May 2017

1 10:00 Morning Greetings (S) 10:30 Mai's Word Game: Rhymes (C)(E) **11:00 Exercise w/ Shenandoah University (P)** 12:00 Sensory Enrichment Group: In The Kitchen (SE) 2:00 Participant's Choice 2:30 Grace & Ruth's Sing-Along (S) 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) 11:00 After Music Stretch (P) 12:00 Photo Expressions w/ April (E) 2:00 Participant's Choice 2:30 Singing Hymns w/ Grace (SP) 3:30 Bonnie's Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant's Choice	**3** 10:00 Morning Greetings (S) 10:15 Word Game: Finish That Phrase w/ Ruth (C) 12:00 Songs & Memories w/ Doris(S) **1:30 Pet Visits w/ Sammy & Friends (S) (SE)** 2:00 Participant's Choice **2:30 Music with Bill Crews (S) (P)** 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant's Choice	**4** 10:00 Morning Greetings (S) 10:15 Word Game w/ Despina (C) **10:45 Music Therapy w/ Peg (S)(P)** 11:00 Finish that Song w/ Claire (S)(C) 12:00 Word Game: Opposites (C) 2:00 Participant's Choice 2:30 Table Game w/ Sukarma (P) 3:30 Arnie's Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**5** **10:00 Dancing w/ Garrey (P)** 11:00 After Dance Stretch (P) 11:00 Lillian's Ball Toss: Starts w/..(C) 12:00 Maria's Cinco de Mayo Photo Shoot (E) (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
8 **10:00 Piano with Frank (S)** 11:00 Seated Exercise (P) 11:00 Angelo's Walking Club (P) 12:00 Grace & Ruth's Sing-Alongs (C) 2:00 Participant's Choice 2:30 Angelo's Table Games (P) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**9** 10:00 Morning Greetings (S) 10:30 Roll an Expression w/ April (E) 11:00 Morning Exercise (P) 11:00 Nora's Walking Club (P) 12:00 Mary's Bingo Group (S)(C) 2:00 Participant's Choice 2:30 Bowling w/ Tom (P) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**10** 10:00 Morning Greetings (S) 10:30 Gardening Group w/ Guli (SP) 10:30 Jeff's Active & Cognitive Game (C) (P) 12:00 Songs & Memories w/ Doris(S) **1:30 Pet Visits w/ Sammy & Friends (S) (SE)** 2:00 Participant's Choice 2:30 Singing Hymns w/ Grace (SP) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant's Choice	**11** 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 (C) 2:00 Participant's Choice 2:30 Maria's Spanish Music Fiesta (S) 3:30 Guli's Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant's Choice	**12** 10:00 Morning Greetings (S) 10:15 Doris's Reminisce Discussion (C) **10:45 Music w/ Peter (S)(P)** 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
15 10:00 Morning Greetings (S) 11:00 Seated Exercises (P) 11:00 Elizabeth's Walking Club (P) 12:00 Sensory Enrichment Group: Walk in Nature (SE) 2:00 Participant's Choice 2:30 Dance of the Day w/ Giovanna (S)(P) 3:00 Music & Memory w/ Lynn (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**16** **10:00 Dancing w/ Garrey (P)** 11:00 Seated Exercise (C) 11:00 Nora's Walking Club (P) 12:00 Sights, Sounds & Smells of Spring w/ Ruth (SE) 2:00 Participant's Choice 2:30 Badminton w/ Beverly (P) 3:00 Springtime Poems & Poetry (E) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**17** 10:00 Morning Greetings (S) 10:15 Mindfulness Group w/ Mary Anna (SP) **10:45 Music Therapy w/ Jessica (S)** 12:00 Photo Expressions w/ Monica (E) (C) **1:30 Pet Visits w/Sammy & Friends (S)(SE)** 2:00 Participant's Choice 3:30 Comedy Hour & Favorite TV Shows(S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**18** 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	**19** 10:00 Morning Greetings (S) 10:15 Words of Wisdom w/ Jewell (SP) **10:30 Happy Feet Cloggers (P)** 11:00 Sukarma's Word Game (C)(E) 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
22 10:00 Morning Greetings (S) 10:30 Montessori Activities: Sorting w/ Angelo (SE) 10:30 Guli's Matching Game (C) 11:00 Seated Exercises (P) 11:00 Nora's Walking Club (P) 12:00 Sensory Enrichment Group w/ Mai (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	**23** 10:00 Morning Greetings (S) 10:30 Tom's Creative Writing (E) 11:00 Bean Bag Toss w/ Jeff (C) 12:00 Flower Arrangements w/ Juanita (SE) 12:00 Montessori Activities/ Luz (SE) 2:00 Participant's Choice 2:30 Grace & Ruth's Sing-Along (S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**24** 10:00 Morning Greetings (S) 10:30 Word Game: Rhymes w/ Claire (C) 11:00 Morning Exercise (P) 11:00 Discovery Walk w/ Beverly (P) (C) 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 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 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 Terrie's Sing-Along (S) 3:30 Bonnie's Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant's Choice	**26** 10:00 Morning Greetings (S) 10:30 Word Game: Finish That Phrase w/ Ruth (C) 11:00 Reading Circle 12:00 Sensory Enrichment Group: On a Farm w/ Jewells (SE) 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) 2:00 Participant's Choice 4:00 Balloon Volley (P)(S) 4:00 Participant's Choice
29 **Center Closed** **For Memorial Day**	**30** 10:00 Morning Greetings (S) 10:30 Roll an Expression w/ April (E) 11:00 Active & Cognitive Challenge (C)(P) 12:00 Tom's Creative Writing (E) 2:00 Participant's Choice 2:30 Grace & Ruth's Sing-Along (S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**31** 10:00 Morning Greetings (S) 10:30 Word Game: Opposites (C) 11:00 Morning Exercise (P) 11:00 Discovery Walk w/ Angelo (P) (C) 12:00 Toss & Talk: Colors Topic (C)(P) **1:30 Pet Visits w/Sammy & Friends (SE)(S)** 2:00 Participant's Choice 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice	**Community Outings to be Announced in Weekly Family Newsletter** **May Birthdays** **Happy Birthday!** **Carole S-5/1** **Lillian-5/17** **Luz-5/24** **Giovanna-5/27**	**Snack 11:30 & 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.

insight MEMORY CARE CENTER

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