


FRIENDS CLUB ORANGE GROUP | FEBRUARY 2018

<p>Participants’ Choice indicates varied individual or small group activities.</p> <p>Snack 11:30 & 3:30 Lunch 12:45</p> <p>Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP)</p>			<p>1</p> <p>8:30 Sayed’s Coloring Group (E) 9:15 Coffee & Conversations (S) 10:00 Morning Greetings (S) 10:15 Spelling Bee w/ Jean (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Rhyming Words w/ Barbara (C) 12:30 Water Beadz w/ Elizabeth (SE) 12:30 Margarita’s Drawing Club (E) 2:00 Participant’s Choice 2:30 Sensory Painting w/ Lillian (E) 2:30 Poetry w/ Tom (C)(E) 3:00 Nature Sounds & Sights w/ Doris (SE) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>2</p> <p>8:30 Morning Trivia Group (C) 9:15 Puzzle Group (C) 10:00 Morning Greetings (S) 10:15 Cooperative Parachute Games w/ Paul (P) 10:45 Name That Tune w/ Ruth (S)(C) 11:15 Susan's Coloring Group (E) 11:15 Walking Club w/ Despina (P) 12:00 The Beamz w/ Guli (S)(E) 12:30 Hand Massages w/ Lynn (SE) 2:00 Participant’s Choice 2:30 Meditation w/ Mei (SP) 2:45 Tai Chi w/ Cynthia (SP)(P) 2:45 MSE Visit w/ Mei (SE) 3:15 Folding & Sorting w/ Claire (C)(SE) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>
<p>5</p> <p>8:30 Reading Circle w/ Tom (S) 9:15 Coffee & Conversations (C)(S) 10:00 Morning Greetings (S) 10:00 Memory Book w/ Sheila (S) 10:15 Ball Toss & Talk w/ Barbara (S)(P) 10:30 Finish the Line w/ Ruth (C) 11:00 Hand Massages w/ Maria (SE) 11:00 Marble Painting w/ GiGi (E) 12:00 Badminton w/ Mary Anna (P) 2:00 Participant’s Choice 2:30 Water Play w/ Nora (SE) 2:30 Sensory Fabrics & Pillow w/ Tom (SE) 3:00 Sing-a-long w/ Jewell (E)(S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>6</p> <p>8:30 Tea Time w/ Lucille (S) 9:15 Puzzle Group (C) 10:00 Morning Greetings (S) 10:15 Random Trivia w/ Jean (C) 10:30 Walking Club (P) 10:30 Seated Range of Motion Exercises w/ Maria (P) 11:00 Harp w/ Judith (S) 12:00 Fireworks Painting w/ Susan(E) 12:00 Reading Club w/ Joy (C)(S) 12:30 Sing Along w/ Claire (E)(S) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Cooking Group w/ Carole (SE) 3:00 Table Ball w/ Nora (P) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>7</p> <p>8:30 Morning Trivia (C) 9:15 Coffee & Conversations (C)(S) 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Arlene (C)(S) 10:30 A to Z Word Game w/ Jean (C) 11:00 Collage Projects (E) 11:00 Guess the Spice w/ Mei (SE)(C) 12:00 Frisbee Toss & Colors Cognitive Game w/ Lynn (P)(C) 1:30 Pet Visits w/ Sammy & Friends (S) (SE) 2:00 Participant’s Choice 2:30 DIY Sand Play (SE) 3:00 Photo Expressions w/ GiGi (E) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>8</p> <p>8:30 Puzzle Group (C) 9:15 Coloring Group (E) 10:00 Morning Greetings (S) 10:15 Flower Arranging w/ Giovanna (SE)(E) 10:15 PVC Pipe & Block Building (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Memory Tea (SE)(S) 2:00 Participant’s Choice 2:30 Spelling Bee w/ Margarita (C) 2:30 Basketball Toss w/ Tom (P) 3:00 Aromatherapy & Meditation w/ Lillian (SE)(SP) 3:30 Featured Music Snack Social (S) 4:00 Participant’s Choice 4:00 Balloon Volley (P)(S)</p>	<p>9</p> <p>8:30 Margarita’s Coloring Group (E) 9:15 Coffee & Conversations (C)(S) 10:00 Dancing with Garrey (P) 11:00 Rhyming Word Game w/ Barbara (C) 11:00 Find the Object Rice Bins w/ Elizabeth(SE)(C) 12:00 Sensory Spa w/ Guli (SE) 12:00 Reading Circle w/ Paul (C)(S) 2:00 Participant’s Choice 2:30 Spelling Bee w/ Jean (S)(C) 2:45 Tai Chi w/ Cynthia (SP) (P) 2:45 MSE Visit w/ Jean (SE) 3:15 Mei's TGIF Thankfulness Group (SP) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Participants Choice 4:00 Balloon Volley (P)(S)</p>
<p>12</p> <p>8:30 Reading Circle w/ Tom (S) 9:15 Coffee & Conversations (C)(S) 10:00 Scandals in the City! (S) 10:50 Ball Toss & Talk w/ Jewell (S)(P) 11:00 Do You Hear What I Hear? (SE)(C) 12:00 Discovery Walk w/ Elizabeth (P)(C) 12:00 Badminton w/ Mary Anna (P) 2:00 Participant’s Choice 2:30 Scratch n’ Sniff w/ Doris (SE)(C) 2:30 Manicures w/ Lynn (SE) 3:00 Sing-a-long w/ Doris (E)(S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>13</p> <p>8:30 Al’s Morning Discussion Group (S) 9:15 Coloring Group (E) 10:00 Morning Greetings (S) 10:00 Guitar w/ Steven (S)(P) 10:45 Poetry Circle w/ Joy (S)(E) 11:00 Sensory Table Ball w/ Nora (P)(S) 12:00 Barbara's Tennis Match (P) 12:30 Starts w/... Cognitive Game w/ Barbara (C) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Dancing w/ Garrey (P) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>14</p> <p>8:30 Trivia w/ Margarita 9:15 Coffee & Conversations (C)(S) 10:00 Morning Greetings (S) 10:15 Love Stories w/ Tom (S) 10:15 Valentine’s Day Photo Shoot w/ Grace (E) 10:30 Back Vibration Massages w/ GiGi (SE) 11:00 Discovery Walk w/ Nora (P)(S) 11:00 Seated ROM Exercises w/ Jean (P) 12:00 Make Your Own Valentine w/ Margarita (E) 1:30 Pet Visits w/Sammy & Friends (S)(SE) 2:00 Participant’s Choice 2:30 Music w/ Bill Crews Valentine’s Day Special (S)(P) 3:30 Comedy Hour & Favorite TV Shows(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>15</p> <p>8:30 Claire’s Coloring Group (E) 9:15 Reading Circle (S) 10:00 Morning Greetings (S) 10:15 Write a Letter w/ Carole (C) 10:15 Sensory Bins w/ Despina (SE) 10:45 Music Therapy w/Peg (S)(P) 12:00 Table Games w/ Carole (P)(S) 2:00 Participant’s Choice 2:30 Painting w/ Feathers w/ Susan (E) 2:30 Sensory Fabrics & Pillow Doris (SE) 3:00 Sing-a-long w/ Grace (S) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>16</p> <p>8:30 Puzzle Group 9:15 Coloring Group (E) 10:00 Morning Greetings (S) 10:15 Mind & Body Challenge (C)(P) 10:15 Hand Massages w/ Maria (SE) 10:45 Music Therapy w Jessica (S) 12:00 Montessori Activities w/ Margarita (SE)(C) 2:00 Participant’s Choice 2:45 Tai Chi w/ Cynthia (SP) (P) 2:45 MSE Visit w/ Lillian (SE) 3:15 Spirituality Group w/ Mei (SP) 3:15 Montessori Matching w/ Elizabeth (C)(S) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>
<p>19</p> <p>Closed for Presidents’ Day</p>	<p>20</p> <p>8:30 Puzzle Group (C) 9:15 Reading Circle (S) 10:00 Morning Greetings (S) 10:15 Cooperative Parachute Games w/ Paul (P)(S) 10:45 Collages w/ Margarita (E) 10:45 Moon Sand (SE) 11:15 Reading Circle w/ Lynn (S) 12:00 Badminton w/ Guli (P) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Tape Art w/ Lillian (E) 2:30 Ball Toss & Talk w/ Joy (P)(S) 3:00 Sing-a-long w/ Ruth (S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>21</p> <p>8:30 Patricia’s Coloring Group (E) 9:15 Coffee & Conversations (S)(C) 10:00 Morning Greetings (S) 10:15 Aromatherapy & Meditation w/ Mei (SE)(SP) 10:30 Walking Club w/ Nora (P) 10:30 Seated Exercises w/ Jean (P) 11:00 Matching Games w/ GiGi (SE)(C) 11:00 Coloring w/ Margarita (E) 12:00 Sensory Spa w/ Doris (SE) 1:30 Pet Visits w/Sammy & Friends (SE)(S) 2:00 Participant’s Choice 2:30 Photo Expressions w/ Guli (E) 3:00 Spelling Bee w/ Joy (C)(S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>22</p> <p>8:30 Morning Trivia (C) 9:15 Coloring Group (E) 10:00 Morning Greetings (S) 10:15 Sensory Fabrics & Pillow w/ Doris (SE) 10:15 Bean Bag Toss w/ Tom (P) 10:45 Music Therapy w/Peg (S)(P) 12:00 Montessori Activities w/ Margarita (SE)(C) 2:00 Participant’s Choice 2:30 Sensory Spice Painting w/ Mei (E) 2:30 Magnet Sensory Box (SE)(C) 3:00 Beach Trip w/ Nora (SE) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>23</p> <p>8:30 Puzzle Group (C) 9:15 Coffee & Conversations (S)(C) 10:00 Cello w/ Tobias (S) 11:00 Flower Arranging w/ Giovanna (SE)(E) 11:00 Hand Massages w/ Maria (SE) 12:00 Table Games w/ Carole (S)(P) 2:00 Participant’s Choice 2:45 Tai Chi w/ Cynthia (SP) (P) 2:45 MSE Visit w/ Lillian (SE) 3:15 Happiness Quotes & Discussion w/ Tom (SP)(C)(S) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>
<p>26</p> <p>8:30 Trivia w/ Margarita (C) 9:15 Coffee & Conversations (S)(C) 10:00 Morning Greetings (S) 10:15 Stand Up! Stretches & Morning Exercises w/ Maria (P) 10:30 Creative Arts Choice (E) 10:30 Match the Object w/ Elizabeth (SE)(C) 11:00 Spelling Bee w/ Nora (C) 11:00 Back Vibration Massages w/ GiGi (SE) 12:00 Discovery Walk w/ Guli (P)(C) 12:00 Ball Toss w/ Tom (P) 2:00 Participant’s Choice 2:30 Music w/ Chyp & Andrea (S)(P) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>27</p> <p>8:30 Breakfast Discussion w/ Jean (S) 9:15 Coloring Group (E) 10:00 Piano w/ Frank (S) 11:00 Starts w/ ... Game w/ Barbara (C)(S) 11:00 Hand Massages w/ Maria (SE) 12:00 Table Games w/ Carole (P) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Sun Catcher Craft w/ GiGi (E) 2:30 Reading Circle w/ Tom (S) 3:00 Walking Club w/ Nora (P) 3:00 Seated ROM Exercises w/ Jean (P) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<p>28</p> <p>8:30 Puzzle Group (C) 9:15 Coffee & Conversations (S)(C) 10:00 Morning Greetings (S) 10:15 Ball Toss & Talk w/ Joy (P)(S) 10:45 Writing Practice (C) 10:45 Sensory Bins w/ Despina (SE) 12:00 A to Z Challenge w/ Jean (C) 12:00 Color Collages w/ Susan (E) 12:30 Frisbee Toss w/ Paul (P) 1:30 Pet Visits w/Sammy & Friends (SE)(S) 2:30 Music w/ Bill Crews (S)(P) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice</p>	<div><p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone InsightMCC.org web</p></div>	<p>February Birthdays <u>Happy Birthday!</u> Faiza 2/3 Claire 2/14 Guli 2/18 Nora 2/22 Paul K 2/24 Gigi 2/25</p> <p>Community Outings to be Announced in Weekly Family Newsletter</p>