

September 2017

Community Outings to be Announced in Weekly Family Newsletter September Birthdays <u>Happy Birthday!</u> Grace- 9/1	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.		1 10:00 Name That Job Tune (S) 10:30 September Trivia (C) 11:30 Jean’s Active & Cognitive Game (P) 11:30 Paul Travel Discussion (C) 1:30 Participant’s Choice 1:30 Support Group w/ Elizabeth (E) 2:30 George’s Interactive Music Group (S)(C) 2:30 Lorraine’s Ice Tea Circle (S) 3:30 Arnie’s Piano Hour(S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
4 Closed for Labor Day	5 10:00 Music Trivia w/ Claire (S)(C) 10:30 PT Exercise w/ JoAnn & Theo (P) 11:30 Music Therapy w/ Arian (S) 11:30 Labor Day Trivia (C) 1:30 Participant’s Choice 2:00 Pet Visit w/ Brawny (SE) 2:30 National Wildlife Day Presentation (C) 2:30 Navy Discussion w/ Charlie (S)(C) 3:30 Terrific Tuesday TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	6 10:00 Valarie’s Back To School Discussion (C) 10:45 Tom K’s Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Candy (S) (E) 11:30 News Currents w/ Tracy (C) 1:30 Participant’s Choice 1:30 Pet Visit w/ Sammy (S)(SE) 2:30 Entertainment w/ Bill Crews (S) 2:30 Irene’s Language Group (C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	7 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Walking Club (P) 11:30 Read This Line w/ Alan (C)(E) 11:30 Gerlinde’s Etiquette Lesson (C) 12:00 Word Game: Starts w/ (C) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (SP)(P) 2:45 Gordon’s Art Apprec. Video & Disc. (C) 2:45 Anne’s Nurse Discussion (C) 3:30 Guli’s Wii Games Snack & Social (P) (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	8 10:00 This Week in History (C) 10:45 Fitness Group (P) 11:30 Grandparent’s Day: Reminisce Discussion w/ Paul K (S)(C) 11:30 Smiles in Sept Presentation (C) 1:30 Participant’s Choice 1:30 Support Group w/ Elizabeth (E) 2:30 Song & Dance w/ Peter (S)(E) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
11 10:00 Piano w/ Frank (S) 11:30 Mind & Body Challenge (P)(C) 11:30 Patty’s Spanish Language Group (C) (S) 1:30 Participant’s Choice 2:30 Tracy’s Memory Tea (C) 2:30 9.11 Discussion & Remembrance (C)(S) 3:00 Patriotic Songs (S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	12 10:00 Guitar w/ Steve G (S) 10:45 Easy Does It: Random Trivia (C) 11:30 Art Appreciation w/ Roshna (S) 1:30 Participant’s Choice (C) 1:30 Support Group w/ Sage (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Jesse Owens Discussion & Active Game (C)(P) 2:30 Vince’s Creative Writing Activity (E) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	13 10:00 Music Therapy w/ Arian (S) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Patricia (S) (E) 11:30 Susan’s Book Discussion (C) 12:00 Jeopardy w/Alan (C)(S) 1:30 Participant’s Choice 1:30 Pet Visits w/ Sammy (S)(SE) 2:30 Sing-Alongs w/ Lorraine & Dee (S)(E) 2:30 Tom’s Army Discussion (S)(C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	14 8:30 Kelly’s Watering Group (S) 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) 11:30 Lois & Kelly’s Gardening Group (SE)(S) 1:30 Participant’s Choice 2:30 Irene & Peter’s Classical Music Discussion (C) 2:30 Spiritual Group w/ Candy & Jacqueline (SP) 3:30 Gerlinde’s Documentary & Discussion (C) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	15 8:30 Ron’s Coffee & Conversations (S) 10:00 Dancing w/ Garrey (P) 11:30 This Week in History (C) 11:30 Carol’s Bingo Group (C) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Harmonizing w/ Valarie (S)(E) 2:45 Tom K’s Oktoberfest Discussion (C) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Participant’s Choice 4:00 Balloon Volley (P)
18 American Diversity Monday 8:30 Reading Circle w/ Tom B (S) 10:00 American Culture Presentation (C) 10:30 Music from the Decades (S) 11:30 Language Group w/ Irene & Gerlinde (C)(S) 11:30 Kelly’s Basketball Toss & Trivia (P)(C) 1:30 Participant’s Choice 2:30 Entertainment w/ Bill Crews (S) 2:30 Gordon’s Discussion Group (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	19 Traditional Dance Tuesday 8:30 Annette’s Morning Color Sess(S) 10:00 Dancing w/ Garrey (P) 11:30 This Week In History (C) 11:30 Martha’s Bingo Group (C) 1:30 Participant’s Choice 1:30 Support Group w/ Sage (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Traditional Dance Activity (C)(S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	20 World Food Wednesday 8:30 Tea Time Trivia w/ Lucille (S) 10:00 Food Trivia w/ Carol (C)(S) 10:30 Strength & Stretch (P) 10:45 Meditation Group (SP) 11:30 Word Game: FOODS (C)(E) 11:30 Art Therapy w/Crista & Candy (S)(E) 12:00 Dance of the Day w/ Terrie (S)(E) 1:30 Participant’s Choice 1:30 Pet Visit w/ Sammy(S)(SE) 2:30 World Food Activity (S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	21 Ice Cream Thursday 8:30 Claire’s Coloring Club (E) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Nora’s Walking Club (P) 11:30 Shuffle Board w/ Arnie (P) 11:30 Tracy’s Dog Week Disc (C) 1:30 Participant’s Choice 2:30 Ice Cream Activity (S) 3:30 Bonnie’s Wii Games Snack & Social (P) (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	22 Fashion Friday 8:30 Tea Time w/ Pat (S) 10:00 This Week in Photos (C) 10:45 Fitness Group (P) 10:45 Tom K’s Walking Club (P) 11:30 Word Game: FASHIONS (C) 11:30 Elephant Appreciation Presentation (C) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Fashion Friday Activity (S) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
25 8:30 Breakfast Discussion w/ Jean K. (S) 10:00 Ron’s News Currents (C) 10:00 Sayed’s Bingo Group (C) 10:45 Fitness Group (P) 10:45 Tom K’s Walking Club (P) 11:30 George’s Men’s Group (C) 11:30 Active & Cognitive Game w/ Martin (P) 1:30 Participant’s Choice 2:30 Fred’s Puzzle Circle (C) 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	26 8:30 Morning Social w/ Jean B (S) 10:00 Painting with Anne (S) (E) 10:00 Music Therapy w/ Arian (S) 10:45 Fitness Group & Meditation Group (SP) (P) 11:30 Al’s Grant Hill Learning Circle (S)(C) 11:30 Raul’s Badminton Game(P) 1:30 Participant’s Choice (C) 1:30 Support Group w/ Sage (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Creative Writing w/ JD (C)(E) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	27 8:30 Morning Discussions w/ Lillian (S) 10:00 Music Therapy with Jessica (S) 10:45 Strength and Stretch (P) 11:30 Art Therapy w/Crista & Patricia (S) (E) 11:30 Ione’s Bowling Game(P) 1:30 Participant’s Choice 1:30 Pet Visit w/ Sammy (S)(SE) 2:30 Music Apprec. Video & Disc. (C) 2:30 Peter’s Community Service Group (S)(E) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	28 8:30 Sayed’s Coloring Club (S)(E) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Alan’s Walking Club (P) 11:30 Bob’s Horseshoes Game (P) 11:30 Lucille’s Bingo Group (C) 1:30 Participant’s Choice 2:30 History Presentation (C) 2:30 Cooking Group w/ Lois (S)(SE) 3:30 Gerlinde’s Documentary & Discussion (C) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	29 8:30 Raul’s Puzzle Group (S) 10:00 Trivia Challenge w/ Lucille(C) 10:45 Strength & Stretch (P) 11:30 One Hit Wonders (E) 11:30 Travel Group w/ Paul (C) 1:30 Participant’s Choice 2:30 Faces & Places w/ Gordon (C)(S) 2:30 Creative Arts w/ Susan (P) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 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