FRIENDS CLUB BLUE GROUP | NOVEMBER 2017

November Birthdays
Happy Birthday!
Alan K- 11/20
Charlie H- 11/22
Martha- 11/26

Community Outings to be Announced in Weekly Family Newsletter

Participants' Choice indicates varied individual or small group activities.

Snack 11:00 & 3:30
Lunch 12:30

Activity Domain Key
Physical (P)
Social (S)
Cognitive (C)
Expressive (E)
Sensory (SE)
Spiritual (SP)

1
8:30 Morning Discussions w/ Lillian (S)
9:15 Coloring Group (E)
10:00 Learning Circle Choice (C)
10:00 November Trivia (C)
10:30 Famous November Birthdays Word Game (C)
10:45 Strength & 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 November Birthday Group (S)(E)
2:30 Waltzing to Vienna Travelogue (C)
3:30 Comedy Hour & Favorite TV Shows (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

2
8:30 Sayed's Coloring Club (E)
9:15 Morning Trivia (C)
10:00 Music Therapy w/Peg (S)
10:45 Fitness Group (P)
10:45 Walking Club (P)
11:30 Jeopardy w/Alan (C)(S)
11:30 Vince's Electronics Group (C)(S)
1:30 Participant's Choice
2:30 Music Apprec. Video & Disc. (C)
2:30 Jacqueline's Spiritual Group (SP)
3:30 Featured Music Snack Social (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

3
8:30 Walter's Coffee & Conversations (S)
9:15 Puzzle Group (C)
10:00 Mike's Travel Group: Belize (S)(C)
10:00 This Week In Photos (C)
11:30 Active & Cognitive Game (P)(C)
11:30 Creative Arts Choice (C)
1:30 Participant's Choice
2:15 Tai Chi/Yoga w/Cynthia (SP) (P)
2:45 Arnie's Interactive Music Group (S)(C)
2:45 Lorraine's Ice Tea Circle (S)
3:30 Movie: The Wizard of Oz (C)
4:00 Balloon Volley (P)
4:00 Participant's Choice

6
8:30 Trivia w/ Margarita (C)
9:15 Coffee & Conversations (C)(S)
10:00 Irene's Language Group (C)(S)
10:00 News Currents (C)
10:45 Fitness Group (P)
11:30 1st Football Game Discussion (C)(S)
12:00 Tony's Football Toss (P)
11:30 Puzzle Hour (C)
1:30 Participant's Choice
2:30 Patricia's Creative Arts (E)
2:30 Russ's Rock & Roll Music & Discussion (S)(C)
3:30 Video Concert & Snack (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

7
8:30 Annette's Morning Discussion Group (S)
9:15 Puzzle Group (C)
10:00 Guitar w/ Steve G (S)
10:45 Easy Does It: Random Trivia (C)
11:30 Anne's Bingo Group (C)
11:30 This Week in Photos (C)
1:30 Participant's Choice
1:30 Support Group w/ Sage (E)
2:00 Pet Visit w/ Brawny (SE)
2:30 Election Campaign Buttons & Posters Presentation (C)
2:30 Walter's Hank Williams Discussion Group (S)(C)
3:30 Terrific Tuesday TV Shows (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

8
8:30 Lucille's Coloring Group (E)
9:15 Coffee & Conversations (C)(S)
10:00 Learning Circle Choice (C)
10:00 This Week in History (C)
10:45 Walking Club (P)
10:45 Fitness Group (P)
11:30 Art Therapy w/Crista & Candy (S) (E)
11:30 Shuffleboard w/ Arnie (P)
1:30 Participant's Choice
1:30 Pet Visit w/ Sammy (S)(SE)
2:30 Music w/ Bill Crews (S)(P)
2:30 Fred's Puzzle Group (C)
3:30 Comedy Hour & Favorite TV Shows (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

9
8:30 Trivia w/ Ione (C)
9:15 Coloring Group (E)
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 Engineering Group: Blackout Day Discussion (C)
12:00 Word Game: Starts w/.. (C)
1:30 Participant's Choice
2:30 Gordon's Art Apprec. Video & Disc. (C)
2:30 Domino Toppling Day Discussion & Game (C)(S)
3:30 Guli's Wii Games Snack & Social (P) (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

10
Closed for Veteran's Day

13
8:30 Tea Time Trivia w/ Lucille (C)
9:15 Coffee & Conversations (S)
10:00 Patty's Spanish Language Group (C) (S)
10:00 Fred's Animal Presentation (C)
10:45 Fitness Group (P)
10:45 Walking Club (P)
11:30 Paul K's Mind & Body Challenge (P)(C)
11:30 World Kindness Day Activity (C)
1:30 Participant's Choice
2:15 Tai Chi/Yoga w/Cynthia (SP) (P)
2:45 Navy Discussion w/ Charlie & Martha (S)(C)
2:45 Creative Writing w/ JD (C)
3:30 Video Concert & Snack (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

14
8:30 Al's Morning Discussion Group (S)
9:15 Puzzle Group (C)
10:00 Dancing w/ Garrey (P)
11:30 Art Appreciation w/ Roshna (S)
11:30 Walter's Men's Group (C)
1:30 Participant's Choice (C)
1:30 Support Group w/ Sage (E)
2:00 Pet Visit w/ Brawny (SE)
2:30 Tracy's History Learning Circle (C)
2:30 Musical Jeopardy (C)
3:30 Featured Music Snack Social (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

15
8:30 Raul's Puzzle Group (C)
9:15 Coloring Club (E)
10:00 News Currents (C)
10:00 Lucille's Cool & The Gang Music Discussion (C)(S)
10:45 Fitness Group (P)
10:45 Walking Club (P)
11:30 Art Therapy w/Crista & Susan (S) (E)
11:30 Bob's Horseshoes Game (P)
1:30 Participant's Choice
1:30 Pet Visits w/ Sammy (S)(SE)
2:30 Sing-Alongs w/ Lorraine & Dee (S)(E)
2:30 Richard & Walter's History of Trains & Airplanes (C)
3:30 Comedy Hour & Favorite TV Shows (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

16
8:30 Claire's Coloring Club (E)
9:15 Coffee & Conversations (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 Candy's Spiritual Group: Thankful (SP)
1:30 Participant's Choice
2:30 Irene & Peter's Classical Music Discussion (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

17
8:30 Lonnie's Coffee & Conversations (S)
9:15 Puzzles Group (C)
10:00 Violin w/ Anthony (S)
10:45 Trivia Time (C)
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 World Peace Day Discussion w/ JD (C)
3:30 Arnie's Piano Happy Hour (S)
4:00 Participant's Choice
4:00 Balloon Volley (P)

20
8:30 Reading Circle w/ Tom B (S)
9:15 Puzzle Group (C)
10:00 Dancing with Garrey (P)(S)
11:30 Creative Arts Choice (E)
11:30 Kelly's Basketball Toss & Trivia (P)(C)
1:30 Participant's Choice
2:15 Tai Chi/Yoga w/Cynthia (SP) (P)
2:45 Language Group w/ Gerlinde (C)(S)
2:45 Caption This Presentation (C)(E)
3:30 Video Concert & Snack (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

21
8:30 Patricia's Morning Color Sess(E)
9:15 Morning Trivia (C)
10:00 Humor of the Day (S)(E)
10:00 Learning Circle (C)
10:30 Word Game (C)
10:45 Fitness Group & Meditation Group (SP) (P)
10:45 Walking Club (P)
11:30 Harp w/ Judith (S)
12:00 Geography Trivia (C)
1:30 Participant's Choice
1:30 Support Group w/ Sage (E)
2:00 Pet Visit w/ Brawny (SE)
2:30 Eskimo Language w/ Lonnie (C)(S)
2:30 Active & Cognitive Game (P)(C)
3:30 Featured Music Snack Social (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

22
8:30 Margarita's Coloring Group (S)
9:15 Puzzle Group (C)
10:00 This Week in Photos (C)
10:00 Don's USAF Discussion (C)
10:45 Fitness Group (P)
10:45 Walking Club (P)
11:30 Art Therapy w/Crista & Candy (S)(E)
11:30 Baseball Game (P)
1:30 Participant's Choice
1:30 Pet Visit w/ Sammy(S)(SE)
2:30 Peter's Community Service Group (S)(E)
2:30 Song & Dance w/ Peter (E)(S)
3:30 Comedy Hour & Favorite TV Shows (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

23
Closed for Thanksgiving Holiday

24
Closed for Thanksgiving Holiday

27
8:30 Breakfast Discussion w/ Jean K. (S)
9:15 Coloring Circle (E)
10:00 News Currents (C)
10:00 Sayed's Bingo Group (C)
10:45 Fitness Group (P)
10:45 Walking Club (P)
11:30 Gerlinde's Etiquette Lesson (C)
11:30 Active & Cognitive Game (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

28
8:30 Morning Social w/ Lonnie(S)
9:15 Puzzle Group (C)
10:00 Piano w/ Frank (S)
11:30 Al's Famous Baseball Players Discussion 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 Anne's Nurse Discussion (C)
2:30 Name That Tune w/ Bonnie (S)(C)
3:30 Featured Music Snack Social (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

29
8:30 Claire's Coloring Club (C)
9:15 Coffee & Conversations (C)
10:00 Music Therapy with Jessica (S)
10:45 Fitness Group (P)
11:30 History of Square Dancing (C)
12:00 Square Dancing (S)(C)
11:30 Art Therapy w/Crista & Candy (S)(E)
1:30 Participant's Choice
2:30 Faces & Places w/ Gordon (C)(S)
2:30 Lonnie's Morse Code Discussion (S)(C)
3:30 Comedy Hour & Favorite TV Shows (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

30
8:30 Mike's Coffee & Conversations (C)
9:15 Puzzle Group (C)
10:00 Music Therapy w/Peg (S)
10:45 Fitness Group (P)
10:45 Walking Club (P)
11:30 Famous Poems & Poetry (C)
11:30 Henri's Engineering Group (C)(S)
1:30 Participant's Choice
2:30 Creative Arts: Crazy Hat Day(E)
2:30 Dance of the Day (P)
3:00 Vince's Basketball Toss (C)
3:30 Bonnie's Wii Games Snack & Social (P) (S)
4:00 Balloon Volley (P)
4:00 Participant's Choice

insight MEMORY CARE CENTER

Insight Memory Care Center
3953 Pender Drive, Suite 100
Fairfax, VA 22030
703-204-4664 | phone
InsightMCC.org | web