

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**February 2018**  
**Potomac Falls Health and Rehab Center**

*\* Like us on Facebook to see monthly photos and updates! \* Calendar Subject to Change \**

**4** \*Superbowl Sunday\*  
 10:30 Way Back to the Pentecost (S)  
 2:00 Outing to Rust Library to see the Heritage HS Guitar Ensemble  
 6:00 Superbowl LII party (A+S)

**5** ROOM VISITS  
 11:00 Travel Club (S)  
 1:00 Social Services Committee (S. Hallway)  
 2:15 Bingo (S)  
 3:30 Weight Support Group (C2)

**6** Morning Communion  
 10:30 Manicures & Massage (T)  
 2:00 Feathered Friends Scavenger Hunt (A)  
 3:30 Valentine's Day Garland (A)  
 3:45 Card Club (T)

**7** 10:30 Walmart Outing  
 11:00 Let's Laugh: Abbot & Costello (S)   
 2:15 Golfing (S)  
 3:30 Bible Study w/Denise Snyder (A)  
 6:30 Game Club (T)

**8** \*African American History Month\*  
 10:30 Manicures & Massage (S)  
 2:30 Pathfinders: Famous African American Leaders (A)   
 3:45 Black Jack Club (P)  
 4:00 Rehab Warriors (C1)

**9** \*Candy gram sales start\*  
 11:00 News Currents (A)  
 2:00 Therapy Dog Visits w/Gracie  
 2:30 Groundhog Facts (S)  
 3:30 Shadow Craft (S)  
 6:30 Movie & Popcorn: Groundhog Day (S)   
 Groundhog Day

**10** ROOM VISITS  
 11:00 Jehovah's Witness Bible Study (A)  
 1:00 Successful Sobriety (C1)  
 2:15 Bingo (A)  
 3:45 Olympics Craft w/Potomac Falls HS NEHS students (A)  
 10:30 Outing to Chinese New Year Festival at Luther Jackson Middle School  
 3:15 Bingo (A)

**11** ROOM VISITS  
 10:30 News Currents (A)  
 2:30 All Nations Christian Center (S)  
 3:30 Mardi Gras Parade Planning Group (S)

**12** ROOM VISITS  
 1:00 Social Services Committee (S. Hallway)  
 2:15 Bingo (S)  
 3:30 Weight Support Group (C2)  
 3:30 Name That Heart Tune (A)

**13** Morning Communion  
 10:30 Manicures & Massage (P)  
 2:30 Music w/Steve (S)  
 3:30 Mardi Gras Parade and party! (S)

**14** \*Candy gram delivery\*  
 Happy Valentine's Day   
 11:00 Love Poems (A)  
 2:30 Valentine's Day Party with Elvis! (S)  
 6:30 Movie & Popcorn: Romance Movie (S)

**15** 10:30 Manicures & Massage (S)  
 2:30 Volleyball (A)   
 3:30 Family Feud: Strikeout (A)  
 3:45 Black Jack Club (P)  
 4:00 Rehab Warriors (C1)

**16** 11:00 Chair Yoga (A)  
 3:30 Chinese New Year Superstitions (S)  
 2:30 Bingo: Chinese New Year Version (S)

**17** ROOM VISITS  
 11:00 Pictionary (S)  
 2:15 Bingo (A)  
 3:30 Nature Club: Cheerio Bird Feeders (A)

**18** ROOM VISITS  
 11:00 Reminiscing (S)  
 1:30 Mount Pleasant Baptist Church (A)  
 3:30 Cornhole (A)

**19** ROOM VISITS  
 11:00 Presidents Day Trivia (A)  
 1:00 Social Services Committee (S. Hallway)  
 2:15 Bingo (S)  
 3:30 Weight Support Group (C2)  
 Presidents' Day (US)

**20** Morning Communion  
 10:30 Manicures & Massage (T+P)  
 2:30 Christ Fellowship Church Service (S)  
 3:45 Card Club (T)  
 6:00 Dinner Club (C1)

**21** 10:30 Walmart Outing  
 10:30 Therapy Dog Visits w/Butch  
 2:30 Residents Council (C1)  
 3:30 Bible Study w/Denise Snyder (A)  
 6:30 Game Club (T)

**22** 10:30 Manicures & Massage (A)  
 2:30 Bingo (A)  
 3:30 Horse Racing (A)  
 3:45 Black Jack Club (P)  
 4:00 Rehab Warriors (C1)

**23** \*Feathered Friends Day\*  
 11:00 Bird Paint by Number (A)  
 2:15 February Birthdays Bash (S)   
 3:30 Senior Success Stories (S)

**24** ROOM VISITS  
 11:00 Ping Pong (A)  
 2:15 Bingo (A)  
 3:30 Zen Den (C2)

**25** 10:30 Christ Fellowship Church Service (S)  
 2:30 Grammy Winners: Past and Present (S)  
 3:30 Karaoke (S)

**26** ROOM VISITS  
 11:00 Chair Yoga (A)  
 1:00 Social Services Committee (S. Hallway)  
 2:15 Bingo (S)  
 3:30 Weight Support Group (C2)

**27** Morning Communion  
 10:30 Catholic Mass (S)  
 11:00 Rosary (S)  
 1:30 Music w/Rachel (A)  
 2:30 Resident Spotlight (A)  
 3:45 Card Club (T)

**28** 10:30 Scenic Drive and McDonalds  
 2:00 Music w/Charlie (A)  
 3:30 Bible Study w/Denise Snyder (A)  
 6:30 Game Club (T)

**\*Beauty/Barber Shop Open Tues. Wed. & Thurs.\***  
**\*Mail Delivery: Every 24 hours\***

**\*To sign up for an outing please call Activities Dept.\* (703) 834-5800 ext. 8317\***