## **Reconnections Calendar January 2020**



**Insight Memory Care Center** 

3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 | phone

InsightMCC.org | web

1 Wednesday

**Closed for New Year's Day**  2 Thursday

10:00 Morning Coffee & Conversation 10:30 Group Crossword 11:00 Unusual Creatures of the World 11:30 Art Critiques

12:30 Lunch 1:00 Brain Fitness 1:30 Balance and Stretch Exercises

12:00 Darts and Trivia

2:00 Musical Hangman 2:30 Balderdash!

3 Friday

10:00 Morning Coffee & Conversation 10:30 Group Crossword with Courtnev 11:00 Who Am I?

11:30 Violin with Anthony 12:30 Lunch 1:00 Brain Fitness

1:45 Tai Chi and Yoga with **Cynthia** 2:30 The Price is Right

10:00 Morning Coffee &

1:30 Strangest Unsolved

6 Monday

10:00 Morning Coffee & Conversation 10:30 All About Virginia 11:15 Weight and Chair Exercises 11:45 Famous Folks of January 12:30 Lunch 1:00 Brain Fitness 1:30 How Dating Has Changed 2:00 Comedians and their Quotes 2:30 The Fabulous 50's

7 Tuesday

10:00 Morning Coffee & Conversation 10:30 Memoir Writing 11:15 Team Theme Trivia 11:30 News Currents 12:00 Brain Fitness 12:30 Lunch 1:10 Harp with Judy

1:45 Tai Chi and Yoga with Cynthia 2:15 Geography Trivia

2:30 Kids Say the Darndest **Things Making Connections MCI Support Group 3:15-4:15p**  8 Wednesday

**Community Support** Group 10:00-11:30a

9 Thursday

10:00 Morning Coffee & Conversation

10:45 Educational Theater **Company with Patti** 11:30 Family Feud 12:00 Active Game and Trivia

12:30 Lunch 1:00 Brain Fitness 1:30 3 Choose 1 2:00 Weight and Chair Exercises 2:30 Products that Disappeared 10 Friday

Conversation 10:30 National Geographic Photo Showcase 11:00 Debunking Myths of George Washington 11:30 Healthy Habits and Exercise 12:00 Life in the Sensational 60's 12:30 Lunch 1:00 Brain Fitness

Mysteries of the World 2:15 Words and World Foods

13 Monday

10:00 Morning Coffee & Conversation 10:30 Group Crossword 11:00 Balance and Stretch Exercises 11:30 Team Trivia 11:45 Scattergories 12:30 Lunch 1:00 Brain Fitness 1:30 Aluminum Foil Boat Competition 2:30 Write and Discuss: Life on an Island

14 Tuesday

10:00 Morning Coffee & Conversation 10:30 Memoir Writing 11:15 Stories Behind the Biggest Hits of the 20<sup>th</sup> Century 11:30 Jeopardy! 12:00 The Story of the Vanishing Actress 12:30 Lunch 1:00 Brain Fitness 1:30 Guitar with Blair 2:30 Resistance and Stretch

15 Wednesday

**Classes for Caregivers** 1:00-3:00p

> **Memory Café** 4:00-6:00p

16 Thursday

10:00 Morning Coffee & Conversation 10:30 Winter Haikus with

Courtney 11:00 What's My Name? Plants and Animals 11:45 Themed Trivia 12:00 Unusual Creatures of the Earth 12:30 Lunch

1:30 News Currents 2:00 Resistance Stretch Exercises 2:30 Discussions with Annette

17 Friday

10:00 Morning Coffee & Conversation 10:30 Group Crossword 11:00 Musical Critiques 11:30 A Road Trip Through the Midwest 11:45 Star of the Month: Dolly Parton 12:30 Lunch 1:00 Brain Fitness 1:45 Tai Chi and Yoga with

Cynthia 2:30 Celebrating Martin Luther

King's Legacy **Lewy Body Support Group** 1:00-2:30p

20 Monday

**Closed for Martin Luther King Day** 

21 Tuesday

Exercises

10:00 Morning Coffee & Conversation 10:30 Memoir Writing 11:15 Odd Phobias 11:45 Stretch Exercises 12:00 Time Slips 12:30 Lunch 1:00 Brain Fitness 1:30 Music Hour with Jerry 22 Wednesday

**Caregiver Support Group** 10:00-11:30a

23 Thursday

1:00 Brain Fitness

10:00 Morning Coffee & Conversation 10:30 Life on the Oregon Trail 11:00 Singing Old Songs

11:45 Haikus and Mixed Media with Courtney 12:30 Lunch

1:30 Tai Chi and Yoga with Cynthia 2:15 Conversations with Karen 24 Friday

10:00 Morning Coffee & Conversation 10:30 5 Second Rule 11:00 TV Screen Grabs 11:30 Casino Toss and Trivia 12:00 Name That State 12:30 Lunch 1:00 Brain Fitness 1:30 You Be the Judge 1:45 Balance and Stretch Exercises 2:15 Scattergories

27 Monday

10:00 Morning Coffee & Conversation 10:30 This Week in Pictures

11:00 Music Hour with **Tender Polman** 

12:00 Art Appreciation 12:30 Lunch 1:00 Brain Fitness 1:30 The Strangest Book Titles 2:00 Comedy Clips 2:30 Mad Libs

28 Tuesday

10:00 Morning Coffee & Conversation 10:30 Memoir Writing

2:30 Talk with Tracy

11:00 Music with Frank Plumer and Family

12:00 Family Feud 12:30 Lunch 1:00 Brain Fitness

1:30 Tai Chi and Yoga with Cynthia

2:15 Baby Names and Their Meanings 2:30 Musical Hangman

29 Wednesday

30 Thursday

1:00 Brain Fitness

10:00 Morning Coffee & Conversation 10:30 Tacky or Tasteful? 11:00 News Currents 11:30 This Month in History 12:00 Resistance and Stretch Exercises 12:30 Lunch 1:00 Brain Fitness 1:30 Toss and Trivia 2:00 A Glimpse into the World of Dog Shaming

2:30 Stories of Survival

31 Friday

10:00 Morning Coffee & Conversation 10:30 The Life of Elvis Presley 11:00 Mixed Up History

11:45 Still Life Watercolors with Courtney

12:30 Lunch 1:00 Brain Fitness

1:45 Tai Chi and Yoga with Cynthia

2:30 Famous Lines from History