



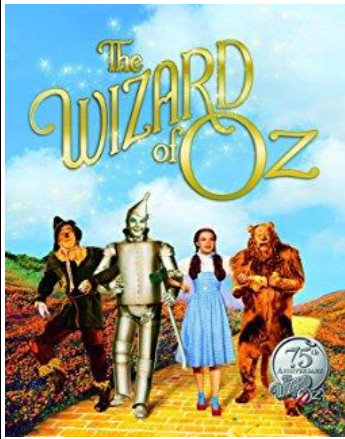



AL ~ ENGAGED LIVING PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CALENDAR IS SUBJECT TO CHANGE</p> <p><i>Please refer to the AL Dining Room board for daily program changes.</i></p>	<p><u>August</u></p> <p><i>Birthstones: Sardonyx Flower: Gladiolus & Poppy Colors: Orange & Red</i></p>	<p><u>August Birthdays</u> <i>Happy Birthday</i></p> <p><i>Marie D. Bernard 8/05 Deborah T. Garfield 8/15 Marjorie H. Gilmore 8/16 Joe L. White 8/24</i></p>				
<p><u>Meal Times</u></p> <p>Breakfast 8:30 Lunch 12:30 Dinner 5:30</p>		<p>1</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Art Video-H 3:00 Tea Time-A 4:30 National Night Out Front Entrance</p>	<p>2</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Treasured Hymns-A 2:15 Let's Learn about Benin-S 4:00 Drinks & Music-GR 6:45 Game Night-A</p>	<p>3</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Cook with Donna-A 11:00 Episcopal Service-CH 2:15 Chicken Soup for the Soul-A 3:30 Singing with Friends -NC</p>	<p>4</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 Dinning Committee -G 2:15 National Watermelon Day-S 4:00 TGIF Gathering-GR</p>	<p>5</p> <p>10:45 Exercise-A 11:15 Fun with Words -A 2:00 Bingo-A 4:00 Movie Matinee-H 7:30 Music by Albert Hunt-ML</p>
<p>6</p> <p>10:30 Catholic Communion-CH 4:00 Chapel Service-CH</p>	<p>7</p> <p>10:00 Stretcherexercise-A 10:30 Catholic Mass-CH 10:45 Good News-A 11:00 Louis Armstrong-S 2:15 Farmers Market-S 4:00 Enjoy the Golden Songs-GR</p>	<p>8</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Getting Crafty-GR 3:00 Tea Time-A 4:00 Rolling Pennies-A</p>	<p>9</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Spa Cart 2:15 Current Events-S 4:00 Relaxation Time-GR 6:45 Game Night- A</p>	<p>10</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Cook with Donna-A 11:00 Episcopal Service-CH 2:15 Puzzle Time-A 3:30 Singing with Friends -NC 4:00 Health Care Round Table-PR</p>	<p>11</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 Color & Relax- GR 2:15 Nagasaki, Moment Of Silence-S 4:00 TGIF Gathering-GR 6:30 Game Night – GR</p>	<p>12</p> <p>10:45 Exercise-NC 2:00 Bingo-NC 7:00 Prince William Brass Band-PR</p>

<p style="text-align: right;">13</p> <p>10:30 Catholic Communion-CH 4:00 Chapel Service-CH</p>	<p style="text-align: right;">14</p> <p>10:00 Stretchercise-A 10:45 Good News-A 11:00 Crossword Puzzle -A 2:15 Elvis, The King Of Rock and Roll!-S 4:00 Music of Our Times -GR</p>	<p style="text-align: right;">15</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Art Class-H 3:00 Tea Time-A 4:00 Show & Share</p>	<p style="text-align: right;">16</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Elvis Presley's Gospel Music -A 2:15 Current Events-S 3:30 Director Dialog-PR 4:00 Relax to the Sound of Music-GR 7:00 Game Night- A</p>	<p style="text-align: right;">17</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info.-A 11:00 Resident Council-A 11:00 Episcopal Service-CH 2:15 Make a Snack-A 3:30 Singing with Friends -NC</p>	<p style="text-align: right;">18</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead -A 11:00 Preparation for Cookout! 12:00 Summer Cookout With Stephen Gellman 2:15 National Roller Coaster Day-S 4:00 TGIF Gathering-GR</p>	<p style="text-align: right;">19</p> <p>10:30 Exercise-A 11:15 Bingo-A 2:30 Birthday Social NC 4:00 Movie Matinee-H</p> 
<p style="text-align: right;">20</p> <p>10:30 Catholic Communion- CH 4:00 Chapel Service-CH</p>	<p style="text-align: right;">21</p> <p>10:00 Stretchercise-A 10:45 Good News-A 11:00 Who Am I?-S 2:15 Hawaii the 50th State -S 4:00 Card Games-GR</p>	<p style="text-align: right;">22</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Getting Crafty-GR 3:00 Tea Time-A 4:00 Snow Storms-GR</p>	<p style="text-align: right;">23</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Spa Cart-GR 2:15 Current Events-S 4:00 Relaxation Time-GR 6:45 Game Night- A</p>	<p style="text-align: right;">24</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Cook with Donna-A 11:00 Episcopal Service-CH 2:30 Singing with Friends -NC 3:30 Executive Director Roundtable-PR 4:00 Trivia-GR</p>	<p style="text-align: right;">25</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead -A 11:00 Wizard of Oz facts-S 2:00 Wizard of Oz Movie -S 4:00 TGIF Gathering-GR 6:30 Game Night – GR</p>	<p style="text-align: right;">26</p> <p>10:45 Exercise-NC 2:00 Bingo-NC 3:30 Movie Matinee-H</p>
<p style="text-align: right;">27</p> <p>10:30 Catholic Communion- CH 4:00 Chapel Service-CH</p>	<p style="text-align: right;">28</p> <p>10:00 Stretchercise-A 10:45 Good News-A 11:00 Garden Club 1:30 Scenic Ride 4:00 Enjoy & Relax-GR</p>	<p style="text-align: right;">29</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Art Class-H 3:00 Tea Time-A 4:00 Rolling Pennies-A</p>	<p style="text-align: right;">30</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Treasured Hymns-A 2:15 Current Events-S 4:00 Relax to the Sound of Music-GR 7:00 Game Night- A</p>	<p style="text-align: right;">31</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Cook with Donna-A 11:00 Episcopal Service-CH 2:15 Chicken Soup for the Soul-A 3:30 Singing with Friends -NC</p>	<p><u>Activities/Events off AL</u> CH-Chapel HR-Harbor Room PR-Potomac Room ML-Main Lobby NC-Nursing Center P-Health Center Patio MDR-Main Dining Room RS-Resident Services</p>	<p><u>AL Activity Locations:</u> A-Atrium D-Den DR- AL Dining Room FDR-Family Dining G-Great Room GR-Game Room H-Hearth S-Study</p>

If you have any questions or concerns please contact The Life Enrichment Office: 703-496-3464.