

# Reconnections Calendar March 2020

<p><b>2 Monday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Cruisin' Thru the Atlantic            11:00 Balance and Stretch Exercises            11:30 Active Game            12:00 Name that Name            12:30 Lunch            1:00 Brain Fitness: March Quiz            1:30 Team Charades            2:00 This Week in Pictures            2:30 Group Crossword</p>	<p><b>3 Tuesday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Memoir Writing            11:15 Did You Know?            12:00 Horseshoes and Trivia            12:30 Lunch  <b>1:10 Harp with Judy</b>            1:45 Toga Tuesday            2:15 Name 5            2:30 Weight and Chair Exercises</p> <p style="text-align: center;"><b>MCI Support Group</b> 3:15-4:15p</p>	<p><b>4 Wednesday</b></p> <p style="text-align: center;"><b>Memory Café</b> 4:00-6:00p</p>	<p><b>5 Thursday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Word of the Day            10:45 America's 10 Most Wanted            11:15 What Would You Do?            11:45 Synonyms and Antonyms            12:30 Lunch            1:00 Cognitive Challenge            1:30 Celebrating the Life of Beethoven            2:15 Strength and Stretch Exercises            2:45 Geography Trivia</p>	<p><b>6 Friday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Group Crossword with Courtney            11:00 3 Choose 1  <b>11:30 Violin with Anthony</b>            12:30 Lunch            1:00 Brain Fitness  <b>1:45 Tai Chi and Yoga with Cynthia</b>            2:30 Guess that State</p>
<p><b>9 Monday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Word of the Day            10:45 Family Feud            11:30 Read and Discuss            12:00 Kickboxing            12:30 Lunch            1:00 Cognitive Challenge            1:30 Majority Rules            2:15 Word within a Word: Foods</p>	<p><b>10 Tuesday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Word of the Day            10:45 Memoir Writing  <b>11:30 Piano with Jerry Roman</b>            12:30 Lunch            1:00 Brain Fitness  <b>1:30 Tai Chi and Yoga with Cynthia</b>            2:15 Optical Illusions and Strange Phenomenon</p>	<p><b>11 Wednesday</b></p> <p style="text-align: center;"><b>Caregiver Support Group</b> 10:00-11:30a</p>	<p><b>12 Thursday</b>            10:00 Morning Coffee &amp; Conversation  <b>10:45 Educational Theater Company with Patti</b>            11:30 Silly Names and Places            11:45 Weight and Chair Exercises            12:00 Balderdash!            12:30 Lunch            1:00 Cranium Crunches  <b>1:30 Guitar with Blair</b>            2:30 John Tyler: The Most Reviled President</p>	<p><b>13 Friday</b>            10:00 Morning Coffee &amp; Conversation  <b>10:30 Music Hour with Tender Polman</b>            11:30 Short Story Spotlight            11:45 Watercolor Art with Courtney            12:30 Lunch            1:00 Group Crossword with Courtney            1:30 One Shot Trivia            2:15 Scattergories</p> <p style="text-align: center;"><b>Lewy Body Support Group</b> 1:00-2:30p</p>
<p><b>16 Monday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Word of the Day            10:45 Learning Language: Foreign Words and Phrases            11:30 Active Game            12:00 Biography Spotlight            12:30 Lunch            1:00 Cognitive Challenge            1:30 Health Talk and Exercise            2:15 Toe to Toe Trivia</p>	<p><b>17 Tuesday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Memoir Writing            11:15 The Evolution of Games            12:00 Mandala Drawings with Courtney            12:30 Lunch            1:00 Brain Fitness            1:30 Finish the Lyric            2:15 Celebrating St. Patrick's Day</p> <p style="text-align: center;"><b>Caring for Parents Support Group</b> 5:30-7:30p</p>	<p><b>18 Wednesday</b></p> <p style="text-align: center;"><b>Classes for Caregivers</b> 1:00-3:00</p> <p style="text-align: center;"><b>Memory Café</b> 4:00-6:00p</p>	<p><b>19 Thursday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Written Crosswords and Word Fits            11:15 Comedy Clips            11:30 The Expensive and Strange World of Amazon            12:00 Whacky Wordies            12:30 Lunch            1:00 Cranium Crunches  <b>1:30 Tai Chi and Yoga with Cynthia</b>            2:15 Let's Discuss: Famous Paintings</p>	<p><b>20 Friday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Word of the Day            10:45 News Currents            11:30 You Be the Judge  <b>11:45 Music with Jessica</b>            12:30 Lunch            1:00 Brain Fitness            1:30 Google Maps Landmarks  <b>1:45 Tai Chi and Yoga with Cynthia</b>            2:30 Rituals and Traditions from Around the Globe</p>
<p><b>23 Monday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Word of the Day            10:45 Uplifting News  <b>11:00 Music Hour with Tender Polman</b>            12:00 A History of Wine, Beer, and Spirits            12:30 Lunch            1:00 Cognitive Challenge            1:30 Group Game: All About Me            2:15 Scattergories</p>	<p><b>24 Tuesday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Memoir Writing            11:15 Jeopardy!            11:45 Pair Challenge: Cup Stacking            12:30 Lunch            1:00 Brain Fitness            1:30 Country Spotlight: Greece            2:00 Zumba!            2:30 Let's Discuss: Health Care Around the World</p>	<p><b>25 Wednesday</b></p> <p style="text-align: center;"><b>Caregiver Support Group</b> 10:00-11:30a</p>	<p><b>26 Thursday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Word of the Day            10:45 What Could I Be?            11:30 Penny Ante            12:00 The Story of Skinwalker Ranch            12:30 Lunch            1:00 Cranium Crunches            1:30 Showcasing Famous Dances            2:00 Stretch Exercises            2:30 Musical Critiques: Classical</p>	<p><b>27 Friday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Daily Chronicle            10:45 Singing Old Songs            11:30 Active Game            12:00 Let's Discuss: Technology over the Years            12:30 Lunch            1:00 Brain Fitness  <b>1:45 Tai Chi and Yoga with Cynthia</b>            2:30 Movie Hangman</p>
<p><b>30 Monday</b>            10:00 Morning Coffee &amp; Conversation            10:30 World's Oldest Cities and their Histories            11:00 Fashion Trends            11:30 Who's That Musician?            12:00 News Currents            12:30 Lunch            1:00 Cognitive Challenge            1:30 Dice Games            2:00 Group Crossword            2:30 Active Game</p>	<p><b>31 Tuesday</b>            10:00 Morning Coffee &amp; Conversation            10:30 Bargello Quilting with Courtney  <b>11:00 Music with Frank Plumer and Family</b>            12:00 Price is Right            12:30 Lunch            1:00 Brain Fitness  <b>1:30 Tai Chi and Yoga with Cynthia</b>            2:15 This Month in History</p>	 <p><b>Insight Memory Care Center</b>            3953 Pender Drive, Suite 100            Fairfax, VA 22030            703-204-4664   phone  <a href="http://InsightMCC.org">InsightMCC.org</a>   web</p>		