

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Resident Birthdays
 Sonia V. 6/5
 Thomas K. 6/8
 Sharon M. 6/17
 John P. 6/24

COMMUNITY EVENTS

June 4-6
Shavuot

June 16-22
CNA Week
10:45am

June 19th
Father's Day
Country Showdown
2:30pm

June 20th
Juneteenth (Observed)
12:00pm

Out N' About
Sundays
Tuesdays
Fridays

Activity programs and times are fluid and subject to change



LANSLOWNE HEIGHTS
MEMORY CARE

19520 Sandridge Way
Leesburg, VA 20176
703-936-7300

D-Day 5
 8:00a 🍴 Breakfast
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 📺 Virtual Church Service (Catholic) [DC]
 10:00 📺 Virtual Church Service (Non-Denominational) [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 🦋 Daily Chronicles [AA]
 11:30 🔄 Bean Bag Toss [AA]
 11:30 📺 Music and The Spoken Word [CC]
 12:00 🍴 Lunch
 1:30 🔄 Community Walk [LH]
 2:00 🦋 Fun in the Sun [LH]
 2:45 🔄 Kev's Gym [AA]
 3:15 🍴 Snack Attack [AA]
 3:30 🌟 BINGO! [AA]
 4:00 📺 Inspiration Hour [AA]
 5:00p 🍴 Dinner
 6:00 🦋 Resident Choice

Shavuot Ends (Sundown) 6
 8:00 🍴 Breakfast
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 📺 Daily Chronicles [AA]
 11:30 🌟 Picture Detective [LH]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🔄 Live Entertainment with Bob [AA]
 3:00 📺 Movie Matinee [LH]
 3:15 🍴 Snack Attack [LH]
 5:00p 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

8:00a 🍴 Breakfast 7
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 📺 Daily Chronicles [AA]
 11:30 🌟 Puzzle Corner [AA]
 11:30 📺 Women's Social [CC]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🔄 Chair Volleyball [AA]
 2:00 🔄 Get Fit with Bayada [CC]
 3:00 🍴 Snack Attack
 4:00 📺 Arm Chair Travel [AA]
 5:00 🍴 Dinner [AA]
 6:00 🔄 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

8:00 🍴 Breakfast [AA] 12
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 📺 Virtual Church Service (Catholic) [DC]
 10:00 📺 Virtual Church Service (Non-Denominational) [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 🦋 Daily Chronicles [AA]
 11:30 🔄 Bean Bag Toss [AA]
 11:30 📺 Music and The Spoken Word [CC]
 12:00 🍴 Lunch
 1:30 🔄 Community Walk [LH]
 2:00 🔄 Fun in the Sun [AA]
 2:45 🍴 Snack Attack [AA]
 3:00 🌟 BINGO! [AA]
 4:00 📺 Inspiration Hour [AA]
 5:00p 🍴 Dinner
 6:00 🦋 Resident Choice

8:00 🍴 Breakfast 13
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 📺 Daily Chronicles [AA]
 11:30 🌟 Picture Detective [LH]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🔄 Indoor/Outdoor Patio Games [LH]
 3:00 📺 Movie Matinee [LH]
 3:15 🍴 Snack Attack [LH]
 5:00p 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

Flag Day 14
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 📺 Daily Chronicles [AA]
 11:30 🦋 Men's Social
 11:30 🌟 Puzzle Corner [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🔄 Chair Volleyball [AA]
 2:30 📺 Live Music with Tender [AA]
 3:00 🍴 Snack Attack
 4:00 📺 Arm Chair Travel [AA]
 5:00 🍴 Dinner [AA]
 6:00 🔄 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

PRIDE Month Begins 1
 8:00 🍴 Breakfast [DC]
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 🔄 Morning Workout [AA]
 10:30 📺 Daily Chronicles [AA]
 11:00 🦋 Wild Art Wednesday [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 📺 Karaoke Sing Along [AA]
 2:45 🍴 Snack Attack [LH]
 3:00 🌟 BINGO! [AA]
 4:00 📺 Educational Program [AA]
 5:00p 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

8:00 🍴 Breakfast 8
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 🔄 Morning Workout [AA]
 10:30 📺 Daily Chronicles [AA]
 11:00 🦋 Wild Art Wednesday [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 📺 Live music with Sebbie Entertainment [AA]
 2:45 🍴 Snack Attack [LH]
 3:00 🌟 BINGO! [AA]
 4:00 📺 Educational Program [AA]
 5:00p 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

9:00 🦋 1:1/Outdoor Relaxation [LH] 15
 9:30 🦋 News & Weather [AA]
 10:00 🔄 Morning Workout [AA]
 10:30 📺 Daily Chronicles [AA]
 11:00 🦋 Wild Art Wednesday [AA]
 1:00 🦋 1:1/Relaxation [LH]
 2:00 📺 Live music with Sebbie Entertainment [AA]
 2:45 🍴 Snack Attack [LH]
 3:00 🌟 BINGO! [AA]
 4:00 📺 Educational Program [AA]
 5:00 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

8:00a 🍴 Breakfast 2
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 🦋 Daily Chronicles [AA]
 11:30 📺 Drum Circle [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🔄 Community Walk [AA]
 2:30 🌟 Name The Sound [AA]
 3:00 📺 Snack Attack Social [AA]
 4:00 🔄 Corn Hole [AA]
 5:00 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

8:00 🍴 Breakfast [AA] 9
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 🦋 Daily Chronicles [AA]
 11:30 📺 Drum Circle [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🔄 Get Fit with Bayada [AA]
 2:30 🌟 Name The Sound [AA]
 3:00 📺 Snack Attack Social [AA]
 4:00 🔄 Corn Hole [AA]
 5:00 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

CNA Week Begins 16
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🦋 Daily Chronicles [AA]
 11:00 📺 Drum Circle [AA]
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🔄 Get Fit with Bayada [AA]
 2:30 🌟 Name The Sound [AA]
 3:00 📺 Snack Attack Social [AA]
 4:00 🔄 Corn Hole [AA]
 5:00 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

8:00a 🍴 Breakfast 3
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 📺 Daily Chronicles [AA]
 11:30 🌟 Name Five [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🦋 Fun in the Sun [C]
 3:00 🌟 BINGO!
 4:00 📺 Comedy Hour [LH]
 5:00 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

8:00a 🍴 Breakfast 10
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🦋 Morning Workout [AA]
 11:00 📺 Daily Chronicles [AA]
 11:30 🌟 Name Five [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🦋 Fun in the Sun [C]
 3:00 🌟 BINGO!
 4:00 📺 Comedy Hour [LH]
 5:00 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

9:00 🦋 1:1/Outdoor Relaxation [LH] 17
 9:30 🦋 News & Weather [AA]
 10:00 📺 Nature Talk [AA]
 10:30 🦋 Morning Workout [AA]
 11:00 📺 Daily Chronicles [AA]
 11:30 🌟 Name Five [AA]
 12:00 🍴 Lunch
 1:00 🦋 1:1/Relaxation [LH]
 2:00 🦋 Fun in the Sun [C]
 2:00 📺 Live Music with Pete [AA]
 3:00 🌟 BINGO!
 4:00 📺 Comedy Hour [LH]
 5:00 🍴 Dinner
 6:00 🦋 Evening News [AA]
 7:00 🌟 Wheel of Fortune/Jeopardy [AA]

Shavuot Begins 4
 9:00 🦋 1:1/Outdoor Relaxation [LH]
 10:00 📺 This Old House [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 🦋 Daily Chronicles [AA]
 11:30 📺 Word in a Word [AA]
 12:00 🍴 Lunch
 1:00 🔄 Walking Club [C]
 1:30 🔄 (W)Riders Club [LH]
 2:00 📺 Live Music with Charlie [AA]
 2:30 🦋 Sensory Saturday [LH]
 2:45 🍴 Snack Attack [LH]
 3:30 🔄 Chair Volleyball [AA]
 5:00 🍴 Dinner
 6:00 🦋 Movie [AA]

9:00 🦋 1:1/Outdoor Relaxation [LH] 11
 10:00 📺 This Old House [AA]
 10:30 🌟 Daily Chronicles [AA]
 10:30 🔄 Morning Workout [AA]
 11:00 📺 Live Music with Darryl [AA]
 11:30 📺 Word in a Word [AA]
 12:00 🍴 Lunch
 2:30 🦋 Sensory Saturday [LH]
 2:45 🍴 Snack Attack [LH]
 3:30 🔄 Chair Volleyball [AA]
 5:00 🍴 Dinner
 6:00 🦋 Movie [AA]

9:00 🦋 1:1/Outdoor Relaxation [LH] 18
 10:30 🌟 Daily Chronicles [AA]
 10:30 🔄 Morning Workout [AA]
 11:30 📺 Word in a Word [AA]
 12:00 🍴 Lunch
 2:30 🦋 Sensory Saturday [LH]
 2:45 🍴 Snack Attack [LH]
 3:30 🔄 Chair Volleyball [AA]
 5:00 🍴 Dinner
 6:00 🦋 Movie [AA]

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Resident Birthdays</p> <p>Sonia V. 6/5 Thomas K. 6/8 Sharon M. 6/17 John P. 6/24</p> <p>COMMUNITY EVENTS</p> <p>June 4-6 Shavuot</p>	<p>Father's Day 19</p> <p>8:00 ☞ Breakfast [AA] 9:00 ☞ 1:1/Outdoor Relaxation [LH] 9:30 ☞ Virtual Church Service (Catholic) [DC] 10:00 ☞ Virtual Church Service (Non-Denominational) [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Bean Bag Toss [AA] 11:30 ☞ Music and The Spoken Word [CC] 12:00 ☞ Lunch 1:30 ☞ Community Walk [LH] 2:00 ☞ Fun in the Sun [AA] 2:45 ☞ Kev's Gym [AA] 3:15 ☞ Snack Attack [AA] 3:30 ☞ BINGO! [AA] 4:00 ☞ Inspiration Hour [AA] 5:00p ☞ Dinner 6:00 ☞ Resident Choice</p>	<p>Juneteenth (Observed) 20</p> <p>8:00 ☞ Breakfast 9:00 ☞ 1:1/Outdoor Relaxation [LH] 9:30 ☞ News & Weather [AA] 10:00 ☞ Nature Talk [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Picture Detective [LH] 12:00 ☞ Lunch 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Indoor/Outdoor Patio Games [LH] 3:00 ☞ Movie Matinee [LH] 3:15 ☞ Snack Attack [LH] 5:00p ☞ Dinner 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>National Smoothie Day 21</p> <p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 9:30 ☞ News & Weather [AA] 10:00 ☞ Nature Talk [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Puzzle Corner [AA] 11:30 ☞ Women's Social [CC] 12:00 ☞ Lunch 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Chair Volleyball [AA] 3:00 ☞ Snack Attack 4:00 ☞ Arm Chair Travel [AA] 5:00 ☞ Dinner [AA] 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 22</p> <p>9:30 ☞ News & Weather [AA] 10:00 ☞ Morning Workout [AA] 11:00 ☞ Wild Art Wednesday [AA] 11:30 ☞ Daily Chronicles [AA] 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Live music with Sebbie Entertainment [AA] 2:45 ☞ Snack Attack [LH] 3:00 ☞ BINGO! [AA] 4:00 ☞ Educational Program [AA] 5:00 ☞ Dinner 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 23</p> <p>9:30 ☞ News & Weather [AA] 10:00 ☞ Nature Talk [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Drum Circle [AA] 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Get Fit with Bayada [AA] 2:30 ☞ Name The Sound [AA] 3:00 ☞ Snack Attack Social [AA] 4:00 ☞ Corn Hole [AA] 5:00 ☞ Dinner 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 24</p> <p>9:30 ☞ News & Weather [AA] 10:00 ☞ Nature Talk [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 12:00 ☞ Lunch 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Fun in the Sun [C] 3:00 ☞ BINGO! 4:00 ☞ Comedy Hour [LH] 5:00 ☞ Dinner 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 25</p> <p>10:30 ☞ Daily Chronicles [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Live Music with Charlie [AA] 12:00 ☞ Lunch 2:30 ☞ Sensory Saturday [LH] 2:45 ☞ Snack Attack [LH] 3:30 ☞ Chair Volleyball [AA] 5:00 ☞ Dinner 6:00 ☞ Movie [AA]</p>
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<p>June 16-22 CNA Week 10:45am</p> <p>June 19th Father's Day Country Showdown 2:30pm</p> <p>June 20th Juneteenth (Observed) 12:00pm</p>	<p>8:00 ☞ Breakfast [AA] 26</p> <p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 9:30 ☞ Virtual Church Service (Catholic) [DC] 10:00 ☞ Virtual Church Service (Non-Denominational) [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Bean Bag Toss [AA] 11:30 ☞ Music and The Spoken Word [CC] 12:00 ☞ Lunch 1:30 ☞ Community Walk [LH] 2:00 ☞ Fun in the Sun [AA] 2:45 ☞ Snack Attack [AA] 3:00 ☞ BINGO! [AA] 4:00 ☞ Inspiration Hour [AA] 5:00p ☞ Dinner 6:00 ☞ Resident Choice</p>	<p>8:00 ☞ Breakfast 27</p> <p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 9:30 ☞ News & Weather [AA] 10:00 ☞ Nature Talk [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Picture Detective [LH] 12:00 ☞ Lunch 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Indoor/Outdoor Patio Games [LH] 3:00 ☞ Movie Matinee [LH] 3:15 ☞ Snack Attack [LH] 5:00p ☞ Dinner 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 28</p> <p>9:30 ☞ News & Weather [AA] 10:00 ☞ Nature Talk [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Men's Social 11:30 ☞ Puzzle Corner [AA] 12:00 ☞ Lunch 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Chair Volleyball [AA] 3:00 ☞ Snack Attack 4:00 ☞ Arm Chair Travel [AA] 5:00 ☞ Dinner [AA] 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 29</p> <p>9:30 ☞ News & Weather [AA] 10:00 ☞ Morning Workout [AA] 10:30 ☞ Daily Chronicles [AA] 11:00 ☞ Wild Art Wednesday [AA] 12:00 ☞ Lunch 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Live music with Sebbie Entertainment [AA] 2:45 ☞ Snack Attack [LH] 3:00 ☞ BINGO! [AA] 4:00 ☞ Educational Program [AA] 5:00p ☞ Dinner 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>8:00a ☞ Breakfast 30</p> <p>9:00 ☞ 1:1/Outdoor Relaxation [LH] 9:30 ☞ News & Weather [AA] 10:00 ☞ Nature Talk [AA] 10:30 ☞ Morning Workout [AA] 11:00 ☞ Daily Chronicles [AA] 11:30 ☞ Drum Circle [AA] 1:00 ☞ 1:1/Relaxation [LH] 2:00 ☞ Get Fit with Bayada [AA] 2:30 ☞ Name The Sound [AA] 3:00 ☞ Snack Attack Social [AA] 4:00 ☞ Corn Hole [AA] 5:00 ☞ Dinner 6:00 ☞ Evening News [AA] 7:00 ☞ Wheel of Fortune/Jeopardy [AA]</p>	<p>“Go forward in life with a twinkle in your eye and a smile on your face, but with a great and strong purpose in your heart.”</p> <p>— Gordon B. Hinckley</p>
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<p>Out N' About</p> <p>Sundays Tuesdays Fridays</p> <p>Activity programs and times are fluid and subject to change</p>	<p>Activity Groups</p> <p>Red (Community)</p> <p>Orange (Early Stage)</p> <p>Green (Middle Stage)</p> <p>Blue (Late Stage)</p>	<p>☞ Educational</p> <p>♥ Emotional</p> <p>🌍 Environmental</p> <p>💡 Intellectual</p> <p>🍴 Nutrition</p> <p>↔ Physical</p> <p>🦋 Purposeful</p> <p>👥 Social</p> <p>📺 Special Event</p> <p>🌿 Spiritual</p>	<p>“Go forward in life with a twinkle in your eye and a smile on your face, but with a great and strong purpose in your heart.”</p> <p>— Gordon B. Hinckley</p>	<p>19520 Sandridge Way Leesburg, VA 20176 703-936-7300</p>
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