

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | January 2020 Highlights  |   |
|--|---|--|--|---|--|---|
| <p><b>Lewinsville Adult Day Health Care Center</b><br/> <b>1611 Great Falls St.</b><br/> <b>McLean, VA 22101</b><br/> <b>(703) 734-1718</b></p>  |   |  | <p><b>1</b></p> <p><b>Happy New Year</b></p> <p><b>Center Closed</b></p>   | <p><b>2</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Happy New Year Match-Up<br/> 1:00 Oldies with Victoria/Karaoke<br/> 2:00 Catch the Ledge/ Table Games<br/> 3:30 Chair Dancing<br/> 4:15 Starts with "New"<br/> Easy Does It January Trivia</p>                                   | <p><b>3</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Let's IMPROVise!!<br/> <b>What's In Common?</b><br/> 1:15 Top 10 New Year Traditions and Superstitions<br/> 2:00 Pokeno / Cornhole<br/> 3:30 <b>Photo Tour - Spain &amp; France</b><br/> 4:00 New Year Pass It On</p> | <p><b>Entertainment</b></p> <p>1/02 Oldies with Victoria<br/> 1/06 Sing Along with Jane<br/> 1/09 Oldies with Victoria<br/> 1/13 Sing Along with Jane<br/> 1/16 Oldies with Victoria<br/> 1/17 Sing Along with Gerry &amp; Sue<br/> 1/24 Oldies with Victoria<br/> 1/27 Sing Along with Jane<br/> 1/29 Music with the Evergreens<br/> 1/30 Oldies with Victoria</p> |
| <p><b>6</b></p> <p>9:45 Daily Chronicles<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Sing Along with Jane<br/> 1:15 <b>Photo Tour-Greenland &amp; the Poles</b><br/> 1:45 Walk To Wellness<br/> 2:00 Music Therapy with Cheryl<br/> 3:30 <b>Welcome Christmas &amp; Jeopardy!</b><br/> 4:00 Can You Remember When?<br/> Words starting with "Ins"</p> | <p><b>7</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Concentration Phrases</b><br/> 11:30 <b>Rosary / Phrases Cont'd</b><br/> 1:00 Pet Therapy w/ Trudy &amp; Paddy<br/> 1:45 Sing A Long with Bob<br/> 3:30 Chair Dancing<br/> 4:00 Can You Remember When?</p>  | <p><b>8</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Pets On Wheels</b><br/> 1:15 <b>Happy Birthday Elvis/Elvis Songs</b><br/> 2:00 Bingo / Tabletop Activities<br/> 3:30 Chair Dancing<br/> 4:00 Elvis IQ &amp; Song Quiz<br/> January IQ / Daily Chronicles</p>                           | <p><b>9</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Current Events with Pierre</b><br/> <b>Just Picture It! / Trivia Jeopardy</b><br/> 1:00 Oldies with Victoria<br/> Karaoke<br/> 2:00 <b>Cover Your Number/Step Up To 50</b><br/> 3:30 Tabletop Shuffleboard<br/> 4:00 It Starts With "J"</p>      | <p><b>10</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Crossword<br/> 1:30 Happy 100<sup>th</sup> Birthday Serah!<br/> 2:00 <b>Drumming Circle</b><br/> 3:30 <b>Photo Tour - Kenya</b><br/> 4:00 "King" Categories</p>   | <p><b>Every Tuesday</b><br/> Sing-A-Long with Bob<br/> Pet Therapy w/ Trudy &amp; Paddy</p> <p><b>Caregiver Support Group</b><br/> 2<sup>nd</sup> Tuesday of the month</p>   |   |
| <p><b>13</b></p> <p>9:45 Daily Chronicles<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Sing Along with Jane<br/> 1:15 <b>Life In The 50's</b><br/> 2:00 Music Therapy with Cheryl<br/> 3:30 Chair Dancing / Tabletop Games<br/> 4:00 January EZ Does It Trivia<br/> iPad Games</p>   | <p><b>14</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Sunken Treasure</b><br/> 11:30 <b>Rosary/ Sunken Treasure</b><br/> 1:00 Pet Therapy w/ Trudy &amp; Paddy<br/> 1:45 Sing A Long with Bob<br/> 3:30 Shuffleboard<br/> 4:00 Words Starting with "IM"</p>  | <p><b>15</b></p> <p>9:45 Finishing Words<br/> 10:00 <b>Creative Mov't w/Joan</b><br/> Welcome/AM News/Exercise<br/> 11:00 <b>Creative Writing w/ Joan</b><br/> <b>Lewinsville Squares</b><br/> 1:15 Mixed Up Hobbies/Chronicles<br/> 2:00 Bingo / Tabletop Activities<br/> 3:30 Chair Dancing<br/> 4:00 It Starts With "Pen"</p> | <p><b>16</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Take 2- Winter</b><br/> 1:00 Oldies with Victoria<br/> Karaoke<br/> 2:00 <b>Knock-Out! / Challenge Toss</b><br/> 3:30 Bucket Toss<br/> 4:00 It Starts With "B"/Chronicles</p>   | <p><b>17</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Let's IMPROVise!!<br/> <b>Remembering ML King</b><br/> ML King Quotes<br/> 1:15 Crossword<br/> 2:00 Sing Along with Gerry &amp; Sue<br/> 3:30 Nat'l Popcorn Day Popcorn Toss<br/> 4:00 "Pop" Out / iPad Games</p>               | <p><b>Health Services</b></p> <p>Music Therapy 1/06 &amp; 13<br/> Creative Mov't w/Joan 1/15<br/> Pets On Wheels 1/08</p>  |   |
| <p><b>20</b></p> <p><b>MLK Jr. Day</b></p> <p><b>Center Closed</b></p>   | <p><b>21</b></p> <p>9:45 Squirrel Appreciation Day<br/> 10:15 Nutty Squirrel Facts<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Align The Stars</b><br/> 11:30 <b>Rosary/ Align The Stars Cont'd</b><br/> 1:00 Pet Therapy w/ Trudy &amp; Paddy<br/> 1:45 Sing A Long with Bob<br/> 3:30 Happy Birthday Dolly Parton<br/> 4:15 21 Amazing Squirrel Facts<br/> Ditch New Year Resolutions Day</p> | <p><b>22</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Celebrity Birthdays</b><br/> 1:15 <b>Idioms - M to P</b><br/> It Rhymes with "Date"<br/> 2:00 Bingo / Tabletop Activities<br/> 3:30 Catch The Ledge<br/> 4:00 Colorful Trivia -Orange &amp; Blue<br/> iPad Games</p>                  | <p><b>23</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Photo Tour-Mongolia &amp; Patagonia</b><br/> 1:00 Oldies with Victoria<br/> Karaoke<br/> 2:00 <b>Mondrian-Inspired Art</b><br/> Table Activities/Cornhole<br/> 3:30 Chair Dancing<br/> 4:00 "Teams" Categories<br/> Colorful Trivia - Green</p> | <p><b>24</b></p> <p>9:45 Horoscopes - Is It True?<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Year of the Rat -Chinese New Yr.<br/> Ratty Phrases<br/> 1:15 You Tube - Chinese New Year<br/> 2:00 Chinese NY Bingo/ Bulls Eye<br/> 3:30 <b>Iconic Photos</b><br/> 4:15 Colorful Trivia - Black &amp; White</p>       | <p><b>Daily Beginnings</b></p> <p>7am - 9:45: Participant Choice<br/> NuStep, Breakfast</p>  |   |
| <p><b>27</b></p> <p>9:45 Participant Council w/ Marybelle<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Sing Along with Jane<br/> 1:15 <b>Celebrating Australia Day</b><br/> <b>Australia Jeopardy</b><br/> 2:00 Cornhole / Name Art<br/> 3:30 <b>The Animals Of Australia</b><br/> 4:00 Daily Chronicles</p>   | <p><b>28</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Nat'l Puzzle Day Crossword<br/> 11:30 <b>Rosary/ Crossword Cont'd</b><br/> 1:00 Pet Therapy w/ Trudy &amp; Paddy<br/> 1:45 Birthday Sing A Long with Bob<br/> 3:30 Chair Dancing<br/> 4:00 A Hard "Act" To Follow</p>   | <p><b>29</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 Music with <b>The Evergreens</b><br/> 1:15 <b>Happy Birthday Oprah!</b><br/> 2:00 Bingo / Tabletop Activities<br/> 3:30 <b>Questionable Answers</b><br/> 4:00 Eat, Wear, or Drive??<br/> Change A Letter</p>                             | <p><b>30</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>20 Questions (and 20 Answers)</b><br/> Daily Chronicles<br/> 1:00 Oldies with Victoria/ Karaoke<br/> 2:00 <b>Cover Your Number / Golf</b><br/> 3:30 Chair Dancing<br/> 4:00 <b>That's It! / Chronicles</b></p>                                  | <p><b>31</b></p> <p>9:45 Finishing Words<br/> 10:15 Welcome/AM News/Exercise<br/> 11:00 <b>Snapshots of Office Life</b><br/> 1:15 <b>5 Clue - What Is It?</b><br/> 2:00 Horseshoes/Snowman Magnets<br/> History Of Tangrams<br/> 3:30 Snowball Toss<br/> 4:15 Colorful Trivia - Purple<br/> Things That Go Together</p> | <p><b>OVER FOR LUNCH MENU →</b></p>  |   |