


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="text-align: center;">OCTOBER 2024</h1> <h2 style="text-align: center;">MEMORY CARE</h2>		9:30 Sit and Get Fit (LEC) 1 10:00 Daily Chronicles (LEC) 10:30 October Trivia (LEC) 11:00 Ballon Noodle (QLS) 1:30 Creative Painting: "Fall Leaves" (LEC) 1:30 Movie Matinee (QLS) 2:30 Ball Toss (QLS) 3:00 Thirsty Tuesday (QLS) 3:00 Scenic Ride- Swirlies in Manassas (LEC, MC CN) 4:00 Reading Club (LEC, QLS)	9:30 Music and Movement (QLS) 2 10:00 Daily Chronicles (LEC) 10:30 Wednesday Wisdom- About Rosh Hashanah (LEC) 11:00 Indoor Games (QLS) 1:30 BINGO (LEC) 1:30 Sing Along (QLS) 2:30 Catholic Rosary (MR) 3:00 Hydration Station (QLS) 4:00 Hand Massages (LEC, QLS) <small>Rosh Hashanah Begins</small>	9:30 Sit and Get Fit (LEC) 3 10:00 Daily Chronicle (LEC) 10:30 Karaoke Sing Along (QLS) 1:30 Creative Crafting- "Make Your Own Fall Wreath" (LEC) 1:30 Trivia with the Team (QLS) 2:30 Corn Hole Game (QLS) 3:00 Thirsty Thursday (QLS) 4:00 Music and Manicures (LEC and QLS)	National Taco Day 4 9:30 Music and Movement (QLS) 10:00 Housekeeping Club (LEC) 10:30 Karaoke Sing Along (QLS) 11:30 Lunch Outing to "Fire Birds" (LEC and MC CN) 1:00 Picture Trivia (QLS) 2:00 All About Tacos on National Taco Day (LEC) 3:00 Happy Hour (LEC and QLS) 4:00 Aromatherapy (LEC and QLS)	9:30 Drumming Time (LEC) 5 10:30 Daily Chronicle (LEC) 11:00 Card Games (QLS) 1:00 Music and Manicures (QLS) 1:30 BINGO (LEC) 1:30 Movie Matinée- Comédie Time 3:00 Hydration Station (QLS) 3:00 Walking Club Outdoor (Weather Permitting) (LEC) 4:00 Trivia with the Team (QLS)	
	9:30 Virtual Church Service- "Faith" (LEC) 6 10:30 Daily Chronicle (LEC) 11:00 Hymn Singing (QLS) 1:00 Table Games (LEC) 1:00 Football Sunday- Watch Browns vs Commanders on FOX (QLS) 2:00 Balloon Badminton (LEC) 3:00 Hydration Station (QLS) 3:30 Walking Club Outdoor (LEC)	9:30 Music and Movement (QLS) 7 10:00 Daily Chronicles (LEC) 11:00 Stack of Cups Game (LEC) 1:15 Music Therapy with Miranda H. From The Medical Team 2:15 Live Musical Entertainment with Guitarist Eric Highsmith (LEC) 3:00 Hydration Station (QLS) 3:30 Music and Manicures (LEC)	9:30 Sit and Get Fit (LEC) 8 10:00 Daily Chronicles (LEC) 10:30 Fall Trivia (LEC) 1:30 Creative Painting: "Falling Rain" (LEC) 1:30 Darts/ Corn Hole Game (QLS) 3:00 Thirsty Tuesday (QLS) 3:00 Scenic Ride- Pumkin Picking at Merrifield GC (LEC, MC CN) 4:00 Writing Club- Write a Halloween Card to Family/Friends (LEC, QLS)	9:30 Music and Movement (QLS) 9 10:00 Daily Chronicles (LEC) 10:30 Wednesday Wisdom- Word Games (LEC) 11:00 Indoor Games (QLS) 1:30 BINGO (LEC) 1:30 Sing Along (QLS) 2:30 Catholic Rosary (MR) 3:00 Hydration Station (LEC, QLS) 4:00 Hand Massages (LEC, QLS)	9:30 Sit and Get Fit (LEC) 10 10:00 Daily Chronicle (LEC) 10:30 Karaoke Sing Along (QLS) 1:30 Creative Crafting- "Fabric Pumpkin Centerpiece" (LEC) 1:30 Trivia with the Team (QLS) 2:30 Ball Toss Game (QLS) 3:00 Thirsty Thursday (QLS) 4:00 Aromatherapy (LEC and QLS)	9:30 Music and Movement (QLS) 11 10:00 Silk Flower Arranging (LEC) 10:30 About Yom Kippur (LEC) 11:30 Lunch Outing to "Olive Garden" (LEC and MC CN) 1:00 Picture Trivia (QLS) 2:00 All About National Hispanic Day (LEC) 3:00 Happy Hour (LEC and QLS) 4:00 Aromatherapy (LEC and QLS) <small>Yom Kippur Begins</small>	National Hispanic Day 12 9:30 Drumming Time (LEC) 10:30 Daily Chronicle (LEC) 11:00 Indoor Games (QLS) 1:00 Music and Manicures (QLS) 1:30 BINGO (LEC) 1:30 Movie Matinée- Comédie Time 3:00 Hydration Station (QLS) 3:00 Walking Club Outdoor (Weather Permitting) (LEC) 4:00 Trivia with the Team (QLS)
	9:30 Virtual Church Service- "Blessing" (LEC) 13 10:30 Daily Chronicle (LEC) 11:00 Hymn Singing (QLS) 1:00 Flower Arranging (LEC) 1:00 Football Sunday- Watch Browns vs Commanders on FOX (QLS) 2:00 Balloon Volleyball (LEC) 3:00 Hydration Station (QLS) 3:30 Walking Club Indoor (LEC)	9:30 Music and Movement (QLS) 14 10:00 Daily Chronicles (LEC) 11:00 Cluck the Chicken Game (LEC) 1:30 Tabletops Activities (QLS) 1:30 Trivia (QLS) 2:30 Baking with Allena (LEC) 3:00 Hydration Station (QLS) 3:30 Music and Manicures (LEC) <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	National "I love Lucy Day" 15 9:30 Sit and Get Fit (LEC) 10:00 Daily Chronicles (LEC) 10:30 Most Loved Moments with Lucy (LEC) 11:00 Ballon Noodle (QLS) 1:30 Creative Painting- "Fall in the Forest" (LEC) 1:30 Movie Matinee (QLS) 3:00 "I love Lucy" Afternoon Social with Chocolate Tasting (QLS)	9:30 Music and Movement (QLS) 16 10:00 Daily Chronicles (LEC) 10:30 Wednesday Wisdom- About Sukkot (LEC) 11:00 Indoor Games (QLS) 1:30 BINGO (LEC) 1:30 Movie Matinee (QLS) 2:30 Catholic Rosary (MR) 3:00 Hydration Station (LEC, QLS) 4:00 Hand Massages (LEC, QLS) <small>Sukkot Begins</small>	9:30 Sit and Get Fit (LEC) 17 10:00 Daily Chronicle (LEC) 10:30 Karaoke Sing Along (QLS) 1:30 Creative Crafting- "Make Your Own Halloween Décor" (LEC) 1:30 Trivia with the Team (QLS) 2:30 Axe Throw Game (QLS) 3:00 Thirsty Thursday (QLS) 4:00 Aromatherapy (LEC and QLS)	9:30 Music and Movement (QLS) 18 10:00 Housekeeping Club (LEC) 10:30 Karaoke Sing Along (QLS) 11:30 Lunch Outing to "Uncle Julio" (LEC and MC CN) 1:00 Picture Trivia (QLS) 2:00 Learn Spanish with Allena (LEC) 2:30 Hero's Bridge Pet Therapy Visit 3:00 Happy Hour (LEC and QLS)	9:30 Drumming Time (LEC) 19 10:30 Daily Chronicle (LEC) 11:00 Card Games (QLS) 1:00 Music and Manicures (QLS) 1:30 BINGO (LEC) 1:30 Movie Matinée- Comédie Time 3:00 Hydration Station (QLS) 3:00 Walking Club Outdoor (Weather Permitting) (LEC) 4:00 Trivia with the Team (QLS)
	9:30 Virtual Church Service- "Community" (LEC) 20 10:30 Daily Chronicle (LEC) 11:00 Hymn Singing (QLS) 1:00 Table Games (LEC) 1:00 Football Sunday- Watch Panthers vs Commanders on CBS (QLS) 2:00 Balloon Volleyball (LEC) 3:00 Hydration Station (QLS) 3:30 Walking Club Outdoor (LEC)	9:30 Music and Movement (QLS) 21 10:00 Daily Chronicles (LEC) 11:00 Corn Hole/ Axe Throw Game (LEC) 1:30 Tabletops Activities (QLS) 1:30 BINGO (LEC) 2:30 Live Musical Entertainment with Adam Melia (LEC) 3:00 Hydration Station (QLS) 3:30 Music and Manicures (LEC)	9:30 Sit and Get Fit (LEC) 22 10:00 Daily Chronicles (LEC) 10:30 Fall Trivia (LEC) 1:30 Creative Painting: "Cornucopia-Harvest Time" (LEC) 1:30 Balloon Badminton (QLS) 3:00 Thirsty Tuesday (QLS) 3:00 Scenic Ride and PetSmart Visit (LEC, MC CN) 4:00 Writing Club- Write a Halloween Card to Family/Friends (LEC, QLS)	9:30 Music and Movement (QLS) 23 10:00 Daily Chronicles (LEC) 10:30 Wednesday Wisdom- Word Games (LEC) 11:00 Indoor Games (QLS) 1:15 "About Halloween" with Senior Librarian Kelley Syarto (Monument Room) (LEC) 1:30 Sing Along (QLS) 2:30 Catholic Rosary (MR) 3:00 Hydration Station (LEC, QLS) 4:00 Hand Massages (LEC, QLS)	9:30 Sit and Get Fit (LEC) 24 10:00 Daily Chronicle (LEC) 10:30 About Simchat Torah (LEC) 10:30 Karaoke Sing Along (QLS) 1:30 Creative Crafting- "Puzzle Pieces Fall Tree" (LEC) 1:30 Trivia with the Team (QLS) 2:30 Darts Game (QLS) 3:00 Thirsty Thursday (QLS) 4:00 Aromatherapy (LEC and QLS) <small>Simchat Torah Begins</small>	9:30 Music and Movement (QLS) 25 10:00 Silk Flower Arranging (LEC) 10:30 Karaoke Sing Along (QLS) 11:30 Lunch Outing to "Manhattan Pizza" (LEC and MC CN) 1:00 Picture Trivia (QLS) 2:00 Learn Spanish with Allena 3:00 October Birthdays Celebration (LEC and QLS) 4:00 Aromatherapy (LEC and QLS)	9:30 Drumming Time (LEC) 26 10:30 Daily Chronicle (LEC) 11:00 Indoor Games (QLS) 1:00 Music and Manicures (QLS) 1:30 BINGO (LEC) 1:30 Movie Matinée- Comédie Time 3:00 Hydration Station (QLS) 3:00 Walking Club Outdoor (Weather Permitting) (LEC) 4:00 Trivia with the Team (QLS)
	9:30 Virtual Church Service- "Faith" (LEC) 27 10:30 Daily Chronicle (LEC) 11:00 Hymn Singing (QLS) 1:00 Flower Arranging (LEC) 1:00 Football Sunday- Watch Bears vs Commanders on CBS (QLS) 2:00 Balloon Volleyball (LEC) 3:00 Hydration Station (QLS) 3:30 Walking Club Indoor (LEC)	9:30 Music and Movement (QLS) 28 10:00 Daily Chronicles (LEC) 11:00 Stack of Cups Game (LEC) 1:30 Tabletops Activities (QLS) 1:30 BINGO (LEC) 2:30 Live Musical Entertainment with Davis Bradley Duo (LEC) 3:00 Hydration Station (QLS) 3:30 Music and Manicures (LEC)	9:30 Sit and Get Fit (LEC) 29 10:00 Daily Chronicles (LEC) 10:30 October Trivia (LEC) 11:00 Ballon Noodle (QLS) 1:30 Creative Painting- "HALLOWEENTOWN" (LEC) 1:30 Movie Matinee (QLS) 3:00 Thirsty Tuesday (QLS) 3:00 Scenic Ride- Old Town Manassas (LEC, MC CN) 4:00 Reading Club (LEC, QLS)	9:30 Music and Movement (QLS) 30 10:00 Daily Chronicles (LEC) 10:30 Wednesday Wisdom- Words in a Word (LEC) 11:00 Indoor Games (QLS) 1:30 BINGO (LEC) 1:30 Sing Along (QLS) 2:30 Catholic Rosary (MR) 3:00 Hydration Station (LEC, QLS) 4:00 Hand Massages (LEC, QLS)	9:30 Sit and Get Fit (LEC) 31 10:00 Daily Chronicle (LEC) 10:30 About Halloween (LEC) 10:30 Karaoke Sing Along (QLS) 1:30 HALLOWEEN BINGO (LEC) 1:30 Halloween Trivia with the Team (QLS) 2:30 Halloween Party and Afternoon Social (LEC, QLS) <small>Halloween</small>	