

February 2017

<b>February Birthdays</b>  <b><u>Happy Birthday!</u></b>  <b>Claire- 2/14</b> <b>Guli- 2/18</b> <b>Monica- 2/17</b> <b>Nora- 2/22</b>		<b>1</b> 10:00 Morning Greetings (S) 10:30 Roll an Expression w/ April (E) (C)(S) 11:00 Morning Exercise (P) 11:00 Elizabeth’s Walking Club (P) 12:00 Singing Hymns w/ Grace (SP) <b>2:00 Pet Visits w/Sammy &amp; Friends (S)(SE)</b> 2:00 Participant’s Choice 2:30 Funny Photo Shoot (E) (S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>2</b> 10:00 Morning Greetings (S) 10:15 Reading Circle: Pie in the Sky (C) <b>10:45 Music Therapy w/Peg (S)(P)</b> 12:00 Ball Toss w/ Jim (P) 12:30 Finish that Song w/ Claire (S)(C) 2:00 Participant’s Choice 2:30 I Hear Memories: Discussion (C) 2:30 Crafts w/ Guli (SE)(E) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	<b>3</b> 10:00 Morning Greetings (S) 10:30 Poems & Poetry (C)(E) 11:00 Montessori: Flower Arrangements (SE) 11:00 Cooking Group: Apple Pie (SE) (E) 12:00 Bowling w/ Tom (P) 2:00 Participant’s Choice <b>2:45 Tai Chi/Yoga w/Cynthia (SP) (P)</b> 2:45 MSE Group Visit (SE) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice
<b>6</b> 10:00 Morning Greetings (S) 10:30 Sensory Enrichment Group: As Easy As Pie (SE) 11:00 Seated Exercise (P) 12:00 Grace & Ruth’s Sing-Alongs (C) 2:00 Participant’s Choice 2:30 Badminton w/ Nora (P) 3:00 Famous Slogans (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>7</b> <b>10:00 Guitar with Steve G. (S)(P)</b> 10:45 Easy Does It: Random Trivia (C) 11:00 After Dance Stretch (P) 12:00 Mary’s Bingo Group (S)(C) 2:00 Participant’s Choice 2:30 Creative Writing w/Joe (E)(C) 2:30 Word Game: Finish That Phrase (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>8</b> 10:00 Morning Greetings (S) 10:30 Thankful Discussion (SP) <b>11:00 PT Exercise with Lena (P)</b> 12:00 Songs & Memories (S) <b>2:00 Pet Visits w/ Sammy &amp; Friends (S) (SE)</b> 2:00 Participant’s Choice <b>2:30 Music with Bill Crews (S) (P)</b> 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	<b>9</b> 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris (C) <b>10:45 Music Therapy w/Peg (S)(P)</b> 12:00 Active & Cognitive Game (C)(P) 12:30 Spelling Bee Challenge (C) 2:00 Participant’s Choice 2:30 Kentucky Derby (C)(P)(S) 3:30 Guli’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	<b>10</b> <b>10:00 Dancing with Garrey (P)(S)</b> 11:00 After Dance Strength & Stretch (P) 12:00 Craft Collage with Guli (E) 12:00 Wood Craft (E) 2:00 Participant’s Choice <b>2:45 Tai Chi/Yoga w/Cynthia (SP) (P)</b> 2:45 MSE Group Visit (SE) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice
<b>13</b> <b>10:00 Piano with Frank (S)</b> 11:00 Seated Exercises (P) 11:00 Elizabeth’s Walking Club (P) 12:00 Sensory Enrichment Group: In Nature (SE) 2:00 Participant’s Choice 2:30 Music & Memory (C) 3:00 Dance of the Day (S)(P) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>14</b> <b>10:00 Dancing with Garrey (S)(P)</b> 11:00 After Dance Stretch (P) 11:00 Walking Club w/ Elizabeth (P) 12:00 Valentine’s Day: Word Game (C) 12:30 Famous Pairs (C)(S) 2:00 Participant’s Choice 2:30 Love Sayings (S)(SP) 3:00 Love Songs (S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>15</b> 10:00 Morning Greetings (S) 10:30 Mindfulness Group (SP) 11:00 Morning Exercise (P) 11:00 Discovery Walk w/ Jan (P) 12:00 Photo Expressions w/ Monica (E) (C) <b>2:00 Pet Visits w/Sammy &amp; Friends (S)(SE)</b> 2:00 Participant’s Choice 2:30 Interactive Music w/ the Beamz & Betty (SE)(S) 3:30 Comedy Hour & Favorite TV Shows(S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>16</b> 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris (C) <b>10:45 Music Therapy w/Peg (S)(P)</b> 12:00 Watercolor Art w/ Lillian (E) 12:00 Men’s Workshop (S) 2:00 Participant’s Choice 2:30 Table Games w/ Adele (P) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	<b>17</b> 10:00 Morning Greetings (S) 10:15 Morning Stretch (P) <b>10:45 Violin with Anthony (S)</b> 12:00 Words of Wisdom w/ Betty (SP) 12:30 Presidential Music (S) 2:00 Participant’s Choice 2:45 MSE Group Visit (SE) <b>2:45 Tai Chi/Yoga w/Cynthia (SP) (P)</b> 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
<b>20</b>  <b>Closed for President’s Day</b>	<b>21</b> 10:00 Morning Greetings (S) 10:30 Morning Exercise (P) 10:30 Elizabeth’s Walking Club (P) <b>11:00 Harp with Judy (S)</b> 12:00 Spa Time (SP) 12:00 Montessori with Luz (SE) (C) 2:00 Participant’s Choice 2:30 Grace & Ruth’s Sing-Along (S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>22</b> 10:00 Morning Greetings (S) 10:30 Word Game: Rhymes (C) 11:00 Morning Exercise (P) 11:00 Discovery Walk w/ Jan (P) (C) 12:00 Toss & Talk: Colors Topic (C)(P) <b>2:00 Pet Visits w/Sammy &amp; Friends (SE)(S)</b> 2:00 Participant’s Choice <b>2:30 Music with Bill Crews (S) (P)</b> 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>23</b> 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris (C) <b>10:45 Music Therapy w/ Peg (S)(P)</b> 12:00 Photo Expressions w/ April (E) 2:00 Participant’s Choice 2:30 Drama Group w/ Giovanna (E)(S) 3:30 Bonnie’s Wii Social & Snack (P) (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	<b>24</b> 10:00 Morning Greetings (S) 10:30 Crafts Corner w/ Juanita (S)(E) 10:30 Badminton w/ Jim (P) 11:00 Cooking Group w/ Guli (SE)(E) 12:00 Word Game: Opposites (C) 2:00 Participant’s Choice <b>2:45 Tai Chi/Yoga w/Cynthia (SP) (P)</b> 2:45 MSE Group Visit (SE) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
<b>27</b> 10:00 Morning Greetings (S) 10:30 Sensory Enrichment Group: In The Kitchen (SE) 11:00 Elizabeth’s Walking Club (P) 11:00 Morning Exercise (P) 12:00 Grace & Ruth’s Sing-Along (S) 2:00 Participant’s Choice <b>2:30 Chyp &amp; Andrea: Music Through The Decades (S)</b> 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	<b>28</b> 10:00 Morning Greetings (S) 10:30 Roll an Expression w/ April (E) (C)(S) 11:00 Strength & Stretch (P) 12:00 Active & Cognitive Challenge (C)(P) 2:00 Participant’s Choice 2:30 Interactive Music w/ the Beamz and Betty (SE)(S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice		<b>Snack 11:30 &amp; 3:30</b> <b>Lunch 12:30</b>  <b>Activity Domain Key</b> Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP)  Participants’ Choice indicates varied individual or small group activities.	<b>Community Outings to be Announced in Weekly Family Newsletter</b>



FRIENDS CLUB  
Orange Group Calendar

Insight Memory Care Center  
3953 Pender Drive, Suite 100  
Fairfax, VA 22030  
703-204-4664 | phone  
InsightMCC.org | web

SUPPORT GROUPS

Community Support Group  
2nd and 4th Wednesday  
10:00 to 11:30 am

Lewy Body Dementia Support Group  
2nd Friday  
1:00 to 2:30 pm

Early Stage Support Group  
2nd Tuesday  
2:00 to 3:00 pm