

Reconnections Calendar November 2019



Insight Memory Care Center

3953 Pender Drive, Suite 100

Fairfax, VA 22030

703-204-4664 | phone

InsightMCC.org | web

1 Friday

10:00 Morning Coffee & Conversation
 10:30 Group Crossword with Courtney
 11:00 Name That Tune
11:30 Violin with Anthony
 12:30 Lunch
 1:00 Cognitive Challenge
 1:30 Biography Spotlight
 2:15 Scattergories

4 Monday

10:00 Morning Coffee & Conversation
 10:30 A Trip to the Canary Islands
 11:00 News Currents
 11:45 Art Critiques
 12:30 Lunch
 1:00 Brain Fitness
 1:30 Balance and Exercise
 2:00 Building a Dream Home
 2:30 TV Show Tunes

Grief Support Group
 10-11:30a

5 Tuesday

10:00 Morning Coffee & Conversation
10:30 War and Art with Marney Kennedy
 11:30 Active Game
 12:00 Cranium Crunches
 12:30 Lunch
1:10 Harp with Judy
 1:40 Resistance Stretch Exercises
 2:20 Unusual U.S. Landmarks

MCI Support Group 3:15-4:15p
FTD Support Group 1-2:30p

6 Wednesday

Memory Cafe
 4-6p

7 Thursday

10:00 Morning Coffee & Conversation
 10:30 Short Stories of Love
 11:00 Active Game
 11:30 This Week in Pictures
 12:00 Singing Old Songs
 12:30 Lunch
 1:00 Brain Fitness
1:30 Tai Chi and Yoga with Cynthia
 2:15 Sculptures and their Impacts

8 Friday

10:00 Morning Coffee & Conversation
 10:30 Optical Illusions
 11:00 Balance and Stretch Exercises
 11:30 "Best Picture" Winners
 12:00 Name 5
 12:30 Lunch
 1:00 Cognitive Challenge
1:45 Tai Chi and Yoga with Cynthia
 2:15 A Tribute to Our Veterans

Lewy Body Support Group
 1-2:30p

11 Monday

Closed for Veterans Day

12 Tuesday

10:00 Morning Coffee & Conversation
 10:30 Foreign Phrases
 11:00 Toss and Trivia
11:30 Piano with Jerry Roman
 12:30 Lunch
 1:00 Cognitive Challenge
1:30 Tai Chi and Yoga with Cynthia
 2:15 Musical Hangman
 2:30 Similarities and Synonyms

Early Stage Caregiver Support Group 2-3p

13 Wednesday

Community Support Group
 10-11:30a

14 Thursday

10:00 Morning Coffee & Conversation
10:45 Educational Theater Company with Patti
 11:30 This Month in History
 12:00 Active Game
 12:30 Lunch
 1:00 Brain Fitness
1:30 Guitar with Blair
 2:30 You Be the Judge

15 Friday

10:00 Morning Coffee & Conversation
 10:30 Word within a Word
 11:00 Identifying Flora and Fauna
11:45 Music with Jessica
 12:30 Lunch
 1:00 Cognitive Challenge
 1:30 This Week in Pictures
 2:00 Heads Up!
 2:30 Famous Desserts
 2:30 Sweet Treat Demo

18 Monday

10:00 Morning Coffee & Conversation
 10:30 Balance and Stretch Exercises
 11:00 This Week in Pictures
11:30 Music Hour with Tender Polman
 12:30 Lunch
 1:00 Brain Fitness
 1:30 How *The Brady Bunch* Almost Never Was
 2:00 World's Strangest Buildings
 2:30 Media Hangman

19 Tuesday

10:00 Morning Coffee & Conversation
 10:30 Group Crossword
 11:00 Foods in the News
 11:30 World's Strangest Job Titles
 12:00 Finishing Expressions
 12:30 Lunch
 1:00 Cranium Crunches
1:30 Tai Chi and Yoga with Cynthia
2:15 Talk with Tracy

Caring for Parents Support Group 5:30-7:30p

20 Wednesday

Memory Cafe
 4-6p

21 Thursday

10:00 Morning Coffee & Conversation
 10:30 Mad Libs
 11:00 The Story of the Navy and UFOs
 11:30 Mixed-Up Movies
 12:00 Darts and Trivia
 12:30 Lunch
 1:00 Brain Fitness
1:30 Tai Chi and Yoga with Cynthia
2:15 Discussions with Annette

22 Friday

10:00 Morning Coffee & Conversation
 10:30 Group Crossword
 11:00 Which Product is Real?
 11:30 Jeopardy!
 12:00 Let's Discuss: Thanksgiving
 12:30 Lunch
 1:00 Cognitive Challenge
 1:30 Odd One Out
2:15 Conversations with Karen

25 Monday

10:00 Morning Coffee & Conversation
 10:30 Written Crosswords
 11:30 Legendary Spinners
 12:00 Active Game
 12:30 Lunch
 1:00 Cranium Crunches
 1:30 Price is Right
 2:00 This Month in History
 2:30 Balance and Stretch Exercises

26 Tuesday

10:00 Morning Coffee & Conversation
 10:30 Thanksgiving Traditions
11:00 Piano with Frank Plumer and Family
 12:00 Stretch and Exercise
 12:30 Lunch
 1:00 Cognitive Challenge
 1:30 Multimedia Art with Courtney
 2:15 Scattergories

27 Wednesday

Community Support Group
 10-11:30a

28 Thursday

Closed for Thanksgiving Holiday

29 Friday

Closed for Thanksgiving Holiday