

September 2023  
Daytime Activities



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>September Birthdays</div> <div>Betsy B September 4</div> <div>Vicki V September 9</div> <div>Henry R September 20</div>	<div>Activity Groups</div> <div>Red (Community)</div> <div>Orange (Early Stage)</div> <div>Green (Middle Stage)</div> <div>Blue (Late Stage)</div>	<div>Location Keys</div> <div>Activity Area</div> <div>Cardinal Cafe</div> <div>Community</div> <div>Dogwood Cafe</div> <div>AA</div> <div>CC</div> <div>LH</div> <div>DC</div>	<div>19520 Sandridge Way</div> <div>Leesburg, VA 20176</div> <div>703-936-7300</div>	<div></div> <div>LANSDOWNE HEIGHTS</div> <div>MEMORY CARE</div>		<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Big Bucks Bingo</div> <div>12:00  Lunch</div> <div>1:00  Neurosound Music Therapy</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>3:30  Friday Movie</div> <div>4:30  Small group brain games</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Weekend News [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Sensory Saturday: Reminiscing with Scents [AA]</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  Noodle Ball</div> <div>2:30  Small Groups</div> <div>3:00  Movie Saturday</div> <div>3:30  Snack Attack [LH]</div> <div>4:00  Color Me Calm [AA]</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>
	<div>9:30  Virtual Church Service (Catholic) [CC]</div> <div>10:00  Virtual Church Service (Non-Denominational) [AA]</div> <div>10:30  Morning Workout [AA]</div> <div>11:00  Daily Chronicle</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  BINGO! [AA]</div> <div>2:45  Kev's Gym</div> <div>3:00  Puzzle Corner</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Ladder Ball</div> <div>5:00  Dinner [DC]</div>	<div>Labor Day</div> <div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Big Bucks Bingo iN2L</div> <div>2:30  Brain Games</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Live Music and Dancing with Jeffrey Levin</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Cardio Drumming</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:00  Painting (small group)</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>1:00  Van Ride</div> <div>2:00  Live Music &amp; Dancing with Daryl [AA]</div> <div>3:00  Snack Attack [LH]</div> <div>3:00  Wild Art Wednesday</div> <div>4:00  Chair VolleyBALL for ALL</div> <div>4:30  Music Break</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy [AA]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1/Relaxation/Gardening [LH]</div> <div>3:00  Small Group/Brain games</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Big Bucks Bingo</div> <div>12:00  Lunch</div> <div>1:00  1:1/Relaxation [LH]</div> <div>1:00  Neurosound Music Therapy</div> <div>2:00  Makeovers with Debbie (10 Residents)</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>3:30  Friday Movie</div> <div>4:30  Small group brain games</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Weekend News [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Sensory Saturday: Reminiscing with Scents [AA]</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  Noodle Ball</div> <div>2:30  Trivia</div> <div>3:00  Movie Saturday</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Color Me Calm [AA]</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>
	<div>Grandparents' Day</div> <div>9:30  Virtual Church Service (Catholic) [CC]</div> <div>10:00  Virtual Church Service (Non-Denominational) [AA]</div> <div>10:30  Morning Workout [AA]</div> <div>11:00  Daily Chronicle</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  BINGO! [AA]</div> <div>2:30  Small Groups</div> <div>3:00  Puzzle Corner</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Ladder Ball</div> <div>5:00  Dinner [DC]</div>	<div>Patriotic Day</div> <div>Sports Day National Assisted Living Week</div> <div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement Volleyball [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Sports Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Live Music and Dancing with Zenon</div> <div>3:00  Snack Attack [LH]</div> <div>3:30  Big Bucks Bingo</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>Tropical Day National Assisted Living Week</div> <div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Merri Davis Art Therapy</div> <div>2:00  Small Groups</div> <div>3:00  Mario Kart</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>Barbie Day National Assisted Living Week</div> <div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:00  Painting (small group)</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>12:00  Lunch Bunch Outing</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Live Music &amp; Dancing with Daryl [AA]</div> <div>2:00  Live Music &amp; Dancing with Daryl [AA]</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Chair VolleyBALL for ALL</div> <div>4:30  Music Break</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>6:30  Larry Roman Music</div>	<div>Assisted Living Day National Assisted Living Week</div> <div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1/Relaxation/Gardening [LH]</div> <div>2:00  Get Fit with Bayada</div> <div>3:00  Small Group/Brain games</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>Flannel Day National Assisted Living Week</div> <div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Big Bucks Bingo</div> <div>12:00  Lunch</div> <div>1:00  Neurosound Music Therapy</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>3:30  Friday Movie</div> <div>4:30  Small group brain games</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Weekend News [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Sensory Saturday: Reminiscing with Scents [AA]</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  Noodle Ball</div> <div>2:00  Small Groups</div> <div>2:30  Trivia</div> <div>3:00  Movie Saturday</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Color Me Calm [AA]</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>
<div>September 10 Grandparent's Day</div> <div>September 28 Monthly Birthdays Celebration</div>	<div>Citizenship Day</div> <div>9:30  Virtual Church Service (Catholic) [CC]</div> <div>10:00  Virtual Church Service (Non-Denominational) [AA]</div> <div>10:30  Morning Workout [AA]</div> <div>11:00  Daily Chronicle</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  BINGO! [AA]</div> <div>2:00  Small Groups</div> <div>2:45  Kev's Gym</div> <div>3:00  Puzzle Corner</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Ladder Ball</div> <div>5:00  Dinner [DC]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>1:00  Relaxation</div> <div>2:00  Big Bucks Bingo iN2L</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Live Music and Dancing with Jeffrey Levin</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:00  Painting (small group)</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>12:00  Lunch Bunch Outing</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Live Music &amp; Dancing with Daryl [AA]</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Chair VolleyBALL for ALL</div> <div>4:30  Music Break</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy [AA]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1/Relaxation [LH]</div> <div>2:00  Get Fit with Bayada</div> <div>3:00  Small Group/Brain games</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Big Bucks Bingo</div> <div>12:00  Lunch</div> <div>1:00  Neurosound Music Therapy</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>3:30  Friday Movie</div> <div>4:30  Small group brain games</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Weekend News [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Sensory Saturday: Reminiscing with Scents [AA]</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  Noodle Ball</div> <div>2:00  Small Groups</div> <div>2:30  Trivia</div> <div>3:00  Movie Saturday</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Color Me Calm [AA]</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>
<div>19520 Sandridge Way</div> <div>Leesburg, VA 20176</div> <div>703-936-7300</div> <div>Activities are subject to change</div>	<div>9:30  Virtual Church Service (Catholic) [CC]</div> <div>10:00  Virtual Church Service (Non-Denominational) [AA]</div> <div>10:30  Morning Workout [AA]</div> <div>11:00  Daily Chronicle</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  BINGO! [AA]</div> <div>3:00  Puzzle Corner</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Ladder Ball</div> <div>5:00  Dinner [DC]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>2:00  Big Bucks Bingo iN2L</div> <div>2:00  Brain Games</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Live Music and Dancing with Jeffrey Levin</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Eric Highsmith</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:00  Painting (small group)</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Trivia Challenge (iN2L) [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1 Relaxation (LH)</div> <div>1:00  Van Ride</div> <div>2:00  Live Music &amp; Dancing with Daryl [AA]</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Chair VolleyBALL for ALL</div> <div>4:30  Music Break</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div> <div>7:00  Wheel of Fortune/Jeopardy [AA]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Alphabet Soup A-Z [AA]</div> <div>12:00  Lunch</div> <div>1:00  1:1/Relaxation [LH]</div> <div>2:00  Get Fit with Bayada</div> <div>2:00  Small Groups</div> <div>3:00  Monthly Resident Birthday Celebration</div> <div>3:00  Small Group/Brain games</div> <div>4:00  Karaoke Sing-Along with Susie Q (iN2L)</div> <div>4:30  Puzzles</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Nature Talk Recreation Led [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Big Bucks Bingo</div> <div>12:00  Lunch</div> <div>1:00  1:1/Relaxation [LH]</div> <div>1:00  Neurosound Music Therapy</div> <div>2:00  Small Groups</div> <div>3:00  Snack Attack [LH]</div> <div>3:30  Friday Movie</div> <div>4:30  Small group brain games</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>	<div>10:00  Weekend News [AA]</div> <div>10:30  Morning Movement [AA]</div> <div>11:00  Daily Chronicle</div> <div>11:30  Sensory Saturday: Reminiscing with Scents [AA]</div> <div>12:00  Lunch</div> <div>1:30  Community Walk [AA]</div> <div>2:00  Noodle Ball</div> <div>2:30  Trivia</div> <div>3:00  Movie Saturday</div> <div>3:00  Snack Attack [LH]</div> <div>4:00  Color Me Calm [AA]</div> <div>5:00  Dinner [DC]</div> <div>6:00  Evening News [AA]</div>