

July 2017				
3 Closed for Independence Day	4 Closed for Independence Day	5 10:00 Morning Greetings (S) 10:30 Can You Picture This (S) (C) 11:00 Morning Exercise (P) 11:00 Discovery Walk w/ Angelo (P) (C) 12:00 Toss & Talk: Trivia Corner (C)(P) 1:30 Pet Visits w/Sammy & Friends (SE)(S) 2:30 Music w/ Bill Crews (S) 2:00 Participant’s Choice 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	6 10:00 Morning Greetings (S) 10:15 Word Game w/ Despina (C) 10:45 Music Therapy w/ Peg (S)(P) 12:00 Sensory Enrichment Group w/ Mary(SE) 12:00 Guli’s Matching Game (C) 2:00 Participant’s Choice 2:30 Table Game w/ Sukarma (P) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	7 10:00 Morning Greetings (S) 10:30 Spa Time w/ Juanita (SE) 10:30 Tom’s Reminisce Discussion (E) 11:00 Lillian’s Ball Toss: Starts w/...(C)(P) 12:00 Terrie’s Sing-Alongs (S) 2:00 Participant’s Choice 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Mary Anna & Ruth’s MSE Visit (SE) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice
10 10:00 Piano w/ Frank (S) 11:00 Mai’s Active & Cognitive Game (P) 12:00 Grace & Ruth’s Sing-Alongs (C) 2:00 Participant’s Choice 2:30 Dance Lesson’s w/ Elegant Dance (P) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	11 10:00 Guitar with Steve G. (S)(P) 10:45 Easy Does It: Random Trivia (C) 11:00 Morning Exercise (P) 11:00 Nora’s Walking Club (P) 12:00 Mary’s Bingo Group: Under the Sea (S)(C) 2:00 Participant’s Choice 2:30 Angelo’s Table Games (P) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	12 10:00 Morning Greetings (S) 10:30 Gardening Group w/ Guli (SP) 10:30 Finish The Phrase w/ Ruth (C) 11:00 Jeff’s Badminton Game (P) 12:00 Songs & Memories w/ Doris(S) 1:30 Pet Visits w/ Sammy & Friends (S) (SE) 2:00 Participant’s Choice 2:30 Hands On Sensory Activity w/ Grace (SE) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	13 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Tom (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Frisbee Toss w/ Juanita (P) 12:30 Spelling Bee Challenge w/ Monica (C) 2:00 Participant’s Choice 2:30 Maria’s Spanish Music Fiesta (S) 3:00 Word Game w/ Giovanna (C) 3:30 Guli’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	14 10:00 Dancing w/ Garrey (P) 11:00 Doris’s Reminisce Discussion (C) 12:00 Craft Collage w/ Guli (E) 12:00 Tom’s Creative Writing (E) 2:00 Participant’s Choice 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Mary Anna & Lillian’s MSE Visit (SE) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice
17 10:00 Morning Greetings (S) 10:30 Nora’s Memory Tea (SE) 11:00 Seated Exercises (P) 11:00 Elizabeth’s Walking Club (P) 12:00 Sensory Enrichment Group: Gardening w/ Beverly (SE) 2:00 Participant’s Choice 2:30 Chyp & Andrea: Music Through The Decades (S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	18 10:00 Dancing w/ Garrey (P) 11:00 Photo Expressions w/ Giovanna 12:00 Sights, Sounds & Smells of Spring w/ Ruth (SE) 2:00 Participant’s Choice 2:30 Badminton w/ Beverly (P) 3:00 Summertime Poems & Poetry (E) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	19 10:00 Morning Greetings (S) 10:30 Mindfulness Group w/ Mary Anna (SP) 11:00 PT w/ JoAnn & Paige (P) 12:00 Photo Expressions w/ Monica (E) (C) 1:30 Pet Visits w/Sammy & Friends (S)(SE) 2:30 The Beamz w/ Guli (S) 2:00 Participant’s Choice 3:30 Comedy Hour & Favorite TV Shows(S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	20 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Watercolor Art w/ Lillian (E) 12:00 Starts w/.. Word Game (C) 2:00 Participant’s Choice 2:30 Table Games w/ Juanita (P) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	21 10:00 Morning Greetings (S) 10:30 Sukarma’s Word Game (C)(E) 11:00 Harp w/ Judy (S) 12:00 Mary Anna’s Photo Shoot (E) (S) 2:00 Participant’s Choice 2:45 Ruth & Lillian’s MSE Visit (SE) 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice
24 10:00 Morning Greetings (S) 10:30 Photo Expressions w/ Carole (E) 11:00 Seated Exercises (P) 11:00 Elizabeth’s Walking Club (P) 12:00 Sensory Enrichment Group w/ Mary (SE) 2:00 Participant’s Choice 2:30 Three Boys Night Out (S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	25 10:00 Morning Greetings (S) 10:30 Guli’s Matching Game(C) 11:00 Roll an Expression w/ April (E) 12:00 Flower Arrangements w/ Juanita (SE) 12:00 Montessori Activities/ Luz (SE) 2:00 Participant’s Choice 2:30 Bean Bag Toss w/ Jeff (P) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	26 10:00 Morning Greetings (S) 10:30 Word Game: Rhymes w/ Claire (C) 11:00 Active Game w/ Jean (P) 12:00 Toss & Talk: Colors Topic w/ Lillian (C)(P) 1:30 Pet Visits w/Sammy & Friends (SE)(S) 2:00 Participant’s Choice 2:30 Music w/ Bill Crews (S)(P) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	27 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris (C) 10:45 Music Therapy w/ Peg (S)(P) 12:00 Photo Expressions w/ April (E) 12:00 Crafts Corner w/ Juanita (S)(E) 2:00 Participant’s Choice 2:30 Roll an Expression w/ Doris (E) 3:30 Bonnie’s Wii Social & Snack (P) (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	28 10:00 Morning Greetings (S) 10:15 Word Game w/ Monica (C) 10:45 Violin w/ Anthony (S) 12:00 Sensory Enrichment Group: On a Farm w/ Jewells (SE) 2:00 Participant’s Choice 2:45 Ruth & Lillian’s MSE Visit (SE) 2:45 Tai Chi/Yoga w/Cynthia (SP) (P) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice
31 10:00 Morning Greetings (S) 10:30 Mai’s Word Game: Rhymes (C)(E) 11:00 Badminton w/ Lillian (P) 12:00 Sensory Enrichment Group: In The Kitchen (SE) 2:00 Participant’s Choice 2:30 Grace & Ruth’s Sing-Alongs (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice		Community Outings to be Announced in Weekly Family Newsletter	July Birthdays Happy Birthday! Elizabeth 7/8 Mary P. 7/18 Tom B. 7/23	Snack 11:30 & 3:30 Lunch 12:45 Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP) Participants’ Choice indicates varied individual or small group activities.



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