

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>10:00 Sit and Get Fit with Miriam <b>1</b></p> <p>11:00 Residents' Shopping Trip to Dollar Tree (Please sign up with Miriam O. or Concierge.)</p> <p>1:30 October Trivia and Word Games</p> <p>2:30 Table Games</p> <p>3:30 Indoor Games</p>	<p>Dr. Appt. Transportation Day <b>2</b></p> <p>10:00 Chair Yoga</p> <p>11:00 About Rosh Hashanah (Virtual Program)</p> <p>1:30 BINGO</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>3:30 Movie Matinee: "Ghostbusters: Afterlife" (2021)</p> <p style="text-align: center;">Rosh Hashanah Begins</p>	<p>NP Visits <b>3</b></p> <p>10:00 Sit and Get Fit with Miriam</p> <p>11:30 Residents' Lunch Outing to "Ciao Osteria"</p> <p>2:30 Table Games</p> <p>3:30 Creative Crafting- "Pearl Ghost" Make Your Own Jewelry Art (Art Studio)</p>	<p>Geriatric Dr. Visits <b>4</b></p> <p>National Taco Day</p> <p>10:00 Balloon Badminton with Vicki</p> <p>10:30 Daily Chronicle</p> <p>1:30 BINGO</p> <p>3:00 Happy Hour</p> <p>3:30 Word Games</p> <p>4:00 Trivia</p>	<p>10:00 Morning Exercise <b>5</b></p> <p>10:30 Daily Chronicle</p> <p>1:30 Table Games with Vicki (Bistro)</p> <p>1:30 Movie Matinee- Residents Choice (Monument Room)</p> <p>3:00 Make Your Own Jewelry with Vicki (Art Studio)</p>
<p>9:00 Morning Walk with Miriam <b>6</b></p> <p>10:00 Non-Denominational Service Video- "Courage" (Monument Room)</p> <p>11:00 Music and Manicures (Art Studio)</p> <p>1:00 Football Sunday- Watch Browns vs Commanders on FOX (Monument Room)</p> <p>3:00 Oktoberfest Ends- Afternoon Social (Monument Room)</p>	<p>Dr. Appt. Transportation Day PA Visits <b>7</b></p> <p>10:30 Catholic Rosary and Communion</p> <p>1:15 Live Musical Entertainment with Guitarist Eric Highsmith</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>3:30 Decorate Pumpkins with Students Volunteers</p> <p>5:00 Festive Dinner- "Surf'n Turf" (Dining Room)</p>	<p>10:00 Sit and Get Fit with Miriam <b>8</b></p> <p>11:00 Shopping Trip to Target (Please sign up with Miriam O. or Concierge.)</p> <p>1:30 Table Games</p> <p>3:00 2024 Presidential Election Early Voting Transportation (Sign up at Concierge)</p>	<p>Dr. Appt. Transportation Day <b>9</b></p> <p>10:00 Chair Yoga</p> <p>1:30 BINGO</p> <p>2:30 Fall Afternoon Social and Creative Crafting with Dominion Woman's Club Volunteers</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>4:00 Movie Matinee: "Hocus Pocus" (1993)</p>	<p>NP Visits <b>10</b></p> <p>10:00 Sit and Get Fit with Miriam</p> <p>10:00 *Weather Permitting* Visit the National Museum of the Marine Corps and Lunch at "Tun Tavern" (Sign-up with Concierge)</p> <p>3:00 Movie Matinee: "Beetlejuice", (1988) (Monument Room)</p> <p style="text-align: center;">Yom Kippur Begins</p>	<p>10:00 Balloon Badminton <b>11</b></p> <p>10:30 Daily Chronicle</p> <p>11:00 About Yom Kippur (Virtual Program)</p> <p>1:30 Resident Council Meeting</p> <p>2:30 October Birthdays Celebration</p> <p>3:00 Happy Hour</p> <p>3:30 Word Games</p> <p>4:00 Trivia</p>	<p>10:00 Morning Exercise <b>12</b></p> <p>10:30 Daily Chronicle</p> <p>1:30 Movie Matinee- Residents Choice (Monument Room)</p> <p>3:00 Afternoon Social in the Bistro- Celebrating National Hispanic Day</p>
<p>"Pink Out"-Wear Pink Day <b>13</b></p> <p>9:00 Morning Walk with Miriam</p> <p>10:00 Non-Denominational Service Video- "Blessing" (Monument Room)</p> <p>11:00 2024 Presidential Election Early Voting Transportation (Sign up with Miriam or Concierge)</p> <p>1:00 Watch Commanders vs Ravens on CBS (Monument Room)</p> <p>3:00 Afternoon Social</p>	<p>Dr. Appt. Transportation Day PA Visits <b>14</b></p> <p>10:30 Catholic Rosary and Communion</p> <p>11:00 About Today's Holidays (Open Discussion- Art Studio)</p> <p>1:30 BINGO</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>3:30 Card Games (Monument Room)</p> <p style="text-align: center;">Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</p>	<p>"National "I love Lucy" Day" <b>15</b></p> <p>11:00 Shopping Trip to Walmart (Please sign up with Miriam O. or Concierge.)</p> <p>1:30 Most Loved Moments with Lucy (Virtual)</p> <p>2:30 "Thirsty Tuesday"- Afternoon Social and Chocolate Tasting</p> <p>4:30 Residents' Dinner Outing to "Travinia" Italian Kitchen in Leesburg- Caleb Nei Performing</p>	<p>Dr. Appt. Transportation Day <b>16</b></p> <p>Dental Clinic on Site</p> <p>10:00 Chair Yoga</p> <p>11:00 About Sukkot (Virtual Program)</p> <p>1:30 BINGO</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>3:30 Music and Manicures</p> <p>3:30 Movie Matinee: "Boo! A Madea Halloween" (2016)</p> <p style="text-align: center;">Sukkot Begins</p>	<p>NP Visits <b>17</b></p> <p>10:00 Sit and Get Fit with Miriam</p> <p>11:30 Residents' Lunch Outing to "La Finca" (Please sign up with Miriam or Concierge)</p> <p>1:30 Table Games (Monument Room)</p> <p>3:00 Sip'n Paint with Miriam and Adina (Art Studio)</p> <p>3:30 Movie Matinee: "Casper" (1995) (Monument Room)</p>	<p>Geriatric Dr. Visits <b>18</b></p> <p>10:00 Balloon Badminton with Vicki</p> <p>10:30 Daily Chronicle</p> <p>1:30 BINGO</p> <p>2:30 Hero's Bridge Therapy Dogs Visit</p> <p>3:00 Happy Hour</p> <p>3:30 Word Games</p> <p>4:00 Trivia</p>	<p>"Purple Out"-Wear Purple Day <b>19</b></p> <p>9:00 Depart for 2024 "Walk to End Alzheimer's at the Harris Pavilion in Manassas, VA.</p> <p>1:30 Table Games with Vicki (Bistro)</p> <p>1:30 Movie Matinee- Residents Choice (Monument Room)</p> <p>3:00 Afternoon Stroll</p>
<p>9:00 Morning Walk with Miriam <b>20</b></p> <p>10:00 Sunday Service with Residents Roy N. and Norma B. (All residents are welcome to attend.)</p> <p>11:00 2024 Presidential Election Early Voting Transportation (Sign up at Concierge)</p> <p>3:00 Tailgate Party (Monument Room)</p> <p>4:00 Watch Panthers vs Commanders on CBS (Monument Room)</p>	<p>Dr. Appt. Transportation Day PA Visits <b>21</b></p> <p>10:30 Catholic Rosary and Communion</p> <p>1:15 Live Musical Entertainment with Guitarist Adam Melia</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>3:30 Card Games (Monument Room)</p>	<p>10:00 Sit and Get Fit with Miriam <b>22</b></p> <p>11:00 Shopping Trip to Dollar Tree Store (Please sign up with Miriam O. or Concierge)</p> <p>1:15 Sip'n Paint with Adina and Miriam (Art Studio)</p> <p>2:30 Trivia and Word Games</p> <p>3:30 Indoor Games</p>	<p>Dr. Appt. Transportation Day <b>23</b></p> <p>10:00 Chair Yoga</p> <p>1:15 "About Halloween" with Senior Librarian Kelley Syarto (Monument Room)</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>4:00 Movie Matinee: "Halloweentown" (1998)</p> <p style="text-align: center;">Simchat Torah Begins</p>	<p>NP Visits <b>24</b></p> <p>10:00 Sit and Get Fit with Miriam</p> <p>11:00 TENTATIVE/ Weather Permitting: Scenic Drive to see The Fall Foliage</p> <p>1:30 Table Games (Monument Room)</p> <p>3:00 Creative Crafting (Art Studio)</p> <p>3:30 Movie Matinee: "Hotel Transylvania" (2012) (Monument Room)</p>	<p>10:00 Balloon Badminton with Vicki <b>25</b></p> <p>10:30 Daily Chronicle</p> <p>1:30 BINGO</p> <p>3:00 Happy Hour</p> <p>3:30 Word Games</p> <p>4:00 Trivia</p>	<p>10:00 Morning Exercise <b>26</b></p> <p>10:30 Daily Chronicle</p> <p>1:30 Table Games with Vicki (Bistro)</p> <p>1:30 Movie Matinee- Residents Choice (Monument Room)</p> <p>3:00 Chicken Soup for the Soul (Reading Club)</p> <p>5:00 Residents Dinner outing to "Byblos- Dance Performance starts at 7:00pm (Please sign up with Miriam or Concierge.)</p>
<p>9:30 Inspirational Movie with Resident Judith K. <b>27</b></p> <p>10:30 Music and Manicures (Art Studio)</p> <p>1:00 Watch Bears vs Commanders on CBS (Monument Room)</p> <p>3:00 Afternoon Social</p>	<p>Dr. Appt. Transportation Day PA Visits <b>28</b></p> <p>10:30 Catholic Rosary and Communion</p> <p>1:15 Live Musical Entertainment with Davis Bradley Duo</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>3:30 Table Games (Monument Room)</p>	<p>10:00 Sit and Get Fit with Miriam <b>29</b></p> <p>11:00 Hair Cattery Transportation (Please sign up with Miriam O. or Concierge)</p> <p>1:15 Table Games</p> <p>2:30 Trivia and Word Games</p> <p>3:30 Indoor Games</p>	<p>Dr. Appt. Transportation Day <b>30</b></p> <p>10:00 Chair Yoga</p> <p>1:15 Halloween Candy Bingo</p> <p>3:15 Rummikub Club with Renee (Bistro)</p> <p>4:00 Move Matinee: "Addams Family Values" (1993)</p>	<p>NP Visits <b>31</b></p> <p>10:00 Sit and Get Fit with Miriam</p> <p>11:30 Residents' Lunch Outing to "Pakwaan Indian Cuisine" (Please sign up with Miriam or Concierge)</p> <p>1:30 Dress up for HALLOWEEN BINGO with Special Prizes</p> <p>2:30 Halloween Party, Costume Contest and Pumpkin Decorating Contest Voting</p> <p style="text-align: center;">Halloween</p>	<p><b>Dear residents, family members and guests, please note that activities are subject to change. For the most current schedule or special events please refer to the Daily Activity Sheet or Event Flyers located in the elevators, at Concierge and in the Bistro. Thank you!</b></p> 	