



January 2023

Cognitive Physical Physical Sensory Social Social Event

♪ Special Event **♥** Volunteers Si Arts & Crafts

†† Cooking/Baking ♠ Spiritual

INCLUSIVE SENIOR LIVING A FORE	EST HILLS OF DC COMMUNITY	,			Social Event	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 9:45 LE Rounds 10:30 Chair Chi 11:15 Daily Chronicles & Current Events 2:00 Movie Matinee! 4:00 Resident Social w/ Refreshments 10:30 Resident Social w/	1 New Year's Day (Observed) 9:45 LE Rounds 10:30 Sit & Stretch ♣ 11:15 Daily Chronicles & Current Events ♣ 2:00 Sing-Along 3:00 Trivia Games ♣ 4:00 Resident Social w/ Refreshments ♣	9:45 LE Rounds 10:30 Let's Get Physical Exercise Club! 1 11:15 Daily Chronicles & Current Events 3:00 Bingo 4 4:00 Resident Social w/ Refreshments 1	9:45 LE Rounds 10:30 Jazzercise 1-1 11:15 Daily Chronicles & Current Events 10 2:00 Board Games/Card Games 10 2:00 Tasty Tuesday w/ Barbara 11 3:00 Afternoon Chair Chi 1-1 4:00 Resident Social w/ Refreshments 14	9:45 LE Rounds 11:15 Daily Chronicles & Current Events 2:00 Name That Tune! 4:00 Resident Social w/ Refreshments A	9:45 LE Rounds 10:30 Mindful Stretching! H 11:15 Daily Chronicles & Current Events 1:2:00 Art Studio 1:3:00 Happy Hour w/ Gurda 1:4:00 Resident Social w/ Refreshments 1.	9:45 LE Rounds 11:15 Daily Chronicles & Current Events 2:00 Trivia Games/Pictionary 3:00 Cookies & Punch Social 4:00 Resident Social w/ Refreshments A
9:45 LE Rounds 10:30 Chair Chi	9:45 LE Rounds 10:30 Sit & Stretch 1 11:15 Daily Chronicles & Current Events 1 2:00 Sing-Along 3:00 Trivia Games 1 4:00 Resident Social w/ Refreshments 1	9:45 LE Rounds 10:30 Let's Get Physical Exercise Club! 1 11:15 Daily Chronicles & Current Events 3:00 Bingo 4 4:00 Resident Social w/ Refreshments 4	9:45 LE Rounds 10:30 Jazzercise 1-1 11:15 Daily Chronicles & Current Events 10:30 Board Games/Card Games 10:30 Board Games/Card Games 10:3:00 Afternoon Chair Chit 10:3:00 Resident Social w/ Refreshments 1	9:45 LE Rounds 11:15 Daily Chronicles & Current Events 2:00 Name That Tune! 3:00 Arts & Crafts i 4:00 Resident Social w/ Refreshments A	9:45 LE Rounds 10:30 Mindful Stretching! H 11:15 Daily Chronicles & Current Events 1 2:00 Art Studio i 3:00 Happy Hour w/ Nancy Siest 4:00 Resident Social w/ Refreshments A	9:45 LE Rounds 11:15 Daily Chronicles & Current Events 2:00 Trivia Games/Pictionary 3:00 Cookies & Punch Social 4:00 Resident Social w/ Refreshments
9:45 LE Rounds 10:30 Chair Chi 11:15 Daily Chronicles & Current Events 2:00 Movie Matinee! 4:00 Resident Social w/ Refreshments	9:45 LE Rounds 10:30 Sit & Stretch 1 11:15 Daily Chronicles & Current Events 1 2:00 Sing-Along 3:00 Trivia Games 1 4:00 Resident Social w/ Refreshments 1	9:45 LE Rounds 10:30 Let's Get Physical Exercise Club! 1 11:15 Daily Chronicles & Current Events 3:00 Bingo 4 4:00 Resident Social w/ Refreshments A	9:45 LE Rounds 10:30 Jazzercise 1-1 11:15 Daily Chronicles & Current Events 10:2:00 Board Games/Card Games 2:00 Tasty Tuesday w/ Barbara11 3:00 Afternoon Chair Chi 1-1 4:00 Resident Social w/ Refreshments 1	9:45 LE Rounds 11:15 Daily Chronicles & Current Events 2:00 Name That Tune! 4:00 Resident Social w/ Refreshments A	9:45 LE Rounds 10:30 Mindful Stretching! IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	9:45 LE Rounds 11:15 Daily Chronicles & Current Events 2:00 Trivia Games/Pictionary 3:00 Cookies & Punch Social 4:00 Resident Social w/ Refreshments A
9:45 LE Rounds 10:30 Chair Chi	9:45 LE Rounds 10:30 Sit & Stretch 1-1 11:15 Daily Chronicles & Current Events 1-2:00 Sing-Along 3:00 Trivia Games 1-4:00 Resident Social w/ Refreshments 1-4	9:45 LE Rounds 10:30 Let's Get Physical Exercise Club! 1-1 11:15 Daily Chronicles & Current Events 3:00 Bingo 4:00 Resident Social w/ Refreshments 1	9:45 LE Rounds 10:30 Jazzercise 1-1 11:15 Daily Chronicles & Current Events 10 2:00 Board Games/Card Games 10 2:00 Tasty Tuesday w/ Barbara 11 3:00 Afternoon Chair Chi 1-1 4:00 Resident Social w/ Refreshments 14	9:45 LE Rounds 11:15 Daily Chronicles & Current Events	9:45 LE Rounds 10:30 Mindful Stretching! 11:15 Daily Chronicles & Current Events 11:15 Art Studio is 3:00 Happy Hour w/ Jerry Roman 19 4:00 Resident Social w/ Refreshments 1	9:45 LE Rounds 11:15 Daily Chronicles & Current Events 2:00 Trivia Games/Pictionary 3:00 Cookies & Punch Social 4:00 Resident Social w/ Refreshments 4
9:45 LE Rounds 10:30 Chair Chi	9:45 LE Rounds 10:30 Sit & Stretch 11:15 Daily Chronicles & Current Events 12:00 Sing-Along 3:00 Trivia Games 14:00 Resident Social w/ Refreshments 14	9:45 LE Rounds 10:30 Let's Get Physical Exercise Club! 1 11:15 Daily Chronicles & Current Events 3:00 Bingo 4 4:00 Resident Social w/ Refreshments 1	All Events Are Subject to Change		3-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1	HAPPY SINEW YEAR