









Long Term Care & Memory Support

AFRH-W Activities 2023 November

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						CM-Healthchecks	1	Denslow	2		3		4
Carol Mitchell, ADC Recreation Therapist 202-541-7724 		*Please call Carol for Self-Directed Leisure Activity Supplies *1:1 RT Visits Daily *3pm Daily Administrative Office		November Birthday's 		8:30am Calendar Meet, Greet, & Distro 1pm News & Views-SC2 1:30pm All Saints Day Lecture- SC2		10am Trip: Bangkok Restaurant 1pm Technology Interactions 		9am Finger Fitness-CC 10am Walk & Wheels- SC2&3 1pm Guest Author Speaker- CC		Technology Interactions- TBA 2:30pm RT Ice Cream Treats 4pm DI Social-DH Ribs	
Daylight Savings	5	National Nacho Day	6		7		8		9	Observed	10	VETERANS DAY	11
8am, 12pm, Catholic Mass Ch. 20 10am Protestant Service-MR		9:30am In-House Exercise-SC3 10am Halt & Relax Time- SC3 1pm Corn Hole Challenge-SC2		9am Puzzle Zone-SC3 10am IDT Mtg. 11:45am Lunchtime Crew- SC2&3 1pm RT Prize Day Bingo-CC 6pm Saloon Night-DI		9:15am Lecture on Aviation 10am Trivia Time-SC3 1pm News & Views-SC3 1:30pm Glenna's Book Club- GR		10am PAL Visits 10am Trip: Wheaton Plaza Shopping 1:30pm Marine Birthday -HoH 6pm Tabletop Games w/Nursing-SC2&3		 12pm Vet Day Games		10am RT OMEGA PSI PHI BINGO-CC 2pm RT ZETA PHI BETA ICE CREAM-SC2&3	
	12		13		14	CM-Healthchecks	15		16		17		18
8am, 12pm, Catholic Mass Ch. 20 10am Protestant Service-MR		9:30am In-House Exercise-SC2 11:45am Lunchtime Crew- SC2&3 1pm Movie & Munchies-SC2		10am IDT Mtg. 1pm Michelle's Korean Cooking-CC 6:15pm RT Big Bucks Bingo-CC		9:15am Word Search-SC3 1pm News & Views-SC2 1:30pm Novelty Snack Roving Cart-SC2&3 1:30pm Glenna's Book Club-GR		9:30am Trip: Dulles Air & Space Museum 1pm Technology Interactions 6pm Tabletop Games w/Nursing-SC2&3		9:30am Dominos-SC3 10:15am Uno-SC3 1:30am Casino Games-SC2		1pm Manicures 4pm DI Social-Wings	
	19		20		21		22	THANKSGIVING	23		24		25
8am, 12pm, Catholic Mass Ch. 20 10am Protestant Service-MR		9:30am In-House Exercise-SC3 10am Casino Games-SC3 1pm Library Run-SC2&3		10am IDT Mtg. 11:30am Mthly Birthday Lunch-All Healthcare 1pm RT Bingo-CC		9:15am Rivkin Art Center Crafts-SC2 10:30am Music Moments-SC3 1:30pm Glenna's Book Club- GR				9:15am Chess Challenge- SC2 10am Fun & Fitness-SC2 1pm Roving Activity Cart- SC2&3		1pm Leisure Stroll 4pm DI Social-Ribs	
	26	Stout	27		28		29		30				
8am, 12pm, Catholic Mass Ch. 20 10am Protestant Service-MR		9:30am In-House Exercise-SC2 10am Penny-Ante-SC2 1pm Movie & Munchies-SC2 		10am IDT Mtg. 11:45am Lunchtime Crew- SC2&3 1pm RT Bingo-CC		9:15am Rivkin Art Center Crafts-SC2 1pm Fun & Fitness-SC2 1:30pm Glenna's Book Club-GR		9am Town Hall Mtg. -CC 10:30am Corn Hole Challenge-SC2 1pm Roving Cart- Mind & Memory Packets 6pm Tabletop Games w/Nursing-SC2&3				 Evelyn Chandler-Payne Recreation Therapy Asst. 202-541-7637	

