

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>JANUARY 2015</div> <div>Potomac Falls Health & Rehab</div>				<div>HAPPY NEW YEAR! 1</div> <div>9:00 Room Visits 10:00 Rose Bowl Parade (S&A) 2:30 2015 New Year's Resolutions (S) 4:00 Movie Matinee (A&S) New Year's Day</div>	<div>2</div> <div>9:00 Room Visits 10:30 Chair Yoga (S) 11:00 Current Events (S) 2:30 Color by Number (A) 4:00 Movie Matinee (S)</div>	<div>3</div> <div>10:30 Morning Stretch (S) 11:00 Trivia Day (S) 2:30 BINGO (S) 3:30 Movie Matinee (S)</div>
<div>4</div> <div>10:30 Morning Stretch(S) 11:00 Spiritual Reflections (S) 2:30 Balloon Volleyball (A) 4:00 Movie Matinee (S)</div>	<div>5</div> <div>9:00 Room Visits 10:30 Chair Tai Chi (S) 11:00 Daily Chronicle (S) 2:30 BINGO (S) 4:00 Movie Matinee (A&S)</div>	<div>6</div> <div>9:00 Room Visits 10:30 Communion (S) 11:00 Morning Stretch (S) 2:30 Faces and Places (S) 3:30 Balloon Ball (A) 4:00 Movie Matinee (A&S)</div>	<div>7</div> <div>WACKY WINTER WARDROBE DAY 9:00 Room Visits 10:30 Chair Dancing(S) 10:30 Walmart Shopping 2:00 Bible Study (S) 2:30 Watercolors (A) 4:00 Movie Matinee (A&S)</div>	<div>8</div> <div>9:00 Room Visits 10:30 Chair Stretch (S) 11:00 Manicure and Music (S) 2:30 Happy Hour (S) 3:30 Good Senses (A) 4:00 Movie Matinee (A&S)</div>	<div>9</div> <div>9:00 Room Visits 10:30 Chair Yoga (S) 11:00 Current Events (S) 2:30 Blackjack (S) 4:00 Movie Matinee (S)</div>	<div>10</div> <div>10:30 Morning Stretch (S) 11:00 Front Porch Travels (S) 2:30 BINGO (S) 4:00 Movie Matinee (S)</div>
<div>11</div> <div>10:30 Morning Stretch(S) 11:00 The Way Back to Pentecost (S) 2:30 Music Trivia 4:00 Movie Matinee (S)</div>	<div>12</div> <div>9:00 Room Visits 10:30 Chair Tai Chi (S) 11:00 Are you Smarter than a Fifth Grader (S) 2:30 BINGO (S) 4:00 Movie Matinee (A&S)</div>	<div>13</div> <div>9:00 Room Visits 10:30 Communion (S) 11:00 Chair Stretch (S) 2:00 Steve Gellman's Music (A) 3:30 Balloon Ball (A) 4:00 Movie Matinee (A&S) 6:00 BINGO (S)</div>	<div>14</div> <div>STRANGE SOCK DAY 9:00 Room Visits 10:30 1950's TV 2:00 Bible Study (S) 2:30 Puzzles (A) 4:00 Movie Matinee (A&S)</div>	<div>15</div> <div>9:00 Room Visits 10:30 Chair Dancing (S) 12:45 Free Movie Outing (S) 2:30 Movie & Popcorn (A) 4:00 Movie Matinee (S)</div>	<div>16</div> <div>9:00 Room Visits 10:30 Chair Yoga (S) 11:00 Current Events (S) 2:30 Horseracing (A) 4:00 Movie Matinee (S)</div>	<div>17</div> <div>10:30 Morning Stretch (S) 11:00 Happy Birthday First Lady! (S-2) 2:30 BINGO (S) 3:30 Movie Matinee (S&A)</div>
<div>18</div> <div>10:30 Morning Stretch(S) 11:00 Giant Panda Day (S) 2:30 Mount Pleasant Baptist (A) 4:00 Movie Matinee (S)</div>	<div>19</div> <div>Martin Luther King Day 9:00 Room Visits 10:30 Chair Tai Chi (S) 11:00 MLK Fun Facts(S) 2:30 BINGO (S) 4:00 Movie Matinee (A&S) Martin Luther King Day</div>	<div>20</div> <div>9:00 Room Visits 10:30 Communion (S) 10:30 Christ Fellowship Church (S) 2:30 Resident Council(S) 3:30 Balloon Ball (A) 4:00 Movie Matinee (A&S)</div>	<div>21</div> <div>NATIONAL HUG DAY 9:00 Room Visits 10:30 Chair Dancing (S) 11:00 Hug Day Start-up (S) 2:00 Bible Study (S) 2:30 Music w/ Pam Butler (A) 4:00 Movie Matinee (A&S)</div>	<div>22</div> <div>9:00 Room Visits 10:30 Chair Stretch (S) 11:00 Daily Chronicles (S) 2:30 Arts & Crafts with Rachel (A) 4:00 Movie Matinee (A&S)</div>	<div>23</div> <div>9:00 Room Visits 10:30 Chair Yoga (S) 11:00 Current Events (S) 2:30 Movie & Popcorn (A) 4:00 Movie Matinee (S)</div>	<div>24</div> <div>10:30 Morning Stretch (S) 11:00 Peanut Butter Day! (S) 2:30 BINGO (S) 3:30 Movie Matinee (S&A)</div>
<div>25</div> <div>10:30 Morning Stretch(S) 10:45 Christ Fellowship(S) 2:30 Beach Ball Bounce (A) 4:00 Movie Matinee (S)</div>	<div>26</div> <div>9:00 Room Visits 10:30 Chair Tai Chi (S) 11:00 Deal or No Deal (S) 2:30 BINGO (S) 4:00 Movie Matinee (A&S) Australia Day</div>	<div>27</div> <div>CRAZY HAT DAY 9:00 Room Visits 10:30 Communion (S) 11:00 Chair Stretch (S) 1:15 Music Therapy (A) 2:30 Mad Hatter Tea Party (S) 4:00 Movie Matinee (A&S) 5:30 Dinner Club (Rehab)</div>	<div>28</div> <div>9:00 Room Visits 10:30 Chair Dancing (S) 11:00 Snow Flakes (S) 2:00 Bible Study (S) 2:30 Manicures & Music (A) 4:00 Movie Matinee (A&S)</div>	<div>29</div> <div>9:00 Room Visits 10:30 Morning Stretch (S) 10:30 Target Outing 11:00 Parachute (S) 2:30 Happy Hour (A) 4:00 Movie Matinee (A&S)</div>	<div>30</div> <div>9:00 Room Visits 10:30 Chair Yoga (S) 11:00 Current Events (S) 2:00 Music w/ Gurda (S) 4:00 Movie Matinee (S)</div>	<div>31</div> <div>10:30 Morning Stretch (S) 11:00 Super Bowl Trivia(S) 2:30 BINGO (S) 3:30 Movie Matinee (S&A)</div>

Activities Staff: Barbara Eastman, Clare Mathews & Camryn Burton Key** (S) = Shenandoah Dining Room, (A) = Allegheny Dining Room, (T) = Tidewater Dining Room, (P) = Piedmont Dining Room