






2022

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Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Amanda Jensema, CTRS Recreation Therapist 202-541-7721</div> <div></div> <div>Steven Briefs, CTRS Recreation Supervisor 202-541-7733</div>	<div>1</div> <div>9am Admin Duties 11am Qi-Gong- Th 11:30am Popcorn- CCL 1:30pm Movie- Th</div> <div>Napolean Daniels</div>	<div>2</div> <div>9:30am Art Outside the Lines w/ Jenna- Sh3 Activity Room 10:15am Hydration Cart 1pm RT Bingo- CC 1:30pm Documentary- Th 6pm Saloon Night- DI</div>	<div>3</div> <div>10am Brigadier Army Brass Band - CC 1pm Bingo- CC 1pm IDT Meeting</div> <div>2:30pm RT Bus Trip: Nationals Baseball Game</div>	<div>4</div> <div>10am Meatball Cooking Group- Scott 2 1:30pm Admin Duties 2pm Paint & Sip- AC</div> <div>Luther Deason & Emmy Lu Daly</div>	<div>5</div> <div>10:30am Catholic Mass- MR 11:30am Italian Luncheon- CC 1:30pm Coast Guard B'day Program- HoH 6pm Movie- Th</div>	<div>6</div> <div>1pm Jackpot Bingo- CC 4pm Wings Social- DI 6pm Movie- Th</div>
<div>7</div> <div>9am Protestant Service- Th 9am Catholic Mass- RC 6pm Movie- Th</div>	<div>8</div> <div>11am Qi-Gong- Th 11:30am Popcorn- CCL 1:30pm Movie- Th</div>	<div>9</div> <div>1pm RT Bingo- CC 1:30pm Documentary- Th 6pm RT Big Bucks Bingo- CC</div> <div>Adeline Overchuck-Murray</div>	<div>10</div> <div>11am Qi-Gong- Th 1pm Bingo- CC 1:30pm IDT Meeting</div>	<div>11</div> <div>10am PAL Dog Visit 12pm RT Fishing Trip 6pm Movie- Th</div>	<div>12</div> <div>10am Meditation- GR 10:30am Catholic Mass- MR 11am Qi-Gong- Th 1:30pm RT Hot Dog Roast- Scott 2 Terrace 6pm Movie- Th</div>	<div>13</div> <div>1pm Jackpot Bingo- CC 4pm Ribs Social- DI 6pm Movie- Th</div>
<div>14</div> <div>9am Protestant Service- Th 9am Catholic Mass- RC 6pm Movie- Th</div>	<div>15</div> <div>10am Voices for Vets Performance- CC 11am Qi-Gong- Th 11:30am Popcorn- CCL 1:30pm Movie- Th</div>	<div>16</div> <div>11am Lunchtime Birthday Celebration 1:30pm Documentary- Th 4:30pm Birthday Dinner</div>	<div>17</div> <div>9am Admin Duties 1pm Bingo- CC 1:30pm IDT Meeting</div>	<div>18</div> <div>10am RT Bus Trip: Wheaton Mall</div> <div>2pm Doodle & Chug- DI 6pm Movie- Th</div> <div>Ronald Dressen</div>	<div>19</div> <div>10:30am Catholic Mass- MR 11am Qi-Gong- Th 1pm Mashed Potato Bar & Games- CC 6pm Movie- Th</div>	<div>20</div> <div>1pm Jackpot Bingo- CC 2pm RT Ice Cream Social- CCL 4pm Grill Night Social- DI 6pm Movie- Th</div>
<div>21</div> <div>9am Protestant Service- Th 9am Catholic Mass- RC 6pm Movie- Th</div>	<div>22</div> <div>9:30am Roving Aerobics 10:15am Snack Cart 1:30pm Movie- Th 2pm Resident & Staff Softball Game- BF</div>	<div>23</div> <div>9:30am Nature Stroll 10:15am News Review 1pm RT Bingo- CC 1:30pm Documentary- Th</div>	<div>24</div> <div>9:30am Manicures- Sh3 10:15am Hydration Cart 11am Qi-Gong- Th 1pm Bingo- CC 1:30pm IDT Meeting 4pm Ladies Group- CC</div>	<div>25</div> <div>9am Town Hall- CC</div> <div>9:15am RT Bus Trip: National Geographic Museum</div> <div>1pm Backyard Fun- BY 6pm Movie- Th</div>	<div>26</div> <div>10am Meditation- GR 10:30am Catholic Mass- MR 11am Qi-Gong- Th 6pm Navy Country Currents Dance- CC</div>	<div>27</div> <div>1pm Jackpot Bingo- CC 4pm Pizza Social- DI 6pm Movie- Th</div>
<div>28</div> <div>9am Protestant Service- Th 9am Catholic Mass- RC 6pm Movie- Th</div>	<div>29</div> <div>9am Admin. Duties 11am Qi-Gong- Th 11:30am Popcorn- CCL 1:30pm Movie- Th</div>	<div>30</div> <div>9:30am Nature Stroll 10:15am Hydration Cart 1pm RT Bingo- CC 1:30pm Documentary- Th</div>	<div>31</div> <div>9:30am Calendar Distro 10:15am News Review 11am Qi-Gong- Th 1pm Bingo- CC 1:30pm IDT Meeting</div>	<div>LEGEND:</div> <div>AC- Artist Colony BC- Bowling Center BF- Ball Field BY- Sheridan Backyard CC – Community Center CCL- Community Center Lobby GR- Game Room CT- Canteen CY- Courtyard</div>	<div>LEGEND cont.</div> <div>DI- Defender's Inn GC – Golf Course HoH – Hall of Honors L- Library MR- Meditation Room PR- Promenade RC- Rose Chapel SCP- Scott Patio TH- Theater</div>	<div>Amanda is on LEAVE from August 8th-16th</div>