOVERCISE WITH KAREN 11:45 USA Trivia 1:30 James Taylor In Concert 1:30 Time to Relax 2:30 Sip and Paint 3:30 Balloon Volleyball 4:00 Celebrate National Tell an old Joke's 4:30 Moving and Grooving 4:30 Dining Setup/pre-meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Music with Carolyn 10:30 Finish the Phrase 11:00 The Price is right 11:30 Balloon Volleyball 1:30 Time to Relax 2:00 Field Day 3:00 Tables of Engagement 4:00 Eat Right 4:30 Dining Set-up/Pre meal fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Good Morning News 10:30 Tea Social on the Patio 10:30 Waking with Ms. Minnie 11:15 Zumba Gold 11:15 Lunch at Bungalow Lakehouse 11:45 Sports Trivia 1:30 Movie Matinee/Gardening Club 3:00 Wine and Cheese Entertainment /JJ 4:00 Who Am I? 4:30 Audio Books 4:30 Dining Set up/ Pre Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 News and Views 10:30 <b>Outing- Scenic Ride</b> 10:30 Foam Ball Fitness 11:15 Then Vs Now 1:30 Time to Relax 2:30 America Trivia 3:00 Chair Aerobics 3:45 Music from the 40's 4:30 Reminiscing on the Patio 6:00 Dining Setup/ re Meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Resident Spotlight- Eva 10:30 July Birthday Quiz 11:00 Balloon Volley Ball 1:30 Walking Club 1:30 Tables Of Engagement 2:30 Fabulous Friday Social Hour on the Patio with Charlie Lopez 3:30 Sensory Moments 4:00 Karaoke Hour 4:30 Dining Setup/ Pre meal Fun</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Stretch And Tone 10:30 Mclean Bible Church 11:30 Balloon Volleyball 1:30 Movie And Popcorn Social 1:30 Art Club 2:30 Bocce 2:30 Tables Of Engagement 3:30 Sing Along With Marcy 4:30 Sports Workout 4:30 Dining Setup/Pre Meal Fun 6:00 Movie</p>
<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Americas Funniest Videos 10:30 Hymn Sing With Miki 11:15 Chair Workout 1:30 Time to Relax 2:30 Bingo/Arts 3:00 Ice Cream Social 3:30 Travelogue-China 3:30 Writers Corner 4:15 Team Sports Games</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI) 10:00 Humorous Senior Moments 10:30 Monday Morning News 11:00 GROOVERCISE WITH KAREN 11:45 Bible Trivia 1:30 American Patriotic Songs 1:30 Time to Relax 2:30 No Stress Art 3:00 Pirate Themed Party 4:30 Dining Set-up/ Pre Meal Fun</p>	<p>This calendar is subject to change, please see updates on daily schedules &amp; Locations Key.</p>				



## July 2018 Rose Garden Neighborhoods & Namaste Suite

Please see the Spiritual calendars on the bulletin board and in Tall Oaks Newsletters