

| April 2017                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <b>Community Outings<br/>to be Announced in<br/>Weekly Family<br/>Newsletter</b>                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        | <b>Snack 11:00 &amp; 3:30<br/>Lunch 12:30</b><br><br><b>Activity Domain Key</b><br>Physical (P)<br>Social (S)<br>Cognitive (C)<br>Expressive (E)<br>Sensory (SE)<br>Spiritual (SP)<br><br>Participants’ Choice indicates<br>varied individual or small group<br>activities.                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>April Birthdays</b><br><br><b><u>Happy Birthday!</u></b><br><br><b>JD-4/11</b><br><br><b>Bonnie- 4/15</b>                                                                                                                                                                                                                                                                                                                                          |
| <b>3</b><br>10:00 Irene’s Musical Trivia (S)(C)<br>10:30 Fitness & Meditation Group (P)(SP)<br>11:30 “Green” Day Trivia (C)<br>12:00 Dance of the Day w/ Lynn (S)(P)<br>1:30 Participant’s Choice<br>2:30 Bonnie’s Birthday Group (S) (C)<br>2:30 Creative Writing w/ JD (E) (C)<br>3:00 Word Game: Rhymes w/ Claire (E)(C)<br>3:30 Video Concert & Snack (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice | <b>4</b><br>10:00 Mo Town Music w/ Donna (C)<br>10:30 Fitness Group (P)<br>11:30 News Currents w/ Jacqueline (C)<br>11:30 Martha’s Bingo Group (C)(S)<br>1:30 Participant’s Choice<br><b>2:30 Art Appreciation w/ Roshna</b><br>2:30 Men’s Group with Martin (S)(C)<br>3:30 Featured Music Snack Social (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice    | <b>5</b><br>10:00 Painting w/Elba & Martin (E)(S)<br>10:00 This Week in History (C)<br>11:30 Paul’s Thankful Group (SP)<br>11:30 Mind & Body Challenge (C) (P)<br>1:30 Participant’s Choice<br><b>1:30 Pet Visit w/Tricia &amp; Sammy (S)(SE)</b><br>2:30 Sing-Alongs w/ Terrie (S)(E)<br>3:30 Comedy Hour & Favorite TV Shows (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                         | <b>6</b><br><b>10:00 Music Therapy w/Peg (S)</b><br>10:45 Fitness Group (P)<br>10:45 Tom’s Walking Club (P)<br>11:30 Mathletes w/ David (C)<br>12:00 Science Mysteries (C)<br>1:30 Participant’s Choice<br><b>2:00 Art Therapy w/Crista (S) (E)</b><br>2:30 Tony’s Football Toss (P)(S)<br>3:30 Guli’s Wii Games<br>Snack & Social (P) (S)<br>4:00 Balloon Volley (P)                                                     | <b>7</b><br>10:00 This Week In Photos (C)<br>10:30 National Beaver Day Trivia (C)<br><b>11:30 Harp with Judy (S)</b><br>12:00 Paul’s Travel Group (S)(C)<br>1:30 Participant’s Choice<br><b>2:15 Tai Chi/Yoga w/Cynthia (SP)(P)</b><br>2:45 Garden Group w/ Lucille & Lorraine (S)(SP)<br>2:45 Harmonizing with Jean & Alan (S)(C)<br>3:30 Arnie’s Piano Happy Hour (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                       |
| <b>10</b><br><b>10:00 Piano with Frank (S)</b><br>11:30 Gordon’s Sketch Group (E)<br>11:30 National Sibling Day w/ Claire (C)<br>12:00 Fitness & Meditation Group (P)(SP)<br>1:30 Participant’s Choice<br>2:30 Badminton w/ Jeff (P)<br>2:30 Cooking Group w/ Lois & Judy (SE)(S)<br>3:30 Video Concert & Snack (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                           | <b>11</b><br><b>10:00 Guitar with Steve G (S)(P)</b><br>10:45 Easy Does It: Random Trivia (C)<br>11:30 Carol’s Bingo Group (S)(C)<br>11:30 News Currents w/ Ron (C)<br>1:30 Participant’s Choice (C)<br>2:30 Tracy’s Learning Circle (C)<br>2:30 Bowling w/ Paul K (P)<br>3:30 Featured Music Snack Social (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice | <b>12</b><br>10:00 Painting w/Elba & Susan (E)(S)<br>10:00 Bob’s History Presentation & Discussion (S)(C)<br>10:45 Strength & Stretch (P)<br>11:30 Mind & Body Challenge (C)(P)<br>1:30 Participant’s Choice<br><b>1:30 Pet Visits w/Tricia &amp; Sammy (S)(SE)</b><br><b>2:30 Music with Bill Crews (S) (P)</b><br>3:30 Comedy Hour & Favorite TV Shows (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice               | <b>13</b><br><b>10:00 Music Therapy w/Peg (S)</b><br>10:45 Fitness Group (P)<br>10:45 Nora’s Walking Club (P)<br>11:30 This Week In Photos (C)<br>12:00 Jeopardy w/Alan (C)(S)<br>1:30 Participant’s Choice<br><b>2:00 Art Therapy w/Crista (S) (E)</b><br>2:30 Creative Writing & Storytelling w/ JD (E) (C)<br>3:30 Giovanna’s Wii Games Snack & Social (P) (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice | <b>14</b><br><b>10:00 Violin w/ Anthony (S)</b><br>10:45 Easter Word Game (C)<br>11:30 Brandon’s Redskin’s Trivia (C)<br>11:30 Sukarma’s Chemistry Group (C)<br>12:00 Spelling Bee Challenge (C)<br>1:30 Participant’s Choice<br><b>2:15 Tai Chi/Yoga w/Cynthia (SP) (P)</b><br>2:45 Peter’s Name That Tune (C)(S)<br>2:45 Cecilia C’s Memory Tea (S)(C)<br>3:30 Arnie’s Piano Happy Hour (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice |
| <b>17</b><br>10:00 Carol Animal Presentation (C)<br>10:30 Fitness Group (P)<br>10:30 Tom K’s Walking Group (P)<br>11:30 Arnie’s Egg Races (P)<br>1:30 Participant’s Choice<br>2:30 Pat’s Car Presentation (C)<br>2:30 Bavanni’s’s Art & Craft Corner (E)<br>3:30 Video Concert & Snack (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                                                    | <b>18</b><br><b>10:00 Dancing with Garrey (S)(P)</b><br>11:30 News Currents w/ Jacqueline (C)<br>11:30 Cecilia D’s Bingo Group (C)(S)<br>1:30 Participant’s Choice<br>2:30 Music Apprec. Video & Disc. (C)<br>2:30 Participant Support Group w/ Stephanie (E)<br>3:30 Featured Music Snack Social (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice          | <b>19</b><br>10:00 Painting w/Elba & Sayed (E)(S)<br>10:00 This Week in History (C)<br>10:45 Strength & Stretch (P)<br>11:30 Active & Cognitive Game(C) (P)<br>1:30 Participant’s Choice<br><b>1:30 Pet Visit w/Tricia &amp; Sammy (S)(SE)</b><br>2:30 Spiritual Group w/ Jacqueline (SP)<br>2:30 Susan’s Scrabble Game(C) (S)<br>3:30 Comedy Hour & Favorite TV Shows (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice | <b>20</b><br><b>10:00 Music Therapy w/Peg (S)</b><br>10:45 Fitness Group (P)<br>10:45 Nora’s Walking Club (P)<br>11:30 Musical Jeopardy w/ Claire(C)(S)<br>1:30 Participant’s Choice<br><b>2:00 Art Therapy w/Crista (S) (E)</b><br>2:30 Badminton w/ Raul (P)<br>3:30 Bonnie’s Wii Games Snack & Social (P) (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                                  | <b>21</b><br><br><b>Staff Training Day</b><br><br><b>Center Closed</b>                                                                                                                                                                                                                                                                                                                                                                                |
| <b>24</b><br>10:00 Song Title Wheel of Fortune (C) (S)<br>10:45 Fitness Group (P)<br>10:45 Tom K’s Walking Club (P)<br>11:30 Charlie’s Patriotic Group (C)<br>12:00 Fred’s Tony Bennett & Jazz Discussion (C)(S)<br>1:30 Participant’s Choice<br><b>2:30 Chyp &amp; Andrea: Music Through The Decades (S)(P)</b><br>3:30 Video Concert & Snack (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice            | <b>25</b><br>10:00 Musical Trivia Challenge w/ Cecilia (C)<br><b>10:30 PT with Jo Ann (P)</b><br>11:30 Al’s Basketball Toss(P)<br>11:30 Martha’s Bingo Group (C)<br>1:30 Participant’s Choice<br><b>2:30 Dancing with Garrey (P)(S)</b><br>3:30 Featured Music Snack Social (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                | <b>26</b><br>10:00 Painting w/Elba & Stephen (E)(S)<br>10:00 This Week in History (C)<br>10:45 Strength & Stretch (P)<br>11:30 Active & Cognitive Game(C) (P)<br>1:30 Participant’s Choice<br><b>1:30 Pet Visit w/Tricia &amp; Sammy (S)(SE)</b><br><b>2:30 Music with Bill Crews (S) (P)</b><br>3:30 Comedy Hour & Favorite TV Shows (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                  | <b>27</b><br><b>10:00 Music Therapy w/Peg (S)</b><br>10:45 Fitness Group (P)<br>10:45 Nora’s Walking Club (P)<br>11:30 Faces & Places w/ Alan (C)<br>1:30 Participant’s Choice<br><b>2:00 Art Therapy w/Crista (S) (E)</b><br>2:30 Candy’s & Giovanna’s Drama Group (E)(S)<br>3:30 Bonnie’s Wii Games Snack & Social (P) (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                      | <b>28</b><br>10:00 Humor: Laughs & Giggles (S)(C)<br>10:30 Arbor Day Discussion(S)<br>11:30 Photo Caption Activity w/ Lucille (C) (E)<br>1:30 Participant’s Choice<br><b>2:15 Tai Chi/Yoga w/Cynthia (P)(SP)</b><br>2:45 Fred’s Space Presentation (C)<br>2:45 Giving Thanks w/ Lorraine (SP)<br>3:30 Arnie’s Piano Happy Hour (S)<br>4:00 Balloon Volley (P)<br>4:00 Participant’s Choice                                                            |



# 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