

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY















# JANUARY 2019

## Arleigh Burke Assisted Living

LEGEND	
CB	Community Building (3rd Floor)
VH	Vinson Hall (Penthouse Level)
DR	Dining Room (1st Floor)
GAL	Galley (1st Floor)
LR	Living Room (1st Floor)
MPR	Multi-Purpose Room (2nd Floor)
PAT	Patio (1st Floor)
PS	Portside (2nd Floor NU 400)
SB	Starboard (2nd Floor NU 300)
TH	Theater (1st Floor)
LIB	Library

COUNTRY OF THE MONTH: AUSTRALIA		1	2	3	4	5
		<b>NEW YEAR'S DAY</b> 10:00 Daily Chronicle SB 10:30 Fit & Trim SB 11:00 First Time for Everything Trivia SB 1:00 Televised Bowl Games SB 1:30 Holiday Feature Movie: PS 4:00 Virtual Concert PS	10:00 News & Views LR 10:30 Mind Joggers LR 11:00 Origins of the Science Fiction Genre SB 1:30 Book Club PS 2:00 Cooking Demo: Sweet & Sour Chips PS 3:00 <b>Spiritual Enrichment with Scott</b> PS 4:00 Order of Events SB 4:30 Sci-Fi Theme Songs SB	10:00 <b>Groove with Karen</b> SB 10:30 Chat Pack LR 11:00 History Talk: Paul Revere & the Rev. War SB 1:30 Movie Matinee: <i>Hello, Dolly!</i> TH 2:00 A & C: Easy Weave Coasters PS 3:00 B I N G O PS 4:00 Wine & Cheese LR 4:00 January Hit Songs SB	10:00 News & Views SB 10:30 <b>Catholic Service</b> LIB 11:00 <b>Fitness with George</b> PS 11:30 8 Strange Birds PS 1:30 Documentary: Gracie Burns: The Better Half SB 2:00 Indoor Gardening GAL 2:30 Basketball SB 3:00 Kim's Choice PS 4:00 Virtual DJ SB	10:00 Extra, Extra SB 10:30 Balloon Exercises SB 11:00 A & C: Flower Art SB 1:30 Movie Matinee: <i>My Big Fat Greek Wedding 2</i> (soda & popcorn provided) MPR 4:00 Jazz Spotlight: Louis Armstrong SB 4:00 <b>Catholic Service</b> VH
		<b>SCIENCE FICTION DAY</b> 10:00 Coffee & Conversation LR 10:30 Brain Teasers LR 11:00 Splish Splash: 'Takin' a Bath GAL 1:30 Book Club SB 2:15 Balloon Toss SB 3:00 Happy Hour LR 4:00 The Best of Elvis SB	10:00 Cookies and Conversation w/Laurel LR 11:00 Mind Joggers LR 11:45 <b>Fitness with George</b> GAL 1:30 <b>Concert with Thomas Pandolfi</b> DR 3:00 <b>Spiritual Enrichment With Scott</b> PS 4:00 Grapes From Europe PS	10:00 <b>Groove with Karen</b> SB 10:30 Table Talk LR 11:00 MLK Adult Coloring PS 11:30 <b>Lunch Outing: Four Provinces</b> TH 1:30 Movie Matinee: <i>The Music Man</i> TH 2:00 Staff Choice PS 3:00 B I N G O PS 4:00 Wine & Cheese LR 4:00 1940's You Tube Sing Along SB	10:00 News & Views SB 10:30 <b>Catholic Service</b> LIB 11:00 <b>Fitness with George</b> PS 11:30 History of Tea PS 1:30 Documentary: J. Edgar Hoover SB 2:00 Indoor Gardening GAL 2:30 Globe Ball Toss PS 3:00 Board Game: Headbandz PS 4:00 <b>Concert with Carol Chandler</b> PS	10:00 Extra, Extra SB 10:30 Balloon Exercises SB 11:00 <b>McLean Presbyterian Church</b> SB 1:30 Movie Matinee: <i>Quiz Show</i> (soda & popcorn provided) MPR 4:00 Jazz Spotlight: Ella Fitzgerald SB 4:00 <b>Catholic Service</b> VH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13</p>  <p>10:00 <b>Yoga with Kevin</b> SB                      10:30 Daily Chronicles SB                      11:00 James Earl Jones Bio SB                      1:30 Movie Matinee: <i>We Are Marshall</i> MPR                      2:00 One to One Visits                      3:00 B I N G O PS                      4:00 Hymn Sing SB</p>	<p>14</p> <p>10:00 Coffee &amp; Conversation LR                      10:30 Trivia Challenge LR                      11:45 <b>Fitness with George</b> GAL                      11:30 Picture ID PS                      1:30 Movie Matinee: TBA TH                      2:00 Classic TV: Rhoda SB                      2:00 Paro Visits                      3:00 Card Games GAL                      4:00 Virtual DJ SB</p> 	<p>15</p> <p>10:00 Coffee &amp; Conversation LR                      10:30 Brain Teasers LR                      11:00 <b>Smithsonian Art Speaker</b> MPR                      2:00 Cooking Demo: Southern Palmento Cheese GAL                      3:00 Happy Hour LR                      4:00 <b>Surprise Performer</b> DR</p>	<p>16</p> <p>10:00 Cookies and Conversation w/Laurel LR                      11:00 Mind Joggers LR                      11:45 <b>Fitness with George</b> GAL                      2:00 <b>Pop Over Social</b> PS                      3:00 <b>Spiritual Enrichment With Scott</b> PS                      4:00 <b>Concert with Bob R.</b> DR</p>	<p>17</p>  <p>10:00 <b>Groove with Karen</b> SB                      10:30 Chat Pack LR                      11:00 Happy Birthday, Betty White! SB                      1:30 Movie Matinee: TBA TH                      2:00 A &amp; C: Flower Arranging GAL                      3:00 B I N G O PS                      4:00 Wine &amp; Cheese LR                      4:00 Tony Bennett Tunes SB</p>	<p>18</p>  <p>10:00 News &amp; Views SB                      10:30 Catholic Service SB                      11:00 <b>Fitness with George</b> LIB                      11:30 Hawaii Fun Facts PS                      1:30 Documentary: US Mint SB                      2:00 Indoor Gardening GAL                      2:30 Shuffleboard PS                      3:00 Board Game: Scattegories PS                      4:00 1950's You Tube Sing Along SB</p>	<p>19</p> <p>10:00 Extra, Extra SB                      10:30 Balloon Exercises SB                      11:00 A &amp; C: Bubble Wrap Art SB                      1:30 Movie Matinee: <i>Radio</i> MPR                      (soda &amp; popcorn provided)                      4:00 Jazz Spotlight: Benny Goodman SB                      4:00 <b>Catholic Service</b> VH</p>
<p>20</p>  <p>10:00 <b>Yoga with Kevin</b> SB                      10:30 Daily Chronicles SB                      11:00 Armchair Travel: Australia SB                      1:30 Movie Matinee: <i>J. Edgar Hoover</i> MPR                      2:00 One-to-One Visits                      3:00 B I N G O PS                      4:00 Hymn Sing SB</p>	<p>21</p> <p><b>MLK DAY</b> </p> <p>10:00 Extra, Extra SB                      10:30 Head to Toe Workout SB                      11:00 Reflections of MLK SB                      11:30 Pop Culture Trivia PS                      1:30 Movie Matinee: TBA TH                      2:00 Paro Visits                      2:00 Classic TV: Mary Tyler Moore SB                      3:00 Card Games GAL                      4:00 <b>Concert w/Jeff Pace</b> PS</p>	<p>22</p> <p>10:00 Coffee &amp; Conversation LR                      10:30 Brain Teasers LR                      11:00 Group Jeopardy! SB                      1:30 Book Club SB                      2:15 A &amp; C: Door Décor GAL                      3:00 Happy Hour LR                      4:00 1960's You Tube Sing Along SB</p>	<p>23</p> <p>10:00 Cookies and Conversation w/Laurel LR                      11:00 Constitution Quiz LR                      11:45 <b>Fitness with George</b> GAL                      2:00 <b>Jan. Birthday Celebration</b> SB                      3:00 <b>Spiritual Enrichment with Scott</b> PS                      4:00 <b>Concert with Gurda</b> DR</p> 	<p>24</p> <p>10:00 <b>Groove with Karen</b> SB                      10:30 Table Talk LR                      11:00 Essential Oils SB                      1:30 Movie Matinee: TBA TH                      1:30 <b>Scenic Drive</b>                      3:00 B I N G O PS                      4:00 Wine &amp; Cheese LR                      4:00 Positive Thinking SB</p> 	<p>25</p> <p>10:00 News &amp; Views SB                      10:30 Squirrely Facts SB                      10:30 <b>Catholic Service</b> LIB                      11:00 <b>Fitness with George</b> PS                      11:30 10 Keys to Happy Life PS                      1:30 Documentary: President McKinley SB                      2:00 Indoor Gardening GAL                      2:30 Skeetball PS                      3:00 Board Game: Outburst PS                      4:00 Virtual DJ DR</p>	<p>26</p> <p>10:00 Extra, Extra SB                      10:30 Balloon Exercises SB                      11:00 <b>McLean Presbyterian Church</b> SB                      1:30 Movie Matinee: TBA MPR                      (soda &amp; popcorn provided)                      4:00 Jazz Spotlight: Duke Ellington SB                      4:00 <b>Catholic Service</b> VH</p>
<p>27</p>  <p>10:00 <b>Yoga with Kevin</b> SB                      10:30 Daily Chronicles SB                      11:00 <b>Unveiled Voices: Mahloh</b> MPR                      1:30 Movie Matinee: TBA MPR                      2:00 One-to-One Visits                      3:00 B I N G O PS                      4:00 Hymn Sing SB</p>	<p>28</p> <p>10:00 Coffee &amp; Conversation LR                      10:30 Trivia Challenge LR                      11:45 <b>Fitness with George</b> GAL                      11:30 The Benefits of Doing PS                      1:30 Movie Matinee: TBA TH                      2:00 Paro Visits                      2:00 Classic TV: Rhoda SB                      3:00 Card Games GAL                      4:00 Virtual Concert SB</p> 	<p>29</p> <p>10:00 Coffee &amp; Conversation LR                      10:30 Brain Teasers LR                      11:00 <b>Concert with Doug P</b> PS                      1:30 Book Club SB                      2:15 Cooking Demo: Peanut Butter Loaf GAL                      3:00 Happy Hour LR                      4:00 Oprah Winfrey Bio PS</p> 	<p>30</p> <p>10:00 Cookies and Conversation w/Laurel LR                      11:00 Mind Joggers LR                      11:45 <b>Fitness with George</b> GAL                      1:30 Book Club PS                      2:15 Special Activity: Making Ice Cream in a Bag GAL                      3:00 <b>Spiritual Enrichment With Scott</b> PS                      4:00 1970's You Tube Sing Along SB</p>	<p>31</p> <p>10:00 <b>Groove with Karen</b> SB                      10:30 Chat Pack LR                      11:00 Women's First... SB                      1:30 Movie Matinee: TBA TH                      2:00 Surprise Activity GAL                      3:00 B I N G O PS                      4:00 Schubert's Music SB                      4:00 Wine &amp; Cheese LR</p>	 <div style="background-color: #800000; color: white; padding: 10px; text-align: center;"> <p>Any additions or changes to the activity calendar will be posted on the daily flyer.</p> </div>	

