

Care Unit Recreation Activities for May 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
		LEGEND:		SPECIAL EVENTS: Pool (PL)								1	2	
		AC – Artist Colony BF – Ball Field CC – Community Center CCL – Community Center Lobby CL – Computer Lab CR – Club Room CS – Ceramics Studio CT – Canteen		DH – Dining Hall DI – Defenders’ Inn GR – Game Room HOH – Hall of Honor L – Library LR – Living Room MR – Meditation Room MS – Memory Support		PR – Promenade RC – Rose Chapel RT– Recreation Therapy SHBY – Sheridan Back Yd. SC – Stanley Chapel TH – Theater SCL – Sheridan Computer Lab 2SL – 2 nd Floor Scott Lobby				1100 Qi Gong 1300 Scouts Skunks & Snipes Stories w/ John Phillips 1500 Christian Fellowship		TH GR	1000 Veterans Yoga Project 1600 Social	SC CC DI
	3		4		5		6	RT Trip		7		8	9	
0900 Catholic Mass	RC	0900 Catholic Mass	RC	0715 News Brief	2S/3S	0715 News Brief	2SE	0900 Catholic Mass	RC	0715 News Brief	2SE	1000 MOC Social	DI	
0900 Protestant Services	TH	1100 Qi Gong	GR	0900 Catholic Mass	RC	0745 News Brief	2SW	1330 Movie Selection Mtg.	GR	0745 News Brief	2SW	11:30 Soldiers & Mother’s Day	CC	
		1130 Popcorn	CCL	0930 Trip Meeting	GR	0900 Catholic Mass	MR	1330 Rummikub Challenge	CT	1000 Garden	2SL	Soul Food Festival		
				1000 Think Tank	2SL	0930 RT YMCA Boot Camp	2SL	1830 Women’s Bible Study	LR	1300 Bloom & Write Military Appreciation Social	CC	1600 Social	DI	
				10:00 Voices of Vets	TH	1100 Qi Gong	GR			1400 Mother’s Day Tea Time	3SH			
				1500 Bible Study	MR	1300 Cinco De Mayo Celebration	CCL			1500 Christian Fellowship	GR			
				1800 Saloon Night	DI									
	10		11		12		13		14		15		16	
0900 Catholic Mass	MR	0745 News Brief	3SH	0715 News Brief	2S/3S	0715 News Brief	2SL	0715 News Brief	2S/3S	1100 Qi Gong	GR	1600 Social	DI	
0900 Protestant Services	TH	0900 Catholic Mass	RC	0800 Standing Yoga	CC	0900 Catholic Mass	MR	0900 Catholic Mass	RC	1300 Memorial Day Bar BQ	CC			
		0930 Spanish Summer Camp	GR	0900 Catholic Mass.	RC	0930 RT YMCA Boot Camp	2SL	1000 PALS Visit	CCL	1500 Christian Fellowship	GR			
		1100 Qi Gong	2SL	1030 Garden	3S	10:30 Name That Tune	2SL	1300 Spelling Bee	TH					
		1130 Popcorn	CCL	1100 Technology Hour	GR	1100 Qi Gong	GR	1330 Rummikub Challenge	CT					
				1200 Ice Cream Cart	2SL	1500 Chat with the Chief	CCL	1400 American Legion Mtg.	GR					
				1300 Line Dancing	CC	1600 Ladies Group	TH	1830 Women’s Bible Study	LR					
				1500 Bible Study	MR									
	17		18		19		20		21		22		23	
0900 Catholic Mass	RC	0745 News Brief	3SH	0900 Catholic Mass	RC	0715 News Brief	2SE	0900 Catholic Mass	RC	0715 News Brief	2SE	1300 Bingo	CC	
0900 Protestant Services	TH	0900 Catholic Mass	RC	1000 Think Tank	2SL	0745 News Brief	2SW	1000 Flags in Ceremony		0745 News Brief	2SW	1600 Social	DI	
		0930 Spanish Summer Camp	GR	1130 Birthday Luncheon	2S	0900 Catholic Mass	MR	1300 Poetry Reading Club	LR	1030 Bingo	3SH			
		1100 Qi Gong	2SL	1300 Paper Airplane	CC	0930 YMCA Boot Camp	2SL	1330 Rummikub Challenge	CT	1100 Qi Gong	GR			
		1130 Popcorn	CCL	1500 Bible Study	MR	10:30 Trivia	2SL	1830 Women’s Bible Study	LR	1300 Operation Earnest	TH			
		1300 Korean Cooking	CC			1100 Qi Gong	GR			Will Lecture w/ Tom Duffy				
						1600 Ladies Group	TH			1500 Christian Fellowship	GR			
	31	24 Memorial Day	25		26		27	RT Trip		28		29	30	
0900 Catholic Mass	MR	0900 Catholic Mass	RC	0715 News Brief	2S/3S	0715 News Brief	2SE	0900 Catholic Mass	CC	1100 Qi Gong	GR	1300 Bingo	CC	
0900 Protestant Services	TH	0930 Spanish Summer Camp	GR	0900 Catholic Mass	RC	0745 News Brief	2SW	0900 Town Hall	RC	1300 Second Annual AFRH Prom	CC	1600 Social	DI	
		1000 Memorial Day Commemoration Ceremony		1000 Think Tank	2SL	0900 Catholic Mass	MR	1300 Spring Poetry Recital	TH	1500 Christian Fellowship	GR			
		1100 Qi Gong	GR	1230 Garden	3S	0930 RT YMCA Boot Camp	2SL	1330 Rummikub Challenge	CT					
		1130 Ice Cream Social	CC	1300 Art	3S	1030 Bingo	2SL	1830 Women’s Bible Study	LR					
				1330 Literary Hour	GR	1000 Resident Memorial	TH							
				1500 Bible Study	MR	1100 Qi Gong	GR							
						1830 Genealogy								

Bus Trips for April 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1			2
	3	Independent Living	4		5		6	RT Trip	7		8		9
		Bolling Air Force Base C/E DPT: 1000 RTN: 1300 Sign up begins: 4/27						Nationals Baseball Game DPT: 1045 RTN: 1700					
	10		11		12	Independent Living	13		14		15		16
						Arundel Mills Mall DPT: 1000 RTN: 1400 Sign up begins: 5/6							
	17	Independent Living	18		19	Independent Living	20		21		22		23
		Ft Belvoir Commissary/Ex DPT: 1000 RTN: 1300 Sign up begins: 5/11				Walmart/Bob Evans DPT: 1000 RTN: 1330 Sign up begins: 5/13							
	24		25		26	Independent Living	27	RT Trip	28		29		30
						Sakura Restaurant DPT: 1100 RTN: 1330 Sign up begins: 5/20		Arundel Mills Mall DPT: 1000 RTN: 1400					