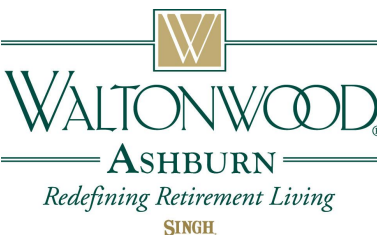


January 2020 Events

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 Waltonwood ASHBURN Redefining Retirement Living SINGH		LOCATION AL Trunk Club (TC) Assisted Living (AL) Assisted Living Theatre (ALT) Common Spaces (CS) Courtyard/Entertainment Room (CY/ER) Dining Room (DR) Entertainment Room (ER) Gym (G) Hobby Room (HR) Independent Living (IL) Lobby (Lobby) One on One (O)		LOCATION Trunk Club (TC)		10:00 Morning Roll or Stroll (CS) 1 11:00 Loudoun County Bookmobile (TC) 11:30 Forever Fit with Sue: Cognitive Cardio (G) 2:00 Bake & Boogie (DR) 3:00 Social: Wine Down Wednesday (ER) 4:00 Brain Fitness with Sue (HR) 6:00 Western Wednesday Movie (ER)	10:00 Morning Roll or Stroll (CS) 2 10:30 On This Day: What is Bulldogging? (HR) 11:30 Forever Fit with Sue: Strength Training (G) 2:00 You are the Judge: Staff Lip Sync Contest (ER) 3:00 Sweet Treat Social (ER) 4:00 Balloon Bat with Sue (HR) 6:00 Evening Movie: Barbara's Choice (ER)	10:00 Morning Roll or Stroll (CS) 3 10:00 Therapeutic Massage with Ashleigh (ER) 10:30 Timeslips Group Stories (ER) 11:30 Forever Fit with Sue: Residents' Choice (G) 2:30 Pet Visits with Duke & Mason (CY/ER) 3:00 Social: Cheese & Crackers (ER) 4:00 Resident Vote: Games with Sue (HR) 6:00 New Movie Friday: Newly Released DVD (ER)	10:00 Morning News Programming (ER) 4 10:30 Trivia: Which Word Doesn't Belong? (ER) 11:00 Holiday Symbols Pictionary (HR) 2:00 One on One Visits (O) 2:00 Blue Ridge Thunder Cloggers Holiday Dance Show (IL) 2:30 Movie Matinee: Colonel Bob's Choice (ER)				
9:30 CFC Non-Denominational Service (ALT) 5 11:00 Remembering Winter Songs (ER) 11:50 St. Theresa's Church Service (Lobby) 2:00 Caroling with Girl Scout Troop 70053 (AL)	10:00 Morning Roll or Stroll (CS) 6 11:00 Shiny Nose Day! Rudolph facts & Games (ER) 11:30 Forever Fit with Sue: Balance & Fall Prevention (G) 3:00 Social: Finger Sandwiches (ER) 4:00 Chair Dancing with Sue (ER) 6:00 Evening Movie: Jerry's Choice (ER) 7:15 Evening Bingo (HR)	10:00 Morning Roll or Stroll (CS) 7 10:30 Group Game: Over-Under (ER) 11:30 Forever Fit with Sue: Strength Training (G) 2:00 Virtual Travel: Canary Island Cruise (ER) 3:00 Social: Hot Appetizers (ER) 4:00 Hand-Eye Focused Fun with Sue (ER) 6:00 Evening Movie: Chris's Choice! (ER)	10:00 Morning Roll or Stroll (CS) 8 10:30 Humor Group: Good or Groaners? (ER) 11:30 Forever Fit with Sue: Cognitive Cardio (G) 2:00 Bake & Boogie (DR) 3:00 Social: Wine Down Wednesday (ER) 4:00 Brain Fitness with Sue (HR)	10:00 Morning Roll or Stroll (CS) 9 11:30 Forever Fit with Sue: Strength Training (G) 3:00 Sweet Treat Social (ER) 4:00 Balloon Bat with Sue (HR) 6:00 Evening Movie: Lynette's Choice (ER)	10:00 Morning Roll or Stroll (CS) 10 10:30 Timeslips Group Stories (ER) 11:30 Forever Fit with Sue: Residents' Choice (G) 2:00 Musical Performance: Katy Morse (ER) 3:00 Social: Cheese & Crackers (ER) 4:00 Resident Vote: Games with Sue (HR) 6:00 New Movie Friday: Newly Released DVD (ER)	10:00 Morning News Programming (ER) 11 1:30 Movie Matinee: Ruth's Choice (ER) 2:00 One on One Visits (O)							
9:30 CFC Non-Denominational Service (ALT) 12 10:00 Hand & Nail Spa (HR) 10:45 Musical Worship Service provided by St. Michael's Episcopal (ER) 11:50 St. Theresa's Church Service (Lobby) 1:00 Bingo! (HR)	10:00 Morning Roll or Stroll (CS) 13 10:30 DIY Ornaments (ER) 11:30 Forever Fit with Sue: Balance & Fall Prevention (G) 3:00 Social: Finger Sandwiches (ER) 4:00 Chair Dancing with Sue (ER) 6:00 Evening Movie: June's Choice (ER) 7:15 Evening Bingo (HR)	10:00 Morning Roll or Stroll (CS) 14 10:30 Group Game: Over-Under (ER) 10:30 Peter Bechtel Performs (ER) 11:00 Finish the Phrase (ER) 11:30 Forever Fit with Sue: Strength Training (G) 3:00 Social: Hot Appetizers (ER) 4:00 Hand-Eye Focused Fun with Sue (ER) 6:00 Evening Movie: Susan's Choice (ER)	10:00 Morning Roll or Stroll (CS) 15 11:00 You Can Puzzle Too: Word Games (HR) 11:30 Forever Fit with Sue: Cognitive Cardio (G) 2:00 Bake & Boogie (DR) 3:00 Social: Wine Down Wednesday (ER) 4:00 Brain Fitness with Sue (HR)	10:00 Morning Roll or Stroll (CS) 16 10:30 On This Day: What is Bulldogging? (HR) 11:30 Forever Fit with Sue: Strength Training (G) 2:00 A-Wassailing Afternoon Teatime (DR) 3:00 Sweet Treat Social (ER) 4:00 Balloon Bat with Sue (HR) 6:00 Evening Movie: Bea's Choice (ER)	10:00 Morning Roll or Stroll (CS) 17 10:00 Therapeutic Massage with Ashleigh (ER) 10:30 Timeslips Group Stories (ER) 11:30 Forever Fit with Sue: Residents' Choice (G) 2:00 Thrifty Store by Iris's Assitant Managers (HR) 3:00 Social: Cheese & Crackers (ER) 4:00 Resident Vote: Games with Sue (HR) 6:00 New Movie Friday: Newly Released DVD (ER)	10:00 Morning News Programming (ER) 18 11:00 Holiday Symbols Pictionary (HR) 1:00 Creating Flash Fiction (HR) 2:00 One on One Visits (O) 2:00 Group Jeopardy (HR) 2:00 Movie Matinee: Pastor Charles' Choice (ER)							
9:30 CFC Non-Denominational Service (ALT) 19 11:50 St. Theresa's Church Service (Lobby)	10:00 Morning Roll or Stroll (CS) 20 10:30 Dancing Through the Decades: Dance Crazes (ER) 11:30 Forever Fit with Sue: Balance & Fall Prevention (G) 3:00 Social: Finger Sandwiches (ER) 4:00 Chair Dancing with Sue (ER) 6:00 Musical Monday (ER) 7:15 Evening Bingo (HR)	10:00 Morning Roll or Stroll (CS) 21 10:30 Group Game: Over-Under (ER) 10:30 Lipstick Personality Test (HR) 11:30 Forever Fit with Sue: Strength Training (G) 2:00 All Paired Up: Sorting Things That Spin (HR) 3:00 Social: Hot Appetizers (ER) 4:00 Hand-Eye Focused Fun with Sue (ER) 6:00 Evening Movie: Bob B's Choice (ER)	10:00 Morning Roll or Stroll (CS) 22 11:30 Forever Fit with Sue: Cognitive Cardio (G) 2:00 Bake & Boogie (DR) 3:00 Social: Wine Down Wednesday (ER) 4:00 Brain Fitness with Sue (HR)	10:00 Morning Roll or Stroll (CS) 23 11:30 Forever Fit with Sue: Strength Training (G) 3:00 Sweet Treat Social (ER) 4:00 Balloon Bat with Sue (HR)	10:00 Morning Roll or Stroll (CS) 24 10:30 Timeslips Group Stories (ER) 11:30 Forever Fit with Sue: Residents' Choice (G) 2:00 Bowling for Points! (ER) 3:00 Social: Cheese & Crackers (ER) 4:00 Resident Vote: Games with Sue (HR) 6:00 New Movie Friday: Newly Released DVD (ER)	10:00 Morning News Programming (ER) 25 11:00 Fruitcake Party: Society for the Protection and Preservation of Fruitcake (DR) 1:00 Afternoon Hot Cocoa Bar & Holiday Poems (DR) 2:00 One on One Visits (O) 2:30 Movie Matinee: Midge's Choice (ER)							
9:30 CFC Non-Denominational Service (ALT) 26 10:00 Hand & Nail Spa (HR) 10:45 Musical Worship provided by St. Michael's Episcopal (ER) 11:50 St. Theresa's Church Service (Lobby) 1:30 Movie Matinee (ER)	10:00 Morning Roll or Stroll (CS) 27 11:30 Forever Fit with Sue: Balance & Fall Prevention (G) 3:00 Social: Finger Sandwiches (ER) 4:00 Chair Dancing with Sue (ER) 6:00 Evening Movie: Bob T's Choice (ER) 6:00 Evening Movie: Bob T's Choice (ER) 6:00 Evening Movie: Mrs. Reed's Choice (ER) 7:15 Evening Bingo (HR)	10:00 Morning Roll or Stroll (CS) 28 10:30 Group Game: Over-Under (ER) 11:30 Forever Fit with Sue: Strength Training (G) 2:00 Name That Holiday Tune (ER) 3:00 Social: Hot Appetizers (ER) 4:00 Hand-Eye Focused Fun with Sue (ER) 6:00 Evening Movie: Eileen's Choice (ER)	10:00 Morning Roll or Stroll (CS) 29 11:30 Forever Fit with Sue: Cognitive Cardio (G) 2:00 Bake & Boogie (DR) 3:00 Social: Wine Down Wednesday (ER) 4:00 Brain Fitness with Sue (HR) 5:30 Family Support Group (TC)	10:00 Morning Roll or Stroll (CS) 30 10:30 On This Day: What is Bulldogging? (HR) 11:30 Forever Fit with Sue: Strength Training (G) 3:00 Sweet Treat Social (ER) 4:00 Balloon Bat with Sue (HR)	10:00 Morning Roll or Stroll (CS) 31 10:30 Timeslips Group Stories (ER) 11:30 Forever Fit with Sue: Residents' Choice (G) 3:00 Social: Cheese & Crackers (ER) 4:00 Resident Vote: Games with Sue (HR) 6:00 New Movie Friday: Newly Released DVD (ER)	All Events are subject to change. Please check daily sheet and InTouch screens for updates.							