

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:45 Exercise & Snack (DR) **1**  
 10:00 Daily Chronicles (DR)  
 10:00 Joel Osteen Ministries (DR)  
 10:30 Catholic Service (NH)  
 2:00 Christian Services (NH)  
 2:00 Wheel of Fortune (DR)  
 3:00 **Zumba** (DR)

9:45 Exercise & Snack (DR) **2**  
 10:00 Daily Chronicles (DR)  
 10:15 **Meditation** (DR)  
 10:30 **Let's Bake!** (DR)  
 1:00 Music with Nancy (DR)  
 1:15 **Bingo** (DR)  
 3:00 Crosswords (LR)

9:45 Exercise & Snack (DR) **3**  
 10:00 Daily Chronicles (DR)  
 10:00 **VA Primary Elections Voting at Polls** (OOB)  
 1:30 Current Events (LR)  
 2:00 **Oaks Canteen** (WO)  
 3:00 **Connecting Through Cards**(DR)

9:45 Exercise & Snack (DR) **4**  
 10:00 Daily Chronicles (DR)  
 10:15 Wellness Group (DR)  
 10:30 **Spanish Culture** (DR)  
 2:00 **National Nutrition Month Health Talks** (DR)  
 3:00 **Passport to Ireland** (DR)   
 3:30 Men's Group (NH)

9:45 Exercise & Snack (DR) **5**  
 10:00 Daily Chronicles (DR)  
 10:30 Life Enrichment Committee (DR)  
 12:45 Empowerment (WO)  
 2:00 Movie & Popcorn: Dear John (DR)  
 2:30 Happiness Journaling (LR)  
 4:00 Choir Practice (NH)

9:45 Exercise & Snack (DR) **6**  
 10:00 Daily Chronicles (DR)  
 10:00 Donut Sale (NH)  
 10:30 Catholic Communion  
 10:30 Netflix Series: Babies (DR)  
 1:00 **Music Performance by Ron Howard** (DR)  
 3:00 **Happy Hour** (DR)


9:45 Exercise & Snack (DR) **7**  
 10:00 Daily Chronicles (DR)  
 10:15 March Trivia (DR)  
 2:00 Fairfax Community Church **Bingo** (DR)  
 6:15 **Movie Night:** Driving Miss Daisy (DR)

9:45 Exercise & Snack (DR) **8**  
 10:00 Daily Chronicles (DR)  
 10:00 Joel Osteen Ministries (DR)  
 10:30 Catholic Service (NH)  
 2:00 Christian Services (NH)  
 2:00 **Spring Cookies** (DR)  
 Room Visits  
 6:00 **Game Night** (DR)   
 Daylight Saving Time Begins

9:45 Exercise & Snack (DR) **9**  
 10:00 Daily Chronicles (DR)  
 10:00 **4-H Class:** Family Feud (DR)  
 1:00 Music with Nancy (DR)  
 1:15 **Bingo** (DR)  
 2:00 **Target** (OOB)



9:45 Exercise & Snack (DR) **10**  
 10:00 Daily Chronicles (DR)  
 10:30 **Happy Hoofers Irish Performance** (NH)  
 1:30 Jewelry Making (DR)  
 2:00 **Oaks Canteen** (WO)  
 3:00 **Popcorn Social** (DR)  
 6:30 **Bingo Night** (NH)

9:45 Exercise & Snack (DR) **11**  
 10:00 Daily Chronicles (DR)  
 10:15 Wellness Group (DR)  
 10:30 **Resident Council** (DR)  
 2:00 **National Nutrition Month Cooking Class** (DR)   
 3:30 Men's Group (NH)

9:45 Exercise & Snack (DR) **12**  
 10:00 Daily Chronicles (DR)  
 10:15 **Shamrock Kisses** (DR)  
 12:45 Empowerment (WO)  
 2:00 Movie & Popcorn: La Bamba (DR)  
 4:00 **Boyles School of Irish Dancers** (NH)

9:45 Exercise & Snack (DR) **13**  
 10:00 Daily Chronicles (DR)  
 10:00 Donut Sale (NH)  
 10:30 Catholic Communion  
 10:30 Netflix Series: Babies (DR)  
 2:00 **Music Therapy** (DR)  
 3:00 Wii Games (DR)

9:45 Exercise & Snack (DR) **14**  
 10:00 Daily Chronicles (DR)  
 10:15 St. Patrick's Day Puzzles & Art Pages (DR)  
 2:00 **Bingo** (DR)  
 6:15 **Movie Night:** Robin Hood (DR)

9:45 Exercise & Snack (DR) **15**  
 10:00 Daily Chronicles (DR)  
 10:00 Joel Osteen Ministries (DR) FOX Ch. 5  
 10:30 Catholic Service (NH)  
 2:00 Christian Services (NH)  
 2:00 Mayberry-opoly (DR)  
 3:00 **Zumba** (DR)

9:45 Exercise & Snack (DR) **16**  
 10:00 Daily Chronicles (DR)  
 10:15 **Meditation** (DR)  
 11:00 Bread Making (DR)  
 1:00 Music with Nancy (DR)  
 1:15 **Bingo** (DR)  
 2:00 **Leprechaun Show** (NH) 

9:45 Exercise & Snack (DR) **17**  
 10:00 Daily Chronicles (DR)  
 10:15 **Walk Down Memory Lane St. Patrick's Day Tea** (DR)  
 1:30 Current Events (LR)  
 2:00 **Oaks Canteen** (WO)  
 3:00 **Ice Cream Social** (DR)



9:45 Exercise & Snack (DR) **18**  
 10:00 Daily Chronicles (DR)  
 10:15 Wellness Group (DR)  
 10:30 **Spanish Culture** (DR)  
 1:00 **Creative Arts** (DR)  
 2:00 **Nutrition Health Talks** (DR)  
 3:30 Men's Group (NH)  
 7:00 **KOC Bingo** (WO)

9:45 Exercise & Snack (DR) **19**  
 10:00 Daily Chronicles (DR)  
 10:30 **Spring Craft: Birdfeeders** (DR)  
 12:45 Empowerment (WO)  
 2:00 Movie & Popcorn: Walk. Ride. Rodeo (DR)  
 2:30 Happiness Journaling (LR)  
 4:00 Choir Practice (NH)  
 7:00 Stantmyer's & Co. (NH)  
 Spring Begins

9:45 Exercise & Snack (DR) **20**  
 10:00 Daily Chronicles (DR)  
 10:00 Donut Sale (NH)  
 10:30 Catholic Communion  
 10:30 Netflix Series: Babies (DR)  
 2:00 **Music Therapy** (DR)  
 3:00 **Sham-Rockin' Happy Hour** (DR)

9:45 Exercise & Snack (DR) **21**  
 10:00 Daily Chronicles (DR)  
 10:15 Truth or Blarney (DR)  
 2:00 Fairfax Community Church **Bingo** (DR)  
 6:15 **Movie Night:** Willy Wonka (DR) 

9:45 Exercise & Snack (DR) **22**  
 10:00 Daily Chronicles (DR)  
 10:00 Joel Osteen Ministries (DR)  
 10:30 Catholic Service (NH)  
 1:30 **Jeopardy** (DR)  
 2:00 Christian Services (NH) Room Visits  
 6:00 **Game Night** (DR)

9:45 Exercise & Snack (DR) **23**  
 10:00 Daily Chronicles (DR)  
 10:15 **DOLLAR TREE** (OOB)  
 11:00 Bread Making (DR)  
 1:00 Music with Nancy (DR)  
 1:15 **Bingo** (DR)  
 3:00 **Women's History** (LR) 

9:45 Exercise & Snack (DR) **24**  
 10:00 Daily Chronicles (DR)  
 10:30 **Walk Down Memory Lane Tea Social** (DR)  
 1:30 Movie & Popcorn: Faith, Hope & Love (DR)  
 2:00 **Oaks Canteen** (WO)  
 2:00 **Shrine Band** (NH)

9:45 Exercise & Snack (DR) **25**  
 10:00 Daily Chronicles (DR)  
 10:15 Wellness Group (DR)  
 10:30 **Spring Has Sprung Word Mining** (DR)  
 1:00 **Creative Arts** (DR)  
 2:00 **National Nutrition Month Cooking Class** (DR)  
 3:30 Men's Group (NH)

9:45 Exercise & Snack (DR) **26**  
 10:00 Daily Chronicles (DR)  
 10:30 **Birdsong** (DR)  
 12:45 Empowerment (WO)  
 2:00 **Spring Social with United Healthcare** (DR)  
 4:00 Choir Practice (NH)  
 7:00 Old Time Way Gospel Band (NH)

9:45 Exercise & Snack (DR) **27**  
 10:00 Daily Chronicles (DR)  
 10:30 Catholic Communion  
 10:30 Netflix Series: Babies (DR)  
 10:30 **Donut Sale** (LR)  
 2:00 **Painting Class** (FR)  
 3:30 Wii Games (DR)

9:45 Exercise & Snack (DR) **28**  
 10:00 Daily Chronicles (DR)  
 10:15 Word Puzzles & Coloring Crafts (DR)  
 2:00 **Family Day** (NH)  
 6:15 **Movie Night:** The Mask of Zorro (DR)

9:45 Exercise & Snack (DR) **29**  
 10:00 Daily Chronicles (DR)  
 10:00 Joel Osteen Ministries (DR)  
 10:30 Catholic Service (NH)  
 2:00 Christian Services (NH)  
 2:00 Spa Manicures (DR)  
 3:00 **Zumba** (DR)

9:45 Exercise & Snack (DR) **30**  
 10:00 Daily Chronicles (DR)  
 10:15 **CCA Pre-K Visit: Gardening** (DR)  
 1:00 Music with Nancy (DR)  
 1:15 **Bingo** (DR)

9:45 Exercise & Snack (DR) **31**  
 10:00 Daily Chronicles (DR)  
 10:00 **Walk Down Memory Lane Tea Social** (DR)  
 1:30 Jewelry Making (DR)  
 2:00 **Oaks Canteen** (WO)  
 3:00 **Connecting Through Cards** (DR)



# Sample Calendar

