December 2022
Monthly Calendar

created with Sagely

Resident Birthdays
Mary Lou W. 12/3
Adele P. 12/15
Philip W. 12/18

Olivera Music
December 15
11am

Strolling Carolers
December 21
3pm-5pm

Hanukkah
December 18-26
Sundown

Christmas Lights Van Ride
December 19th & 21st
6:30pm

Salon Services
Tuesdays: 10am-12pm

Medical Transportation
Tues, Wed, Thurs: 10am-2pm

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LANSDOWNE HEIGHTS MEMORY CARE			**1** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 Morning Workout [AA] 11:00 Daily Chronicle [AA] 11:30 Alphabet Soup A-Z [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**2** 9:30 News & Weather [AA] 10:00 Morning Workout [AA] 10:30 Daily Chronicle [AA] 11:00 Music Therapy [CC] 11:30 Bingo! [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Cornhole Challenge [AA] 3:00 Snack Attack [LH] 3:30 FriDay Movie [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**3** 9:30 News & Weather [AA] 10:00 Daily Chronicle [AA] 10:30 Morning Movement [AA] 11:00 Puzzle Corner [AA] 12:00 Lunch 1:30 Community Walk [AA] 2:00 Live Music with Charlie [AA] 3:00 Snack Attack [LH] 3:30 Noodle Ball [AA] 5:00 Dinner [DC] 6:00 Evening News [AA]
4 9:30 Virtual Church Service (Catholic) [CC] 10:00 Virtual Church Service (Non-Denominational) [AA] 10:30 Morning Workout [AA] 11:00 Daily Chronicle [AA] 12:00 Lunch 2:00 Ladder Ball [AA] 2:45 Kev's Gym: Yoga [AA] 3:30 Snack Attack [LH] 4:00 BINGO! [AA] 5:00 Dinner [DC] 6:00 Evening News [AA]	**5** 9:30 News & Weather [AA] 10:00 Morning Workout [AA] 10:30 Daily Chronicle [AA] 11:00 Puzzle Corner [AA] 11:30 Educational Program [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Big Bucks BINGO! [AA] 3:00 Snack Attack [LH] 3:30 Monday Movie Matinee (Resident Choice) [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**6** 9:30 News & Weather [AA] 10:00 Morning Workout [AA] 10:30 Daily Chronicle [AA] 11:00 Noodle Ball [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**7** 9:30 News & Weather [AA] 10:00 Morning Workout [AA] 10:30 Daily Chronicle [AA] 11:00 Color Me Calm [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Live Music & Dancing with Daryl [AA] 3:00 Snack Attack [LH] 3:30 Book Club: 100 Funny Short Stories [AA] 4:00 Chair VolleyBALL for ALL 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**8** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Alphabet Soup A-Z [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**9** 9:30 News & Weather [AA] 10:00 Morning Movement [AA] 10:30 Daily Chronicle [AA] 11:00 Music Therapy [CC] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Big Bucks BINGO! [AA] 3:00 Snack Attack [LH] 3:30 FriDay Movie [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**10** 9:30 News & Weather [AA] 10:00 Daily Chronicle [AA] 10:30 Morning Movement [AA] 11:00 Piano Magic with Darryl [AA] 12:00 Lunch 1:30 Community Walk [AA] 2:30 Sensory Saturday [AS] 3:00 Snack Attack [LH] 3:30 Bean Bag Toss [AA] 5:00 Dinner [DC] 6:00 Evening News [AA]
11 9:30 Virtual Church Service (Catholic) [CC] 10:00 Virtual Church Service (Non-Denominational) [AA] 10:30 Morning Workout [AA] 11:00 Daily Chronicle [AA] 12:00 Lunch 2:00 Ladder Ball [AA] 3:00 Snack Attack [LH] 3:30 BINGO! [AA] 5:00 Dinner [DC] 6:00 Evening News [AA]	**12** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Big Bucks BINGO! [AA] 3:00 Snack Attack [LH] 3:30 Monday Movie Matinee (Resident Choice) [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**13** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Alphabet Soup A-Z [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 2:30 Tender Tunes with Tender Pullman [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**14** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Live Music & Dancing with Daryl [AA] 3:00 Snack Attack [LH] 4:00 Chair VolleyBALL for ALL 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**15** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 Morning Movement [AA] 11:00 Sing Along with Connie [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**16** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:00 Music Therapy [CC] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Live Music with Eric [AA] 3:00 Snack Attack [LH] 3:30 FriDay Movie [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**17** 9:30 News & Weather [AA] 10:00 Daily Chronicle [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 12:00 Lunch 1:30 Community Walk [AA] 2:30 Sensory Saturday [AS] 3:00 Snack Attack [LH] 3:30 Noodle Ball [AA] 5:00 Dinner [DC] 6:00 Evening News [AA]

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11am

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3pm-5pm

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December 18-26
Sundown

Christmas Lights Van Ride
December 19th & 21st
6:30pm

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Tuesdays: 10am-12pm

Medical Transportation
Tues, Wed, Thurs: 10am-2pm

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Hanukkah Begins **18** 9:30 Virtual Church Service (Catholic) [CC] 10:00 Virtual Church Service (Non-Denominational) [AA] 10:30 Morning Workout [AA] 11:00 Daily Chronicle [AA] 11:30 Learn about Hanukkah [AA] 12:00 Lunch 2:00 Ladder Ball [AA] 2:45 Y Kev's Gym: Yoga [AA] 3:30 Snack Attack [LH] 4:00 BINGO! [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA]	**19** 9:30 News & Weather [AA] 10:00 Educational Program: Hanukkah [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Big Bucks BINGO! [AA] 3:00 Snack Attack [LH] 3:30 Monday Movie Matinee: Fiddler on the Roof [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA] 6:30 Christmas Lights Van Ride 7:00 Wheel of Fortune/ Jeopardy [AA]	**20** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Alphabet Soup A-Z [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**21** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Trivia Challenge (iN2L): Hanukkah [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Live Music & Dancing with Daryl [AA] 3:00 Snack Attack [LH] 3:00 Strolling Carolers [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA] 6:30 Christmas Lights Van Ride [O] 7:00 Wheel of Fortune/ Jeopardy [AA]	**22** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Alphabet Soup A-Z [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**23** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:00 Music Therapy [CC] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Big Bucks BINGO! [AA] 3:00 Snack Attack [LH] 3:30 FriDay Movie: ELF [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**Christmas Eve** **24** 9:30 News & Weather [AA] 10:00 Color Me Calm: Christmas Edition [AA] 11:00 Live music with Charlie [AA] 12:00 Lunch 1:30 Community Walk [AA] 2:30 Sensory Saturday [AA] 3:00 Snack Attack [LH] 3:30 Holiday Movie: Miracle on 34th Street [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA]
Merry Christmas **25** 9:30 Virtual Church Service (Catholic) [CC] 10:00 Virtual Church Service (Non-Denominational) [AA] 10:30 Father Christmas Is Back (Netflix) [AA] 12:00 Lunch 1:30 Daily Chronicle [AA] 2:00 BINGO! [AA] 3:00 The Christmas Chronicles (Netflix) [AA] 3:15 Snack Attack [LH] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA]	**First Day of Kwanzaa** **26** 9:30 News & Weather [AA] 10:00 Educational Program: Kwanzaa [AA] 10:30 Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Big Bucks BINGO! [AA] 3:00 Snack Attack [LH] 3:30 Monday Movie Matinee (Resident Choice) [AA] 5:00 Dinner [DC] 5:30 Menorah Candle Lighting 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**27** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Alphabet Soup A-Z [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**28** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Live Music & Dancing with Daryl [AA] 3:00 Snack Attack [LH] 4:00 Chair VolleyBALL for ALL 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**29** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:30 Alphabet Soup A-Z [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Get Fit with Bayada [AA] 3:00 Snack Attack [LH] 3:30 Arm Chair Travel [AA] 4:00 Karaoke Sing-Along with Susie Q 4:30 Fun with Puzzles & Games [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**30** 9:30 News & Weather [AA] 10:00 Nature Talk [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 11:00 Music Therapy [CC] 11:30 Trivia Challenge (iN2L) [AA] 12:00 Lunch 1:00 1:1/Relaxation [LH] 2:00 Big Bucks BINGO! [AA] 3:00 Snack Attack [LH] 3:30 FriDay Movie [AA] 5:00 Dinner [DC] 6:00 Evening News [AA] 7:00 Wheel of Fortune/ Jeopardy [AA]	**New Year's Eve** **31** 9:30 News & Weather [AA] 10:00 Daily Chronicle [AA] 10:30 F Morning Movement [AA] 11:00 Daily Chronicle [AA] 12:00 Lunch 1:30 Community Walk [AA] 2:30 Sensory Saturday [AS] 3:00 Snack Attack [LH] 3:30 Noodle Ball [AA] 5:00 Dinner [DC] 6:00 Evening News [AA]

"December is a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true."

— Unknown

Activity Groups

Red (Community)

Orange (Early Stage)

Green (Middle Stage)

Blue (Late Stage)

- Educational
- Emotional
- Environmental
- F Fitness
- Intellectual
- Nutrition
- Physical
- Purposeful
- Social
- Special Event
- Spiritual
- Y Yoga

Location Keys

Activity Area	AA
Art Studio	AS
Cardinal Cafe	CC
Community	LH
Dogwood Cafe	DC
Off-site	O

Activities are subject to change.