

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
													
The Residences at Thomas Circle 3rd Floor Resident Activity Planning for November with Paul & Bonnie (AL) Join Paul and Bonnie for a friendly activity planning session as we look ahead to November! Residents are invited to share ideas, favorite activities, and suggestions to help make the month fun, engaging, and enjoyable for everyone. If you have any questions, please email vgeiger@thomascircle.com. Location Keys AL Dining Room AL Living Room Auditorium Chapel Club/Art Room Courtyard Low Level Theater AL DR AL LR AUD CP CR/AS CY LL T													
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 4		9:45 Sign-Up for Outings with Vicky [AL DR] 5		10:00 Lunch Trip Busboys and Poets 450 K St NW DC 6		9:45 Sign up with Carmella Reiki [AL DR] 7		10:00 Chair Exercise With Vicky [AL DR] 1		10:00 Chair Exercise With Vicky [AL DR] 2		1:30 Dance for PD / Balance Exercise for Seniors [AUD] 3	
11:00 Sunday Service with Pastor Patricia Saunders [AL LR]		10:00 Chair Exercise With Vicky [AL DR]		10:30 Lunch Trip Busboys and Poets 2021 14th St NW DC		10:00 What Is In A Word Brain Workout [AL DR]		11:00 'What's In a Word' Word Game [AL DR]		11:00 Morning Brain Stretch [AL DR]		2:00 Music Time: Sarah Fridrich [AL LR]	
2:00 Alex Perez Concert "El Rojo" [AL LR]		11:00 "What's In A Word?" - morning brain-stretch [AL LR]		11:00 Lunch Trip Busboys and Poets 2021 14th St NW DC [AL LR]		2:00 Creative Therapeutic Movement with Vicky [AL DR]		2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]		1:00 Market Store Lower Level with Vicky [LL]		7:00 Jigsaw Puzzle Time	
7:00 Jigsaw Puzzle Time		2:00 Musical Afternoon with Rob [AL LR]		2:00 Afternoon What Is In A Word with Vicky [AL LR]		3:00 Cozy Tea and Coffee BINGO Afternoon [AL LR]		3:00 Challenging Fun Exciting Trivia and Afternoon Stretch / Fresh Air Break (weather permitting) [CR/AS]		2:00 'Sip & Paint ' with Carol and Vicky [AL DR]		7:15 TC Movie [T]	
7:15 TC Movie [T]		3:00 AL Council Meeting with Paul and Bonnie		2:30 Tuesday Poetry Club (AL - 3rd Fl.)		7:00 Jigsaw Puzzle Time [AL LR]		7:00 Jigsaw Puzzle Time [AL LR]		3:00 Afternoon Stretch and Trivia Games and Fun Facts [AL LR]			
		7:00 Jigsaw Puzzle Time [AL LR]		3:30 Gentle Sitting Stretching Exercise /Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club						7:00 Jigsaw Puzzle Time [AL LR]			
				7:00 Jigsaw Puzzle Time [AL LR]									
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 11		Columbus Day 9:45 Sign-Up for Outings with Vicky [AL DR] 12		10:00 Trip To Scenic View Foliage Massachusetts Ave NW 13		9:45 Sign up with Carmella Reiki [AL DR] 14		10:00 Chair Exercise With Vicky [AL DR] 15		10:00 Chair Exercise With Vicky [AL DR] 16		1:30 Dance for PD / Balance Exercise for Seniors [AUD] 17	
11:00 Sunday Service with Pastor Patricia Saunders [AL LR]		10:00 Chair Exercise With Vicky [AL DR]		10:30 Trip Scenic Ride Foliage View Massachusetts Ave NW		10:00 Chair Exercise [AL DR]		11:00 'What's In a Word' Word Game [AL DR]		11:00 Morning Brain Stretch [AL DR]		2:00 TC Movie [T]	
1:30 TC Movie [T]		11:00 "What's In A Word?" - morning brain-stretch [AL DR]		11:00 Trip Scenic Ride Massachusetts Avenue Foliage		10:30 Morning Musical with Rebecca [AL DR]		2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]		1:00 Market Store Lower Level with Vicky [LL]		7:00 Jigsaw Puzzle Time	
2:00 Storytelling and Sing, Sing a Song with Lady Belle [AL LR]		2:00 Musical Afternoon with Rob [AL LR]		2:00 Afternoon What Is In A Word with Vicky [AL LR]		2:00 Chair Dance with Yoyo [AL DR]		3:00 Trivia Challenges and Afternoon Stretch / Fresh Air Break (weather permitting) [CY]		2:00 Sip and Paint Travel Art Workshop with Devi [AL DR]			
7:00 Jigsaw Puzzle Time		3:00 3rd Floor Residents Activity Planning November with Paul and Bonnie [AL DR]		2:30 Tuesday Poetry Club (AL - 3rd Fl.) [AL DR]		3:00 Cozy Tea and Coffee Afternoon BINGO [AL LR]		7:00 Jigsaw Puzzle Time [AL LR]		3:00 Afternoon Stretch and Trivia Games and Fun Facts [AL LR]			
		7:00 Jigsaw Puzzle Time [AL LR]		3:30 Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club		7:00 Jigsaw Puzzle Time [AL LR]				7:00 Jigsaw Puzzle Time [AL LR]			
				7:00 Jigsaw Puzzle Time [AL LR]									
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 18		9:45 Sign-Up for Outings with Vicky [AL DR] 19		10:00 Lunch Trip Le Diplomate Restaurant 1601 14th St NW DC 20		9:45 Sign up with Carmella Reiki [AL DR] 21		10:00 Chair Exercise With Vicky [AL DR] 22		10:00 Chair Exercise With Vicky [AL DR] 23		1:30 Dance for PD / Balance Exercise for Seniors [AUD] 24	
11:00 Sunday Service with Pastor Patricia Saunders [AL LR]		10:00 Chair Exercise With Vicky [AL DR]		10:30 Lunch Trip Le Diplomate Restaurant		10:00 Chair Exercise [AL DR]		11:00 'What's In a Word' Word Game [AL DR]		11:00 Morning Brain Stretch [AL DR]		2:30 Bethesda Little Theater [AUD]	
2:00 TC Movie [T]		11:00 "What's In A Word?" - morning brain-stretch [AL LR]		11:00 Lunch Trip Le Diplomate Restaurant		10:30 Morning Musical with Rebecca Presti [AL LR]		2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]		1:00 Market Store Lower Level with Vicky [LL]		7:00 Jigsaw Puzzle Time	
7:00 Jigsaw Puzzle Time		2:00 Musical Afternoon with Rob [AL LR]		2:00 Afternoon What Is In A Word with Vicky [AL LR]		2:00 Brain Games and Therapeutic Movement with Vicky [AL DR]		2:30 Ted Talk In Person Workshop Sam Partman Speaks [CY]		2:00 DJ Mark Blake Wellness Movement Workshop [AL DR]		7:15 TC Movie [T]	
		3:00 Beading with Victoria [AL DR]		2:30 Tuesday Poetry Club (AL - 3rd Fl.) [AL DR]		3:00 Cozy Tea and Coffee Afternoon BINGO [AL LR]		3:30 Birthdays Happy Hour for October Celebrants [AL LR]		3:00 Sip and Paint with Carol and Vicky [AL LR]			
		7:00 Jigsaw Puzzle Time [AL LR]		3:30 Gentle Stretch Sitting Exercise with Relaxation Music Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club [CP]		7:00 Jigsaw Puzzle Time [AL LR]		7:00 Jigsaw Puzzle Time [AL LR]		7:00 Jigsaw Puzzle Time [AL LR]			
				7:00 Jigsaw Puzzle Time [AL LR]									
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 25		9:45 Sign-Up for Outings with Vicky [AL DR] 26		10:00 Lunch trip Redstone American Grill 155 National Plaza 27		9:45 Sign up with Carmella Reiki [AL DR] 28		10:00 Chair Exercise With Vicky [AL DR] 29		10:00 Chair Exercise With Vicky [AL DR] 30		Halloween 1:30 Dance for PD / Balance Exercise for Seniors [AUD] 31	
11:00 Sunday Service with Pastor Patricia Saunders [AL LR]		10:00 Chair Exercise With Vicky [AL DR]		10:30 Lunch Trip Redstone American Grill National Harbor		10:00 Chair Exercise [AL DR]		11:00 'What's In a Word' Word Game [AL DR]		11:00 Morning Brain Stretch [AL DR]		2:00 TC Movie [T]	
1:30 TC Movie [T]		11:00 "What's In A Word?" - morning brain-stretch [AL LR]		11:00 Lunch Trip to National Harbor Redstone American Grill		10:30 Brain Fitness & Memory Training Workshops with Dana		2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]		1:00 Market Store Lower Level with Vicky [LL]		7:00 Jigsaw Puzzle Time	
5:00 Storytelling and Sing, Sing a song with Lady Belle [AL LR]		2:00 Musical Afternoon with Rob [AL LR]		2:00 Afternoon What Is In A Word with Vicky [AL LR]		2:00 Chair Dance with Yoyo [AL DR]		3:00 Musical Trivia and Afternoon Stretch Weather Permitting [CY]		2:00 Sip & Doodle Daddle with Karen, Carol and Vicky [AL DR]			
7:00 Jigsaw Puzzle Time		3:00 Afternoon Stretch & Brain Games		2:30 Tuesday Poetry Club (AL - 3rd Fl.)		3:00 Cozy Tea And Coffee Afternoon BINGO [AL LR]		7:00 Jigsaw Puzzle Time [AL LR]		3:00 Afternoon Stretch and Trivia Games and Fun Facts [AL LR]			
		7:00 Jigsaw Puzzle Time [AL LR]		3:30 Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club		7:00 Jigsaw Puzzle Time [AL LR]				7:00 Jigsaw Puzzle Time [AL LR]			
				7:00 Jigsaw Puzzle Time [AL LR]									