

September 2017

Community Outings to be Announced in Weekly Family Newsletter September Birthdays <u>Happy Birthday!</u> Grace 9/1	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.		1 10:00 Morning Greetings (S) 10:30 Grace’s September Trivia & Birthday Discussion (S) 11:00 Nora’s Walking Club (P) 11:00 Discovery Walk w/ Jewel’s (C)(P) 12:00 Photo Expressions w/ Giovanna (E) 2:00 Participant’s Choice 2:45 Ruth and Grace’s Sing-Alongs (S) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice
4 Closed for Labor Day	5 10:00 Morning Greetings (S) 10:15 Music Therapy w/ Arian (S) 11:00 PT w/ JoAnn & Theo (P) 12:00 Nora’s Memory Tea & Cookies (SE)(S) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Strength & Stretch (P) 2:45 Grace & Ruth’s Sing Along(S)(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	6 10:00 Morning Greetings (S) 10:30 Gardening Group w/ Guli (SP) 10:30 Finish The Phrase w/ Ruth (C) 11:00 Nora’s Walking Club (P) 11:00 Ball Toss w/ Joy (P) 12:00 Songs & Memories w/ Doris(S)(E) 1:30 Pet Visits w/ Sammy & Friends (S) (SE) 2:00 Participant’s Choice 2:30 Music w/ Bill Crews (S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	7 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Roll an Expression w/ Joy (E) 2:00 Participant’s Choice 2:30 Frisbee Toss w/ Juanita (P) 2:45 Sensory Enrichment Group: Summertime (SE) 3:30 Guli’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	8 10:00 Morning Greetings (S) 10:30 Spelling Bee Challenge w/ Monica (C) 10:30 Tom’s Storytelling Group (E)(S) 11:00 Active Game (P) 12:00 Poems & Poetry (E)(S) 12:00 Craft Collage w/ Guli (E) 2:00 Participant’s Choice 2:30 Song & Dance w/ Peter (S) 3:30 Arnie’s Piano Happy Hour (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice
11 10:00 Piano w/ Frank (S) 11:00 Seated Exercises (P) 11:00 Elizabeth’s Walking Club (P) 12:00 Doris’s Reminisce Discussion (C)(E) 2:00 Participant’s Choice 2:30 Strength & Stretch (P) 2:45 Sensory Enrichment Group: Gardening w/ Beverly (SE) 2:45 Word Game w/ Monica (C) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	12 10:00 Guitar with Steve G. (S)(P) 10:45 Easy Does It: Random Trivia (C) 11:00 Photo Expressions w/ Giovanna (E) 12:00 Sights, Sounds & Smells of Summer w/ Ruth (SE) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Strength & Stretch (P) 2:45 Grace & Ruth’s Sing-Alongs (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	13 10:00 Morning Greetings (S) 10:15 Mindfulness Group w/ Mary Anna (SP) 10:45 Music Therapy w/ Arian (S) 12:00 Photo Expressions w/ Monica (E) (C) 1:30 Pet Visits w/Sammy & Friends (S)(SE) 2:00 Participant’s Choice 2:30 Badminton w/ Beverly (P) 2:45 The Beamz w/ Guli (S) 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 Morning Greetings (S) 10:15 Reading Circle w/ Tom (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) 2:45 Sensory Enrichment Group (SE) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	15 8:30 Ron’s Coffee & Conversations (S) 10:00 Dancing w/ Garrey (P) 11:00 Sukarma’s Word Game (C)(E) 12:00 Mary Anna’s Photo Shoot (E) (S) 12:30 Storying Telling w/ Barbara (C)(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
18 American Diversity Monday 8:30 Reading Circle w/ Tom B (S) 10:00 Morning Greetings (S) 10:30 Toss & Talk: Trivia Corner (C)(P) 11:00 Seated Exercises (P) 11:00 Elizabeth’s Walking Club (P) 12:00 Tom’s Reading Circle: My Travels (S) 2:00 Participant’s Choice 2:30 Music w/ Bill Crews (S)(P) 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) 11:00 Roll an Expression w/ Carole (E) 12:00 Guli’s Matching Game(C) 12:00 Flower Arrangements w/ Juanita (SE) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Bean Bag Toss w/ Nora (P) 2:45 Grace & Ruth’s Sing-Alongs (C) 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 Morning Greetings (S) 10:30 Sensory Enrichment Group: In the Kitchen (SE)(S) 11:00 Active Game w/ Arlene P) 12:00 Toss & Talk: Food Topic w/ Lillian (C)(P) 1:30 Pet Visits w/Sammy & Friends (SE)(S) 2:00 Participant’s Choice 2:30 World Food Activity (SE) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant’s Choice	21 Ice Cream Thursday 8:30 Sayed’s Coloring Club (S) 10:00 Morning Greetings (S) 10:15 Reading Circle: Last Day of Summer (C) 10:45 Music Therapy w/ Peg (S)(P) 12:00 Photo Expressions (E) 12:00 Crafts Corner w/ Juanita (S)(E) 2:00 Participant’s Choice 2:30 Strength & Stretch (P) 2:30 Ice Cream Activity (SE) 3:30 Bonnie’s Wii Social & Snack (P) (S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	22 Fashion Friday 8:30 Tea Time w/ Pat (S) 10:00 Violin w/ Anthony (S) 11:00 Word Game w/ Despina (C) 12:00 Bowling w/ Tom (P)(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)(S) 4:00 Participant’s Choice
25 8:30 Breakfast Discussions w/ Jean K. (S) 10:00 Morning Greetings (S) 10:30 Mai’s Thankfulness Group (S) 10:30 Tom’s Reminisce Discussion (C)(E) 11:00 Sensory Enrichment Group: In The Kitchen (SE) 12:00 Photo Expressions w/ Carole (E) 2:00 Participant’s Choice 2:30 Chyp & Andrea: Music Through The Decades (S) Badminton w/ Lillian (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 Morning Greetings (S) 10:15 Story Telling w/ Joy (C) 10:45 Music Therapy w/ Arian (S) 12:00 Watercolor Art w/ Lillian (E) 12:00 Starts w/.. Word Game (C) 2:00 Participant’s Choice 2:00 Pet Visit from Kelly & Brawny (SE) 2:30 Table Game w/ Sukarma (P) 2:45 Grace & Ruth’s Sing-Alongs (C) 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 Morning Greetings (S) 10:15 Mindfulness Group w/ Mary Anna (SP) 10:45 Music Therapy w/ Jessica (C) 12:00 Photo Expressions w/ Monica (E) (C) 1:30 Pet Visits w/Sammy & Friends (S)(SE) 2:00 Participant’s Choice 2:30 The Beamz w/ Guli (S) 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) 10:00 Morning Greetings (S) 10:15 Reading Circle w/ Doris (C) 10:45 Music Therapy w/Peg (S)(P) 12:00 Sensory Enrichment Group: Beach w/ Arlene (SE) 2:00 Participant’s Choice 2:30 Table Games w/ Juanita (P) 2:45 Harvest: Sensory Program (SE) 3:30 Giovanna’s Wii Social & Snack (P)(S) 4:00 Balloon Volley (P)(S) 4:00 Participant’s Choice	29 8:30 Raul’s Puzzle Group (S) 10:00 Morning Greetings (S) 10:30 Sukarma’s Word Game (C)(E) 10:30 The Way Things Were A Short Story and Discussion (C) 11:00 Barbara’s Tennis Match (P) 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



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