

Reconnections Calendar October 2019				
 <p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone</p> <p>InsightMCC.org web</p>	<p>1 Tuesday 10:00 Morning Coffee & Conversation 10:30 Scattergories 11:15 Animal Talk 11:45 Toe-to-Toe Trivia 11:45 Participants Choice 12:30 Lunch 1:10 Harp with Judy 1:40 Group Exercises 2:20 Biography Spotlight</p> <p>MCI/ Early Stage Support Group 1:00-2:30p</p>	<p>2 Wednesday</p> <p>Memory Café 4:00-6:00p</p>	<p>3 Thursday 10:00 Morning Coffee & Conversation 10:30 Dicebreakers with Jen 11:00 News Currents 11:30 Foods and their Ingredients 12:00 Five Second Rule with GMU 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:00 How WWII Created Smokey the Bear 2:30 Road Trip Across America</p>	<p>4 Friday 10:00 Morning Coffee & Conversation 10:30 Group Crossword 11:00 Funny Headlines 12:00 Musical Hangman 12:30 Lunch 1:00 Brain Fitness 1:30 Finishing Phrases 2:00 This Week in Pictures 2:30 Group Categories</p>
<p>7 Monday 10:00 Morning Coffee & Conversation 10:00 Encore Chorale 10:30 Written Crosswords 11:15 Picture Captions 11:45 Musical Critiques 12:30 Lunch 1:00 Cranium Crunches 1:30 Balance and Exercise 2:15 Scattergories</p>	<p>8 Tuesday 10:00 Morning Coffee & Conversation 10:30 Short Story Spotlight 11:00 Word Within a Word 11:30 Piano with Jerry Roman 12:30 Lunch 1:00 Focus Group 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 Balderdash!</p> <p>Caregiver Support Group 2:00-3:00p</p>	<p>9 Wednesday</p> <p>Caregiver Support Group 10:00-11:30a</p>	<p>10 Thursday 10:00 Morning Coffee & Conversation 10:30 Magazine Collages 11:15 Team Trivia 11:30 Resistance Band Exercises 12:00 Time-Slips 12:30 Lunch 1:00 Cognitive Challenge 1:30 Guitar with Blair 2:30 Infamous in History</p>	<p>11 Friday 10:00 Morning Coffee & Conversation 10:30 Let’s Discuss: Good and Bad Habits 11:15 Balance and Exercise 11:45 Singing Old Songs 12:15 Photo Spotlight 12:30 Lunch 1:00 Brain Fitness 1:30 Screengrabs: TV or Film? 2:00 Penny Ante 2:30 3 Choose 1 Lewy Body Support Group 1:00-2:30p</p>
<p>14 Monday</p> <p>Closed for Columbus Day</p>	<p>15 Tuesday 10:00 Morning Coffee & Conversation 10:30 World Geography 11:00 Resistance Band Exercises 11:15 Musical Hangman 12:00 Autumn Haikus with Courtney 12:30 Lunch 1:00 Brain Fitness 1:30 This Week in Pictures 2:15 Talk with Tracy</p>	<p>16 Wednesday</p> <p>Parkinson’s Social Network 10:00-12:00p</p> <p>Memory Café 4:00-6:00p</p>	<p>17 Thursday 10:00 Morning Coffee & Conversation 10:30 Movie Hangman 11:30 Time Slips 12:00 Team Toss and Trivia with Jen 12:30 Lunch 1:00 Cognitive Challenge 1:30 Tai Chi and Yoga with Cynthia 2:15 Discussions with Annette</p>	<p>18 Friday 10:00 Morning Coffee & Conversation 10:30 Group Crossword with Courtney 11:00 News Currents 11:45 Music with Jessica 12:30 Lunch 1:00 Cranium Crunches 1:30 The Roles of Animals 2:00 Tongue Twisters & Expressions 2:15 Scattergories</p>
<p>21 Monday 10:00 Morning Coffee & Conversation 10:00 Encore Chorale 10:30 Written Crosswords 11:15 Trends and Fads: Past and Present 12:00 Balance and Exercise 12:30 Lunch 1:00 Brain Fitness 1:30 Who, What, or Where? 2:15 UNESCO World Heritage Sites</p>	<p>22 Tuesday 10:00 Morning Coffee & Conversation 10:30 A Brief History of American Film 11:00 Art Critiques 12:00 Uplifting News Stories 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:00 Picture Trivia 2:30 Heads Up!</p>	<p>23 Wednesday</p> <p>Caregiver Support Group 10:00-11:30a</p>	<p>24 Thursday 10:00 Morning Coffee & Conversation 10:30 Discussions with Jen 11:00 Group Crossword 12:00 Time Slips 12:30 Lunch 1:00 Cranium Crunches 1:30 Tai Chi and Yoga with Cynthia 2:15 Conversations with Karen</p>	<p>25 Friday 10:00 Morning Coffee & Conversation 10:30 Odd One Out 11:00 World’s Most Unusual Holidays 12:00 Jeopardy! 12:30 Lunch 1:00 Brain Fitness 1:30 Eat, Wear, or Drive? 2:15 Discussions with Michelle</p>
<p>28 Monday 10:00 Morning Coffee & Conversation 10:00 Encore Chorale 10:30 Let’s Discuss: Holidays 11:00 Five Second Rule 12:00 Balance and Exercise 12:30 Lunch 1:00 Cognitive Challenge 1:30 Planet Earth Highlights 2:00 Biography Spotlight 2:30 Darts and Trivia</p>	<p>29 Tuesday 10:00 Morning Coffee & Conversation 10:30 Group Crossword 11:00 Music with Frank Plumer and Family 12:00 Haiku Art with Courtney 12:30 Lunch 1:00 Cranium Crunches 1:30 New Discoveries of the World 2:15 Scattergories</p>	<p>30 Wednesday</p>	<p>31 Thursday 10:00 Morning Coffee & Conversation 10:30 New in the News with Jen 11:00 Jeopardy! 11:30 Horseshoes and Trivia 12:00 This Month in History 12:30 Lunch 1:00 Brain Fitness 1:30 Kids Halloween Costumes 2:00 Craziest Pumpkin Carvings 2:30 This Month in History</p>	 <p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone</p> <p>InsightMCC.org web</p>