

<p>31 Monday</p> <p>Closed for New Year's Eve</p>	<p>1 Tuesday</p> <p>Closed for New Year's Day</p>	<p>2 Wednesday</p> <p>Memory Café 4:00-6:00p</p>	<p>3 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Goals for 2019 10:45 The Year in Review 11:15 Invention or Imagination? 12:00 Active Game and Trivia 12:30 Lunch 1:00 Brain Fitness 1:30 Movement and Memory with Sonia 2:15 World Geography 2:45 Categories: Cities and Towns</p>	<p>4 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Ridiculous Laws in the U.S. 11:15 2018 in Pictures 11:30 Interesting Natural Phenomenons 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:45 Tai Chi and Yoga with Cynthia 2:30 2018 in Pictures (pt. 2)</p>
<p>7 Monday</p> <p>10:00 Morning Coffee & Conversation 10:30 Comedians and Famous Phrases 11:00 Active Game 11:30 Name That Tune 12:00 Story Share 12:30 Lunch 1:00 Cognitive Challenge 1:30 Exotic Pets 2:00 Weight and Chair Exercises 2:30 You Be the Judge</p>	<p>8 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 Famous People Born in January 11:15 Where are They Now? 12:00 Team Challenge: Darts and Trivia 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 Sweet Treats Demo 2:15 World Famous Foods MCI/ Early Stage Support Group 1:00-2:30p</p>	<p>9 Wednesday</p> <p>Caregiver Support Group 10:00-11:30a</p>	<p>10 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:45 Educational Theater Company with Patti 11:30 A History of Farming Techniques 12:00 Cranium Crunches 12:30 Lunch 1:00 Mad Libs: A Mixed Up Fairy Tale 1:30 Fairytales and Folklore: Which Am I? 2:00 Resistance Band Exercises 2:30 Finishing Phrases</p>	<p>11 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Then vs. Now: Washington D.C. 11:00 Group Challenge: Giant Crossword 11:30 Watercolor Art with Courtney 12:30 Lunch 1:00 Brain Fitness 1:30 Art History Showcase 2:00 Grasshopper Game 2:30 Yoga Stretch and Exercise Lewy Body Support Group 1:00-2:30p</p>
<p>14 Monday</p> <p>10:00 Morning Coffee & Conversation 10:30 Team Challenge: What Would You Do? 11:00 Yoga Stretch and Exercise 11:30 Finish the Song Title 12:00 Darts and Trivia 12:30 Lunch 1:00 Cognitive Challenge 1:30 Confusing Camouflage with Echoes of Nature 2:15 World's Smallest</p>	<p>15 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 Jeopardy! 11:00 Active Game 11:30 Music with Jerry Roman 12:30 Lunch 1:00 Cranium Crunches 1:30 The Battle of Gettysburg with Skeets 2:00 Yoga Stretch and Exercise 2:30 Short Story Spotlight Caregiver Support Group 2:00-3:00p</p>	<p>16 Wednesday</p> <p>Parkinson's Social Network 10:00-12:00p</p> <p>Memory Café 4:00-6:00p</p>	<p>17 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Team Scattergories 11:00 Weird History: The Lives of the Historic & Famous 11:30 Active Game and Trivia 12:00 Let's Discuss: Running a Small Business 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 Picture Stories 2:45 Bebop of the 40's</p>	<p>18 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Coffee and Tea Around the World 11:00 Reminisce and Write: Childhood Homes 11:45 Music with Jessica 12:30 Lunch 1:00 Cognitive Challenge 1:30 Lets Discuss: The Impact of MLK 2:00 Weight and Chair Exercises 2:30 International Architecture</p>
<p>21 Monday</p> <p>Closed for Martin Luther King Day</p>	<p>22 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 Famous Books and Authors 11:00 Then vs. Now: Views of Space 11:30 Art Appreciation 12:00 Weird Presidents 12:30 Lunch 1:00 Brain Fitness 1:30 Let's Discuss: Swiss Bank Accounts 2:00 Swiss Scavenger Hunt 2:30 Resistance Band Exercises</p>	<p>23 Wednesday</p> <p>Caregiver Support Group 10:00-11:30a</p>	<p>24 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Produce P's and Q's 11:15 Let's Discuss: Future Technology 11:45 Uplifting News of the Week 12:15 Active Game and Trivia 12:30 Lunch 1:00 Cognitive Challenge 1:30 This Week in Pictures 2:00 Weight and Chair Exercises 2:30 5 Second Rule</p>	<p>25 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Team Challenge: Crosswords 11:15 Meditation and Stretch 11:30 Violin with Anthony 12:30 Lunch 1:00 Cranium Crunches 1:30 Presidential Trivia with Denny 1:45 Tai Chi and Yoga with Cynthia 2:30 Culture Shock: World Traditions</p>
<p>28 Monday</p> <p>10:00 Morning Coffee & Conversation 10:30 Who, What, When? 11:00 Caption This! 11:30 Multimedia Art with Courtney 12:30 Lunch 1:00 Cognitive Challenge 1:30 National Geographic Showcase 2:00 Yoga Stretch and Exercise 2:30 Fondue: Switzerland's National Dish</p>	<p>29 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 Let's Discuss: Culture Shock 11:00 Music with Frank Plumer and Family 12:00 Charades: Act and React 12:30 Lunch 1:00 Cranium Crunches 1:30 5 Second Rule 2:00 Resistance Band Exercises 2:30 Team Challenge: Scattergories</p>	<p>30 Wednesday</p>	<p>31 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Art and Artifacts 11:00 Interactive Museums: Smithsonian 11:15 Bowling 12:00 You Be the Judge 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 Sweet Treats Demo 2:15 This Month in History</p>	 <p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone InsightMCC.org web</p>