









# Long Term Care & Memory Support

# AFRH-W Activities May 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
			1		2		3		4	Cinco de Mayo	5	Kentucky Derby	6	
<b>Carol Mitchell, ADC Recreation Therapist 202-541-7724</b> 		9:30am In-House Exercise 10am News Brief 1:30pm Roving Activity Cart 2pm Gardening		9:15am Tuesday Trivia 10am IDT Mtg. 1pm RT Prize Day Bingo-CC 2:30pm Gardening 		9:30am Poolside Fitness/Swim/and Picnic-AFRH Pool 1pm Garden Terrace Strolls 2pm Scenic Golf Cart Rides		8am Walk & Water Time 8:30am Calendar Meet, Greet, & Distro <b>11:30am TRIP: Nationals Baseball Game</b>		9:30am Roving Mint Julip Cart-SP 11:30am Mexican Fiesta Luncheon-SP 2pm Gardening		National Fitness Day 9:15am Walk & Water 10am Technology Interactions 4pm DI Social-DH		
	7	<b>V-E Day</b>	8		9		10		11	<b>Blood Drive-CC</b>	12		13	
8am, 12pm, Catholic Mass Ch. 20 9am Protestant Service Ch. 4		9:30am In-House Exercise 10am News Brief 1:30pm Movie & Popcorn 2pm Gardening 		10am IDT Mtg. 1pm Michelle's Korean Cooking 2:30pm Gardening 6pm RT Big Bucks Bingo "\$250!"		9:15am Word Search 10am Arts & Crafts-Rivkin Center 1pm Garden Terrace Strolls 1:30pm Glenna's Book Club-GR		9:30am Rhythm Band 10am PAL Visits 1pm Variety Show-CC 3pm Walk & Water Time		9:30am Sing-A-Song 10am Finger Fitness-GR 10:30am Music Moments 1pm Creative Cooking & Sampling 2pm Gardening		9am Walk & Water 9:30am Chamber Orchestra performance 2pm Ice Cream Social 4pm DI Social-DI		
<b>Mother's Day</b>		14	<b>Wear Purple for Peace Day</b>	15		16		17		18		19	<b>Preakness</b>	20
8am, 12pm, Catholic Mass Ch. 20 9am Protestant Service Ch. 4		11:30am Ladies Day Luncheon 2pm Gardening 3pm Technology interactions 		9:15am Table Top Games 10am IDT Mtg. 2pm Resident/Staff Bowling-BC 2:30pm Gardening 4pm Monthly Birthday Dinner- all healthcare houses		9:15am Puzzle Zone <b>10am TRIP: AFRH-W Fishing, Food &amp; Fun</b> 1pm Name That Tune 1:30pm Garden Terrace		<b>10am TRIP: Nautilus Restaurant</b> 2pm Walk & Water Time		10am "Wrec" Crew Games- Sheridan/Scott patio area 2pm Gardening 		Armed Forces Day 9:30am Walk & Water 4pm DI Social-DI		
	21		22		23		24		25		26		27	
8am, 12pm, Catholic Mass Ch. 20 9am Protestant Service Ch. 4		9:30am In-House Exercise 10am News Brief 1:30pm Monday Manicures 2pm Zumba Gold-CC 2:30pm Gardening		9:15am Medal of Honor Recipients 10am IDT Mtg. 11:30am Lunch Time Crew 1pm RT Bingo-CC 2:30pm Gardening		9:15am Casino Games 10am Arts & Crafts-Rivkin Center 1pm Garden Terrace Strolls 1:30pm Glenna's Book Club-GR		9am Town Hall Mtg. -CC <b>10am TRIP: FDR Memorial</b> 1pm Spring Softball-BF 3pm Walk & Water Time		9:30am Chess Challenge 10am Finger Fitness-GR 11:30am Memorial Cookout-Scott Patio 1pm Roving Activity Cart 2pm Gardening		9:15am Walk & Water 10am Technology Interactions 4pm DI Social-DI		
	28		29		30		31							
8am, 12pm, Catholic Mass Ch. 20 9am Protestant Service Ch. 4		 1pm Movie & Munchies-SC2W		9:15am Penny Ante 10am IDT Mtg. 1pm RT Bingo-CC 2:30pm Gardening 		9:15am Casino Games 10:15am Arts & Crafts-Rivkin Center 1pm Resident Support Group 1pm Garden Terrace Strolls 1:30pm Glenna's Book Club-GR		*Each House has leisure activity items in the living room TV cabinets. *Book/DVD Delivery from the library call 202-541-7630		*Please call Carol for Self-Directed Leisure Activity Supplies *1:1 RT Visits Daily *3pm Daily Administrative Office		 Evelyn Chandler-Payne Recreation Therapy Asst. 202-541-7637		

