

FRIENDS CLUB BLUE 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 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 11:30 Famous African Americans (C) 11:30 BINGO w/ Anne (C) 1:30 Participant’s Choice 2:30 Betty White Bio (C) 2:30 How Strong is Spaghetti? w/ Walter (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>2</p> <p>8:30 Morning Trivia (C) 9:15 Puzzle Group (C) 10:00 Groundhog’s Day & Punxsutawney Phil Trivia (C) 10:30 Slot Canyons (C) 10:30 Meditation Small Group (SP) 11:30 Gene Autry (C) 11:30 Marshmallow Engineering Constructions (C)(E) 1:30 Participant’s Choice 2:15 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Cooking Club: Fudge (S)(SE) 2:45 Drum Circle w/ Mike (E)(S) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P) 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 This Week in History (C) 10:00 Memory Book with Sheila (C)(S) 11:30 Phenomenal Travel Photos w/ Buck (C) 11:30 BINGO w/ Carol (C) 1:30 Participant’s Choice 2:30 Active & Cognitive Game (P)(C) 2:30 Morse Code Learning Circle w/ Vince (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>6</p> <p>8:30 Tea Time w/ Lucille (S) 9:15 Puzzle Group (C) 10:00 Football Champion Discussion & Trivia w/ Al (C)(S) 10:00 Elba’s Creative Arts Choice w/ Patricia (E) 10:45 Fitness Group (P) 11:30 Harp w/ Judith (S) 12:00 Logo Quiz! (C) 1:30 Participant’s Choice 1:30 Support Group w/ Steph (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Memory Tea w/ Cecilia & Annette (SE)(S) 2:30 John Glenn Bio (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>7</p> <p>8:30 Morning Trivia (C) 9:15 Coffee & Conversations (C)(S) 10:00 News Currents (C) 10:00 Music Scales Learning Circle w/ Arnie (C) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Candy (S) (E) 11:30 Name that Tune – Songs of Optimism (S)(C) 1:30 Participant’s Choice 1:30 Pet Visit w/ Sammy (S)(SE) 2:30 Famous Science Museums (C) 2:30 Spiritual Group (SP) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>8</p> <p>8:30 Puzzle Group (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 11:30 This Week in Photos (C) 11:30 Creative Writing Group with New Vocabulary (E)(C) 12:00 10 Slowest Animals of the World w/ Carol (C) 1:30 Participant’s Choice 2:30 Spanish Language Group w/ Mike & Irene (C) 2:30 Cowboy Up! (C)(S) 3:00 Crossword Puzzle w/ Jacqueline (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>9</p> <p>8:30 Margarita’s Coloring Group (E) 9:15 Coffee & Conversations (C)(S) 10:00 Dancing with Garrey (P) 10:00 Puzzle Group (C) 11:30 A Photographic Memory of the 1920s (C) 11:30 “Rotary” Club w/ JD (S) 1:30 Participants Choice 2:15 Tai Chi w/ Cynthia (SP) 2:45 Book Club: Alice in Wonderland (C) 2:45 Science Mysteries (C) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Participants Choice 4:00 Balloon Volley (P)</p>
<p>12</p> <p>8:30 Reading Circle w/ Tom (S) 9:15 Coffee & Conversations (C)(S) 10:00 Courtney’s Crafts and Decorating for Valentine’s Week! (E) 10:00 Scandals in the City (S) 11:30 Let’s Travel To... Pakistan! (C) 11:30 Puzzles & Board Games (S)(C) 1:30 Participant’s Choice 2:30 Shuffleboard w/ Arnie (P) 2:30 Jade’s Military Appreciation w/ Charlie (S) 2:30 Rosary Group w/ Martha (SP) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 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 Guitar w/ Steve (S)(P) 11:30 Art Appreciation w/ Roshna (C) 11:30 Build a Catapult w/ Bill & Henri (C) 1:30 Participant’s Choice (C) 1:30 Support Group w/ Annette (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Dancing w/ Garrey (P)(S) 2:30 Puzzle Group (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>14</p> <p>8:30 Trivia w/ Margarita 9:15 Coffee & Conversations (C)(S) 10:00 News Currents (C) 10:00 Create Your Own Valentine & Valentine’s Delivery (E) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Susan (S) (E) 11:30 Name That Love Song & Other Love Trivia (S)(C) 1:30 Participant’s Choice 1:30 Pet Visit w/ Sammy (S)(SE) 2:30 Music w/ Bill Crews Valentine’s Day Special (S)(P) 2:30 Puzzle Group w/ Fred (C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>15</p> <p>8:30 Claire’s Coloring Group (E) 9:15 Reading Circle (S) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 11:30 Cherries & Pie Trivia (C) 11:30 BINGO w/ Anne (C) 1:30 Participant’s Choice 2:30 Cooking Group w/ Lois: Eclair Cake (SE)(S) 2:30 Jade’s Name That Show (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>16</p> <p>8:30 Puzzle Group 9:15 Coloring Group (E) 10:00 Music Therapy with Jessica (S) 10:45 Easy Does It: Random Trivia (C) 11:30 Presidential Bios (C) 11:30 Gordon’s Art Appreciation Small Group (C) 1:30 Participant’s Choice 2:15 Tai Chi w/ Cynthia (SP) 2:45 Chinese New Year Party! (S) 2:45 JD’s Africa Small Group (C) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Participants Choice 4:00 Balloon Volley (P)</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 Jade’s History of the Americas (C) 10:00 Robotics Group (C) 11:30 Badminton & Trivia (P) 11:30 Spirituality Group w/ Jacqueline (SP) 1:30 Participant’s Choice 1:30 Support Group w/ Annette (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Presidential Jeopardy (C) 2:30 BINGO w/ Anne (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 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 New Currents (C) 10:00 Food for Others Service Project (S) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Famous Buildings w/ Bob B (C) 11:30 Art Therapy w/Crista & Susan (S) (E) 1:30 Participant’s Choice 1:30 Pet Visit w/ Sammy(S)(SE) 2:30 Wendy’s History of the Viola (C) 2:30 The Philippines with Cora (C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>22</p> <p>8:30 Morning Trivia (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 11:30 Technical Science Group w/ Henri & Vince (C) 11:30 Mozart Music Appreciation w/ Gordon & Irene (C) 1:30 Participant’s Choice 2:30 Turner Classic Movies w/ Tony (S) 2:30 Make a Model Airplane with Bob B (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 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) 11:30 Elba’s Creative Arts Choice w/ Patricia & Cora (E) 11:30 Famous Speeches (C) 1:30 Participants Choice 2:15 Tai Chi w/ Cynthia (SP) 2:45 Interactive Music w/ Mike (E) 2:45 Ladies TGIF Spa (SE) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Participants Choice 4:00 Balloon Volley (P)</p>
<p>26</p> <p>8:30 Trivia w/ Margarita (C) 9:15 Coffee & Conversations (S)(C) 10:00 This Week in History (C) 10:00 Create a Collage (E) 11:30 Art Appreciation w/ Roshna (C) 11:30 Happiness Small Group Discussion (SP) 1:30 Participant’s Choice 2:30 Russian Orthodox Art & Music w/ Irene (C) 2:30 Music w/ Chyp & Andrea (S)(P) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 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) 11:30 Jade’s Guess Who? (C) 11:30 BINGO w/ Carol (C) 1:30 Participant’s Choice 1:30 Support Group w/ Annette (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Jade’s History of Scotland w/ Cecilia (C) 2:30 Corn Hole for Auction Dollars! (P)(S) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice</p>	<p>28</p> <p>8:30 Puzzle Group (C) 9:15 Coffee & Conversations (S)(C) 10:00 News Currents (C) 10:00 WWII Learning Circle W/ Richard (C) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Susan (S) (E) 11:30 Purim Discussion (C)(SP) 12:00 Wendy’s Tongue Twisters (C)(S) 1:30 Participant’s Choice 1:30 Pet Visit w/ Sammy (S)(SE) 2:30 Music w/ Bill Crews (S)(P) 2:30 Puzzle Group w/ Fred (C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 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>January Birthdays <u>Happy Birthday!</u> Gordon 2/10</p> <p>Community Outings to be Announced in Weekly Family Newsletter</p>