



Reconnections Calendar October 2018

1 Monday 10:00 Morning Coffee & Conversation 10:30 Most Ridiculous Jobs 11:15 Changing the Face of Sports 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 Healthy Breakfast Habits 1:45 Resistance Band Exercises 2:30 National Geographic Showcase FTD Support Group 1:00-2:30p	2 Tuesday 10:00 Morning Coffee & Conversation 10:30 News Currents 11:00 Visiting Greenland 11:30 You Be the Judge 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 Tai Chi and Yoga with Cynthia 2:15 Then Vs. Now: American Homes	3 Wednesday Memory Café 4:00-6:00p	4 Thursday 10:00 Morning Coffee & Conversation 10:30 Read and Discuss: Famous Books and Passages 11:00 Craft Lanyards 11:30 Group Challenge: Crossword 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 Movement and Memory with Sonia 2:15 Sweet Treats and World-Famous Desserts	5 Friday 10:00 Morning Coffee & Conversation 10:30 Celebrating 50 Years of 60 Minutes 11:45 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:45 Tai Chi and Yoga with Cynthia 2:30 Guess That Movie with Robert
8 Monday Closed for Columbus Day	9 Tuesday 10:00 Morning Coffee & Conversation 10:30 Discussions with Rick 11:15 This Week in Pictures 11:45 Team Challenge: Crosswords 12:30 Lunch 1:15 Music with Jerry Roman 2:15 Healthy Eating and Exercise Early Stage Care Partner Support Group 2:00-3:00p	10 Wednesday Caregiver Support Group 10:00-11:30a	11 Thursday 10:00 Morning Coffee & Conversation 10:30 Experimenting with Gravity 11:15 Contemporary Sculptures 12:00 Active Game 12:30 Lunch 1:00 Cranium Crunches 1:30 Team Categories 2:20 Weight and Chair Exercises	12 Friday 10:00 Morning Coffee & Conversation 10:30 Let’s Discuss: Clothes Through the Eras 11:15 Active Game 11:45 5 Second Rule 12:00 Name That Tune 12:30 Lunch 1:00 Brain Fitness 1:45 Tai Chi and Yoga with Cynthia 2:15 Caramel Apples Lewy Body Support Group 1:00-2:30p
15 Monday 10:00 Morning Coffee & Conversation 10:30 Matter of Balance with Latoria 11:15 Listen and Discuss: Classical Music with Bob M. 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 Weight and Chair Exercises 2:00 Scattergories	16 Tuesday 10:00 Morning Coffee & Conversation 10:45 Educational Theater Company with Patti 11:15 World’s Tallest... 12:00 Active Game 12:30 Lunch 1:00 Harp with Judy 1:30 Cognitive Challenge 2:00 Yoga Stretch Exercises 2:30 History of The New Yorker	17 Wednesday Parkinson’s Social Network 10:00-12:00p Classes for Caregivers 1:00-3:00 Memory Café 4:00-6:00p	18 Thursday 10:00 Morning Coffee & Conversation 10:30 “Where in the World?” Art Project 11:15 Active Game 12:00 Pair Challenge: Writing Poetry 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 News Currents	19 Friday 10:00 Morning Coffee & Conversation 10:30 Science Spotlight 11:00 Pair Challenge: Crosswords 11:45 Music with Jessica 12:30 Lunch 1:00 Cognitive Challenge 1:30 Safari Wildlife 2:00 Resistance Band Exercises 2:30 Charades
22 Monday 10:00 Morning Coffee & Conversation 10:30 Goblins and Ghouls in Art with Marney Kennedy 11:30 Watercolor Art 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:45 Stretch Exercises 2:15 This Week in Pictures	23 Tuesday 10:00 Morning Coffee & Conversation 10:30 Classic Films with Ellie 11:15 Active game 11:45 Exploring France with John Y. 12:30 Lunch 1:00 Cranium Crunches 1:30 What Music Genre? 2:00 Chair Exercises 2:30 Traditional Garb from Around the World	24 Wednesday Caregiver Support Group 10:00-11:30a	25 Thursday 10:00 Morning Coffee & Conversation 10:30 Name that Dance 11:00 History of 50’s and 60’s Comedy 11:30 Active Game 11:45 Major Events in U.S. History 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga with Cynthia 2:15 Coaster Cutouts	26 Friday 10:00 Morning Coffee & Conversation 10:30 Violin with Anthony 11:30 Famous Movie Quotes 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 America’s Most Influential First Ladies 2:00 Resistance Band Stretches 2:30 Sweet Treat Demo: Yogurt Parfaits
29 Monday 10:00 Morning Coffee & Conversation 10:30 Annette’s Book Club 11:15 Garden Painting 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 A Test of U.S. Geography 2:00 Yoga and Stretch 2:30 Spice Gardening	30 Tuesday 10:00 Morning Coffee & Conversation 10:30 Life in London with Graham 11:15 Music with Frank Plumer and Family 12:15 Team Trivia 12:30 Lunch 1:00 Group Challenge: Giant Crossword 1:30 Garden Ornament Art 2:00 Weight and Chair Exercises 2:30 News Currents	31 Wednesday Engagement Workshop 10:00-11:30a	<div><p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030</p><hr/><p>703-204-4664 phone InsightMCC.org web</p></div>	