



Reconnections Calendar December 2018

3 Monday 10:00 Morning Coffee & Conversation 10:30 Act and React 11:15 Life in Spain 12:00 Disc Toss and Trivia 12:30 Lunch 1:00 Brain Fitness 1:30 Planet Earth Spotlight 2:00 Splish Splash: A History of Bathing 2:30 Meditation and Stretch FTD Support Group 1:00-2:30p	4 Tuesday 10:00 Morning Coffee & Conversation 10:30 World’s Largest Foods 11:15 Identity Mapping 11:45 Unusual Global Rituals 12:30 Lunch 1:00 Harp with Judy 1:30 Picture Titles 1:45 Weight and Chair Exercises 2:15 Creative Objects MCI Support Group 3:15-4:15p	5 Wednesday Memory Café 4:00-6:00p	6 Thursday 10:00 Morning Coffee & Conversation 10:30 Exploring the New River Gorge Coal Mines 11:30 Ridiculous Vehicles 12:00 Newlywed Game: Reconnections Edition 12:30 Lunch 1:00 Cognitive Challenge 1:30 Movement and Memory with Sonia 2:15 Nat Geo Showcase 2:30 What Am I?	7 Friday 10:00 Morning Coffee & Conversation 10:30 Optical Illusions 11:15 Scattergories 12:00 Toss and Trivia 12:30 Lunch 1:00 Brain Fitness 1:45 Tai Chi and Yoga with Cynthia 2:30 Let’s Discuss: Genres in Music
10 Monday 10:00 Morning Coffee & Conversation 10:30 Discussions with Annette 11:15 Which Category? 12:00 Active Game 12:30 Lunch 1:00 Finish the Line Drawings 1:30 Road Trip Through the West Coast 2:00 Resistance Band Exercises 2:30 Who Made us Laugh?	11 Tuesday 10:00 Morning Coffee & Conversation 10:30 Getting to Know: Katie 11:15 Celebrating Hanukkah Traditions 12:00 Stretch Exercises 12:30 Lunch 1:00 Brain Fitness 1:15 Piano with Jerry Roman 2:15 5 Second Rule 2:15 Sweet Treat Demo Caregiver Support Group 2:00-3:00p	12 Wednesday Caregiver Support Group 10:00-11:30a	13 Thursday 10:00 Morning Coffee & Conversation 10:45 Educational Theater Company with Patti 11:30 This Week in Pictures 12:00 Team Challenge: Darts and Trivia 12:30 Lunch 1:00 Cranium Crunches 1:30 Tai Chi and Yoga with Cynthia 2:15 Let’s Make a List	14 Friday 10:00 Morning Coffee & Conversation 10:30 Group Challenge: Giant Crossword 10:30 Participant’s Choice 11:15 Eat, Wear, or Drive? 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:45 Tai Chi and Yoga with Cynthia 2:30 Classical Music and Composers Lewy Body Support Group 1:00-2:30p
17 Monday 10:00 Morning Coffee & Conversation 10:30 Drum Circle with Rick 11:30 Dice Roulette: Higher or Lower 12:00 Pair Challenge: Crosswords 12:30 Lunch 1:00 Cognitive Challenge 1:30 Name That Tune 2:00 Weight and Chair Exercises 2:30 Group Categories	18 Tuesday 10:00 Morning Coffee & Conversation 10:30 Discussions with Michelle 11:00 Frank Plumer and Family 12:00 Nat Geo: Favorite Photos of the Week 12:30 Lunch 1:00 Brain Fitness 1:30 Biography and Art Spotlight: Pablo Picasso 2:00 Breath and Stretch Exercises 2:15 World Food Showcase	19 Wednesday Parkinson’s Social Network 10:00-12:00p Memory Café 4:00-6:00p	20 Thursday 10:00 Morning Coffee & Conversation 10:30 Origins and Traditions: Christmas 11:15 Let’s Discuss: Health Care with Ellen 12:00 Butler Kicks the Bucket 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 Grasshopper Game	21 Friday 10:00 Morning Coffee & Conversation 10:30 Watercolor Art with Courtney 11:15 Weighted Exercises 11:45 Music with Jessica 12:30 Lunch 1:00 Gingerbread Houses 1:45 Team Trivia 2:00 Conversations with Ellie
24 Monday Closed for Winter Holiday	25 Tuesday Closed for Winter Holiday	26 Wednesday Caregiver Support Group 10:00-11:30a	27 Thursday 10:00 Morning Coffee & Conversation 10:30 This Week in Pictures 11:30 Group Challenge: Crossword 12:00 Active Game 12:30 Lunch 1:00 Cranium Crunches 1:30 Conversations with Katelyn 2:15 Zumba 2:30 This Month in History	28 Friday 10:00 Morning Coffee & Conversation 10:30 Mixed Media with Courtney 11:30 Violin with Anthony 12:30 Lunch 1:00 Brain Fitness 1:45 Tai Chi and Yoga with Cynthia 2:30 Around the Globe: New Year’s Traditions
31 Monday Closed for New Year’s Eve	<div><p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030</p><p>703-204-4664 phone InsightMCC.org web</p></div>			

