

<p>28 Monday</p>	<p>29 Tuesday</p>	<p>30 Wednesday</p>	<p>31 Thursday</p>	<p>1 Friday 10:00 Morning Coffee & Conversation 10:30 Weird Food Laws 11:15 Cup Stacking: Pair Challenge 12:00 Bean Bag Toss and Trivia 12:30 Lunch 1:00 Brain Fitness 1:45 Tai Chi and Yoga with Cynthia 2:30 Word Within a Word: Food Edition</p>
<p>4 Monday 10:00 Morning Coffee & Conversation 10:30 Superbowl Recap 10:45 Moments in Football Past 11:30 Resistance Band Exercises 12:00 Exploring Chile with Luis 12:30 Lunch 1:00 Cognitive Challenge 1:30 Bowling 2:00 State Landmarks 2:30 Dicebreakers</p>	<p>5 Tuesday 10:00 Morning Coffee & Conversation 10:30 Group Crossword 11:15 Let's Discuss: Gods and Goddesses 11:45 Active Game 12:15 Poetry Writing 12:30 Lunch 1:00 Brain Fitness 1:30 Celebrating Chinese New Year 2:00 Healthy Habits 2:30 Meditation and Stretch Exercises FTD Support Group 1:00-2:30p Early Stage/ MCI Support Group for Participants 3:15-4:15p</p>	<p>6 Wednesday</p> <p style="text-align: center;">Memory Café 4:00-6:00p</p>	<p>7 Thursday 10:00 Morning Coffee & Conversation 10:30 Early Inventions 11:15 National Geographic Showcase 11:30 Current Events 12:00 This Week in Pictures 12:30 Lunch 1:00 Cognitive Challenge 1:30 Movement and Memory with Sonia 2:15 Sweet Treats Demo 2:15 What's Your Favorite Dessert?</p>	<p>8 Friday 10:00 Morning Coffee & Conversation 10:30 Team Challenge: Scattergories 11:15 Finish the Chorus 11:45 Multimedia Art with Courtney 12:30 Lunch 1:00 Cognitive Challenge 1:45 Tai Chi and Yoga with Cynthia 2:30 Let's Discuss: Famous Scientific Discoveries</p> <p style="text-align: center;">Lewy Body Support Group 1:00-2:30p</p>
<p>11 Monday 10:00 Morning Coffee & Conversation 10:30 Sculpture Art Critiques 11:15 Team Challenge: Scavenger Hunting 12:00 Toss and Trivia 12:30 Lunch 1:00 Brain Fitness 1:30 Weight and Chair Exercises 2:00 Reminisce and Listen: Young Voices 2:30 Grab Bag: Odd Objects</p>	<p>12 Tuesday 10:00 Morning Coffee & Conversation 10:30 Short Story Spotlight 11:15 American Cinema Trivia 11:30 Piano with Jerry Roman 12:30 Lunch 1:00 Cognitive Challenge 1:30 Resistance Band Exercises 2:00 Exploring Broadway 2:30 Biography Spotlight: Abraham Lincoln Early Stage Caregiver Support Group 2:00-3:00p</p>	<p>13 Wednesday</p> <p style="text-align: center;">Caregiver Support Group 10:00-11:30a</p> <p style="text-align: center;"><i>Share the Love: Valentine's Dinner</i> 4:30-6:30p</p>	<p>14 Thursday 10:00 Morning Coffee & Conversation 10:30 Name That Tune 11:15 Traditions in Valentine's Day 11:45 Valentine's Day Art with Courtney 12:30 Lunch 1:00 Cranium Crunches 1:30 Resistance Band Exercises 2:00 You Be the Judge 2:30 World's Smallest Towns</p>	<p>15 Friday 10:00 Morning Coffee & Conversation 10:30 Virtual Tours: Smithsonian 10:45 Art and Artifacts 11:30 Word Toss 11:45 Music with Jessica 12:30 Lunch 1:00 Cognitive Challenge 1:30 Weighted Exercises 2:00 Rating Real Estate 2:30 This Month in History</p>
<p>18 Monday</p> <p style="text-align: center;">Closed for President's Day</p>	<p>19 Tuesday 10:00 Morning Coffee & Conversation 10:45 Educational Theater Company with Patti 11:30 Uplifting News 12:00 Jeopardy! 12:30 Lunch 1:00 Cognitive Challenge 1:30 Tai Chi and Yoga with Cynthia 2:15 Drum Circle with Rick</p>	<p>20 Wednesday</p> <p style="text-align: center;">Parkinson's Social Network 10:00-12:00p</p>	<p>21 Thursday 10:00 Morning Coffee & Conversation 10:30 Discussions with Katie 11:15 Musical Critiques 12:00 Price is Right 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 Would You Rather 2:30 Ideal Vacations</p>	<p>22 Friday 10:00 Morning Coffee & Conversation 10:30 Let's Discuss: Ancient Empires 11:15 Science Trivia 11:30 Violin with Anthony 12:30 Lunch 1:00 Cognitive Challenge 1:30 Unbelievable Moments in Sports 2:00 Ethical Dilemmas 2:30 Weight and Chair Exercises</p>
<p>25 Monday 10:00 Morning Coffee & Conversation 10:30 Discussions with Michelle 11:15 Musical Hangman 11:45 Science Spotlight: Odd Animals 12:15 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 Stretch Exercises 2:00 Left, or Right? 2:30 Sweet Treats Demo 2:30 This Week in Pictures</p>	<p>26 Tuesday 10:00 Morning Coffee & Conversation 10:30 Where in the World? 11:00 Music with Frank Plumer and Family 12:00 Where Were You Born? 12:30 Lunch 1:00 Cognitive Challenge 1:30 Resistance Band Exercises 2:00 Community Service Project with Rodney</p>	<p>27 Wednesday</p> <p style="text-align: center;">Caregiver Support Group 10:00-11:30a</p>	<p>28 Thursday 10:00 Morning Coffee & Conversation 10:30 What Year? 11:15 Active Game 11:30 Group Challenge: Crosswords 12:00 Personality Tests 12:30 Lunch 1:00 Cranium Crunches 1:30 Tai Chi and Yoga with Cynthia 2:30 This Month in History</p>	<div style="text-align: center;">  <p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone InsightMCC.org web</p> </div>