


FRIENDS CLUB BLUE GROUP | JANUARY 2017

<p>1</p> <p style="text-align: center;">Closed for New Years</p>	<p>2</p> <p>8:30 Annette's Morning Discussion Group (S) 9:15 Coloring Group (E) 10:00 Sports Cars w/ Bill (C) 10:00 This Week In History (C) 11:30 Harp with Judith (S) 12:00 New Years' Resolutions Discussion (S) 1:30 Participant's Choice 1:30 Support Group w/ Sage (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Shuffleboard w/ Arnie (P) 2:30 January Trivia & Birthday Group (S)(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>3</p> <p>8:30 Puzzle Group (C) 9:15 Reading Circle (S) 10:00 News Currents (C) 10:00 BINGO Game w/ Carol (C) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Candy (S) (E) 11:30 Basketball Game & Trivia (P) 1:30 Participant's Choice 1:30 Pet Visit w/ Sammy (S)(SE) 2:30 Dance of the Day (P)(S) 2:30 Yellowstone National Park Discussion (C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>4</p> <p>8:30 Sayed's Coloring Group (E) 9:15 Coffee & Conversations (S) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 11:30 Snow Sculptures Presentation (S) 11:30 Engineering Group w/ Henri (C)(S) 12:00 Dogs with Signs Humor (S) 1:30 Participant's Choice 2:30 Let's Travel To... Presentation (C) 2:30 Creative Arts Choice w/ Susan (E) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>5</p> <p>8:30 Ione's Trivia Group (C) 9:15 Puzzle Group (C) 10:00 This Week In Photos (C) 10:00 Money Management with Russ (C) 11:30 Spanish language Group with Mike (C) 11:30 Active & Cognitive Game (P)(C) 1:30 Participant's Choice 2:15 Tai Chi/Yoga w/Cynthia (SP) (P) 2:45 Weird Contests Discussion (C) 2:45 Cooking Group w/ Lois (S)(SE) 3:30 Arnie's Piano Happy Hour (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>
<p>8</p> <p>8:30 Reading Circle w/ Tom (S) 9:15 Coffee & Conversations (C)(S) 10:00 This Week In History (C) 10:00 Winter Gardening (C)(SE) 11:30 Music Appreciation w/ Alan (C) 11:30 Let's Travel to... Italy! w/ Vince (C) 1:30 Participant's Choice 2:30 Americana Jeopardy (C) 2:30 British Tea with Val & Jean (S) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>9</p> <p>8:30 Tea Time w/ Lucille (S) 9:15 Puzzle Group (C) 10:00 Famous TV Jingles of the 1960s (C) 10:00 Favorite Winter Foods Discussion (C) 10:45 Fitness Group (P) 11:30 Art Appreciation w Roshna (S) 11:30 Walter's Men's Group (S) 1:30 Participant's Choice 1:30 Support Group w/ Sage (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Frank Sinatra Bio & Music with Paul (S)(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>10</p> <p>8:30 Morning Trivia (C) 9:15 Coffee & Conversations (C)(S) 10:00 News Currents (C) 10:00 Hawaiian Getaway (C) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Candy (S) (E) 11:30 Name That Tune (C) 1:30 Participant's Choice 1:30 Pet Visit w/ Sammy (S)(SE) 2:30 Famous Science Museums (C) 2:30 Spiritual Group (SP) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>11</p> <p>8:30 Puzzle Group (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 11:30 Winter Word Game (C) 11:30 Learning Circle Choice (C) 12:00 Tony's Football Toss 1:30 Participant's Choice 2:30 International Foods (C) 2:30 Plane Flying Lessons w/ Henri & Charlie (S)(C) 3:00 Crossword Puzzle w/ Jacqueline (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>12</p> <p>8:30 Margarita's Coloring Group (E) 9:15 Coffee & Conversations (C)(S) 10:00 Dancing with Garrey (P) 10:00 Puzzle Group (C) 11:30 Martin Luther King Jr. Discussion (S)(C) 11:30 Puzzles & Games (C)(S) 1:30 Participants Choice 2:15 Tai Chi w/ Cynthia (SP) 2:45 Harmonizing with Valerie (S)(E) 2:45 Carol's BINGO group (C) 3:30 Arnie's Piano Happy Hour (S) 4:00 Participants Choice 4:00 Balloon Volley (P)</p>
<p>15</p> <p style="text-align: center;">Closed for Martin Luther King Jr. Day</p>	<p>16</p> <p>8:30 Al's Morning Discussion Group (S) 9:15 Coloring Group (E) 10:00 Dancing with Garrey (P) 10:00 Puzzle Group (C) 11:30 Spiritual Group w/ Candy & Jacqueline (SP) 11:30 Mind & Body Challenge (C)(P) 1:30 Participant's Choice (C) 1:30 Support Group w/ Steph (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 BINGO w/ Carol (C) 2:30 Art Appreciation Video & Discussion w/ Gordon (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>17</p> <p>8:30 Trivia w/ Margarita 9:15 Puzzle Group (C) 10:00 News Currents (C) 10:00 Ladies Spa (SE) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Susan (S) (E) 11:30 Fifties Music Favorites w/ Cecilia (S)(C)(P) 1:30 Participant's Choice 1:30 Pet Visits w/ Sammy (S)(SE) 2:30 Outer Space Jeopardy w/ Alan (C) 2:30 National Park Service Program (C)(S) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>18</p> <p>8:30 Claire's Coloring Group (E) 9:15 Reading Circle (S) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 11:30 This Week In Photos (C) 11:30 Animals Small Group Discussion with Carol (C) 1:30 Participant's Choice 2:30 Irene's Language Group (C) 2:30 Badminton & Sports Trivia (P)(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>19</p> <p>8:30 Puzzle Group 9:15 Coloring Group (E) 10:00 Music Therapy with Jessica (S) 10:45 Caption This! Discussion (S) 11:30 This Week In History (C) 11:30 Favorite Books Small Group (C)(S) 1:30 Participants Choice 2:15 Tai Chi w/ Cynthia (SP) 2:45 Fashion Through the Decades (C) 2:45 Learning Circle Choice (C) 3:30 Arnie's Piano Happy Hour (S) 4:00 Participants Choice 4:00 Balloon Volley (P)</p>
<p>22</p> <p>8:30 Monday Newspaper Discussion (C)(S) 9:15 Coffee & Conversations (S)(C) 10:00 News Currents (C) 10:00 Wisdom Small Group (SP) 11:30 Travel Group (C) 11:30 Al's Baseball Game (P) 1:30 Participant's Choice 2:30 Memorable Movie Clips Presentation (C) 2:30 Patricia's Creative Arts (E) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>23</p> <p>8:30 Puzzle Group (C) 9:15 Reading Circle (S) 10:00 Guitar w/ Steven (S) 10:45 Easy Does It Random Trivia (C) 11:30 Seven Wonders of the World Presentation (C) 11:30 Anne's BINGO group (C) 1:30 Participant's Choice 1:30 Support Group w/ Steph (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Navy History Discussion w/ Charlie & Martha (C) 2:30 Around the World Basketball & Trivia (P)(C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>24</p> <p>8:30 Patricia's Coloring Group (E) 9:15 Coffee & Conversations (S)(C) 10:00 Dean Martin Bio (C) 10:00 Advice for New Moms w/ Jean Kov (S) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Presidential Pets w/ Tracy (C) 11:30 Patty's Hispanic Heritage Group (S) 1:30 Participant's Choice 1:30 Pet Visit w/ Sammy(S)(SE) 2:30 Dee's Sing-A-Long (E) 2:30 The Philippines with Cora (C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>25</p> <p>8:30 Morning Trivia (C) 9:15 Coloring Group (E) 10:00 Music Therapy w/Peg (S) 10:45 Fitness Group (P) 10:45 Meditation & Relaxation Group (SP) 11:30 Bob's Horseshoes Game (P) 11:30 Creative Writing w/ Jim L (E) 1:30 Participant's Choice 2:30 Optical Illusions (C) 2:30 Ireland and Scotland w/ Mike & Cecilia (C) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>26</p> <p>8:30 Puzzle Group (C) 9:15 Coffee & Conversations (S)(C) 10:00 This Week In History (C) 10:00 Audrey Hepburn Small Group (C) 11:30 Name That Tune (S)(C) 11:30 Cecilia's Australia Small Group (C) 1:30 Participants Choice 2:15 Tai Chi w/ Cynthia (SP) 2:45 Planes, Trains, & Automobiles Discussion w/ Richard & Bob (C) 2:45 Ladies Spa Group (S)(SE) 3:30 Arnie's Piano Happy Hour (S) 4:00 Participants Choice 4:00 Balloon Volley (P)</p>
<p>29</p> <p>8:30 Puzzle Group (C) 9:15 Coffee & Conversations (S)(C) 10:00 This Week In Photos (C) 10:00 Carol's BINGO Game (C) 11:30 Identify the Animal! (C) 11:30 Tracy's History Learning Circle (C) 1:30 Participant's Choice 2:30 Russian Classical Music w/ Irene (C) 2:30 Bowling & Trivia w/ Bob B (P) 3:30 Video Concert & Snack (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>30</p> <p>8:30 Breakfast Discussion w/ Jean (S) 9:15 Coloring Group (E) 10:00 Piano w/ Frank (S) 11:30 Active & Cognitive Game (P)(C) 11:30 Technical Discussion Group w/ Henri (C) 1:30 Participant's Choice 1:30 Support Group w/ Steph (E) 2:00 Pet Visit w/ Brawny (SE) 2:30 Interactive Music Group (S)(P) 2:30 Catholic Rosary Group w/ Martha (SP) 3:30 Featured Music Snack Social (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<p>31</p> <p>8:30 Trivia w/ Margarita 9:15 Coloring Group (E) 10:00 News Currents (C) 10:00 Science Discussion (C) 10:45 Walking Club (P) 10:45 Fitness Group (P) 11:30 Art Therapy w/Crista & Susan (S) (E) 11:30 Famous Musicals (S)(C) 1:30 Participant's Choice 1:30 Pet Visits w/ Sammy (S)(SE) 2:30 Famous Photographs (C) 2:30 Whiskey Learning Circle w/ Don (C) 3:30 Comedy Hour & Favorite TV Shows (S) 4:00 Balloon Volley (P) 4:00 Participant's Choice</p>	<div style="text-align: center;">  <p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone InsightMCC.org web</p> </div>	<p style="text-align: center;">January Birthdays Happy Birthday! Patty F – 1/9 Jean Kov – 1/24</p> <p style="text-align: center;">Community Outings to be Announced in Weekly Family Newsletter</p>