

May 2017

1 10:00 Cecelia’s Musical Trivia (C) 10:30 Fitness Group w/ Shenandoah University Students (P) 11:30 Lucille’s Wonderful Wildflowers (C) 12:00 Law Day w/ Alan, Tracy & Tom K (C) 1:30 Participant’s Choice 2:30 Jacqueline’s May Birthday Group (S) (C) 2:30 Native American Presentation (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	2 10:00 Guitar with Steve G (S)(P) 10:45 Easy Does It: Random Trivia (C) 11:30 Bob’s Horseshoes Game (P) 1:30 Participant’s Choice 2:30 Famous Artists Presentation w/ Alan (C) 2:30 Bavanni’s Art & Craft Corner (E) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	3 10:00 Painting w/Elba & Susan (E)(S) 10:00 Candy’s This Week in History (C) 10:45 Strength & Stretch (P) 11:30 Mind & Body Challenge (C)(P) 1:30 Participant’s Choice 1:30 Pet Visits w/Tricia & Sammy (S)(SE) 2:30 Music with Bill Crews (S) (P) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	4 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Jean’s Walking Club (P) 11:30 Audrey Hepburn Discussion (C) 1:30 Participant’s Choice 2:00 Art Therapy w/Crista (S) (E) 2:30 Candy’s & Giovanna’s Drama Group (E)(S) 3:30 Bonnie’s Wii Games Snack & Social (P) (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	5 10:00 Dancing with Garrey (S)(P) 11:30 Photo Caption Activity w/ Charlie (C) (E) 12:00 Cinco de Mayo Word Game (C) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (P)(SP) 2:45 Irene & Peter’s Classical Music Discussion (C) 2:45 Giving Thanks w/ Lorraine (SP) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
8 10:00 Piano w/ Frank (P)(S) 11:30 May Word Game Scramble (C) 12:00 National Nursing Week w/ Donna & Jean (C)(S) 1:30 Participant’s Choice 2:30 Learning Circle w/ Jean K (C) 2:30 Creative Writing w/ JD (E) (C) 3:00 Word Game: Rhymes w/ Claire (E)(C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	9 10:00 Mo Town Music w/ Donna & Susan (C) 10:30 PT w/ Jo Ann & Paige (P) 11:30 News Currents w/ Jacqueline (C) 11:30 Martha’s Bingo Group (C)(S) 1:30 Participant’s Choice 2:30 Art Appreciation w/ Roshna 2:30 Men’s Group with Martin (S)(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	10 10:00 Painting w/Elba & Martin (E)(S) 10:00 Winston Churchill Discussion w/ Paul (C) (S) 11:30 Paul K’s Thankful Group (SP) 11:30 Mind & Body Challenge (C) (P) 1:30 Participant’s Choice 1:30 Pet Visit w/Tricia & Sammy (S)(SE) 2:30 Sing-Alongs w/ Lorraine (S)(E) 2:30 Root Beer Float Day w/ Carole (S)(SE) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	11 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Tom K’s Walking Club (P) 11:30 Mathletes w/ David (C) 12:00 This Week in History (C) 1:30 Participant’s Choice 2:00 Art Therapy w/Crista (S) (E) 2:30 Tony’s Football Toss (P)(S) 3:30 Guli’s Wii Games Snack & Social (P) (S) 4:00 Balloon Volley (P)	12 10:00 Music w/ Peter (S) 10:45 Pictionary (C) 11:30 This Week In Photos (C) 12:00 Paul’s Travel Group (S)(C) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (SP)(P) 2:45 Harmonizing with Valarie, Jean & Alan (S)(C) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
15 10:00 "Thank You for Flying..." Day w/ Patty (C)(S) 10:30 Fitness & Meditation Group (P)(SP) 11:30 Fred’s Travel Photo Presentation (C) 12:00 Dance of the Day w/ Raul (S)(P) 1:30 Participant’s Choice 2:30 Badminton w/ Jeff (P) 2:30 Cooking Group w/ Lois (SE)(S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	16 10:00 Dancing w/ Garrey (P) 11:30 Carol’s Bingo Group (S)(C) 11:30 News Currents w/ Ron (C) 1:30 Participant’s Choice (C) 2:30 Tracy’s Learning Circle (C) 2:30 Bowling w/ Paul K (P) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	17 10:00 Music w/ Jessica (S) 10:45 Strength & Stretch (P) 11:30 Mind & Body Challenge (C)(P) 1:30 Participant’s Choice 1:30 Pet Visits w/Tricia & Sammy (S)(SE) 2:30 Ron’s Louie Armstrong Presentation (C) 2:30 Gordon’s Sketch Group (E) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	18 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Tracy’s Walking Club (P) 11:30 This Week In Photos (C) 12:00 Jeopardy w/Alan (C)(S) 1:30 Participant’s Choice 2:00 Art Therapy w/Crista (S) (E) 2:30 Creative Writing & Storytelling w/ JD (E) (C) 3:30 Giovanna’s Wii Games Snack & Social (P) (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	19 10:00 Ringling Brothers Circus Day (C) 10:30 Happy Feet Cloggers (P) 11:30 This Week in History (C) 12:00 Valarie’s Spelling Bee Challenge (C) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Name That Tune w/ Bonnie (C)(S) 2:45 Cecilia C’s Memory Tea (S)(C) 4:00 Participant’s Choice 3:30 Arnie’s Piano Happy Hour (S)
22 10:00 Carol Animal Presentation (C) 10:30 Fitness Group (P) 10:30 Tom K’s Walking Group (P) 11:30 Language Group w/ Irene, Jean & Gerlinde (C)(S) 11:30 Optical Illusions Presentation (C) 1:30 Participant’s Choice 2:30 Chyp & Andrea: Music Through The Decades (S)(P) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	23 10:00 World Turtle Day (C) 10:30 Fitness & Meditation Group (P)(SP) 11:30 News Currents w/ Jacqueline (C) 11:30 Cecilia D’s Bingo Group (C)(S) 1:30 Participant’s Choice 2:30 Music Apprec. Video & Disc. (C) 2:30 Spiritual Group w/ Jacqueline & Martha (SP) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	24 10:00 Painting w/Elba & Sayed (E)(S) 10:00 This Week in History (C) 10:45 Strength & Stretch (P) 11:30 Active & Cognitive Game(C) (P) 1:30 Participant’s Choice 1:30 Pet Visit w/Tricia & Sammy (S)(SE) 2:30 Music with Bill Crews (S) (P) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	25 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Nora’s Walking Club (P) 11:30 Musical Jeopardy w/ Claire(C)(S) 1:30 Participant’s Choice 2:00 Art Therapy w/Crista (S) (E) 2:30 Badminton w/ Raul (P) 3:30 Bonnie’s Wii Games Snack & Social (P) (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	26 10:00 Violin w/ Anthony 10:45 Fitness Group (P) 10:45 Tom K’s Walking Club (P) 11:30 Charlie’s Patriotic Group (C) 12:00 “Log” Off Word Game (C) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Garden Group w/ Lucille & Lorraine (S)(SP) 2:45 Travel The World Presentation (C) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
29 Center Closed for Memorial Day	30 10:00 Musical Trivia Challenge w/ Cecilia (C) 10:45 Fitness Group (P) 10:45 Alan’s Walking Club (P) 11:30 Al’s Basketball Toss(P) 11:30 Martha’s Bingo Group (C) 1:30 Participant’s Choice 2:30 Learning Circle w/ Peter (C)(S) 2:30 Lucille’s Name That Plant(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	31 10:00 Painting w/Elba & Stephen (E)(S) 10:00 This Week in History (C) 10:45 Strength & Stretch (P) 11:30 Active & Cognitive Game(C) (P) 1:30 Participant’s Choice 1:30 Pet Visit w/Tricia & Sammy (S)(SE) 2:30 Participant Support Group w/ Stephanie (E) 2:30 Susan’s Scrabble Game(C) (S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	Snack 11:00 & 3:30 Lunch 12:30 Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP) Participants’ Choice indicates varied individual or small group activities.	Community Outings to be Announced in Weekly Family Newsletter May Birthdays Happy Birthday! Fred H- 5/5 Jacqueline 5/8 Tom K- 5/11 Tracy- 5/17 Raul-5/21 Lucille-5/27



FRIENDS CLUB

Blue 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