

# September 2024

## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>10:00 Music and the Spoken Word 10:30 Music Making Moves! 11:00 Daily Chronicle 11:00 Daily Chronicle and Discussion 11:00 Daily Chronicle(iN2L) 11:30 Anatomy of a Letter and Writing Facts 1:00 Crafty Corner-World Letter Writing Day 1:00 Walking Club 1:30 Reading with You-Famous Letters 2:00 Sports Club with Matt 2:45 Kev's Gym 3:00 Snack and Hydration 4:00 Calming Boxes 6:00 I Love Lucy</p>	<p>10:30 Parachute Fun! 10:30 Parachute Fun! 10:30 Wave Your Baton 11:00 Chronicle and a Cup of Joe 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:30 Caring for Our Courtyards 11:30 Learning about Labor Day 1:00 Visits with You 1:00 Walking Club 2:00 Unusual Jobs/Finish the Line (Work Edition) 2:00 Venture Out!-Red Rock Wilderness Preserve 3:00 Labor Day Crafts and Fun! 6:00 Evening Virtual Concert</p>	<p>10:00 Get Fit with Bayada! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:30 Animal News Now 11:30 Let's Get Talking-Conversation Starters 1:00 Creative Arts-Painting a City Skyline (National Skyscraper Day) 1:00 Walking Club 1:30 Build a Skyscraper (National Skyscraper Day) 2:00 Climbing Up Willis Tower 2:00 Climbing Up Willis Tower 3:00 Snack and Hydration 4:00 Noodle Ball 6:00 The Dick Van Dyke Show</p>	<p>10:30 Balloon Toss! 10:30 Balloon Toss! 10:30 Cardio Drumming 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Name that Tune! 1:00 Our Garden 1:00 Walking Club 1:30 Fun and Games (iN2L) 2:00 Live Music &amp; Dancing with Daryl 2:00 Visits with You 3:00 Snack and Hydration 4:00 Puzzle Corner 6:00 Evening Movie (iN2L)</p>	<p>10:00 A Visit with Shadow the Therapy Dog 10:30 Play Ball! 11:00 Chronicle and a Cup of Joe 11:00 Daily Chronicle 11:30 Daily Chronicle (iN2L) 11:30 Word Search and Crossword Puzzles 1:00 Creative Arts-Aztec Designs 1:00 Walking Club 2:00 Fall Sensory Basket 2:00 Visits with You 3:00 Snack and Hydration 4:00 Water Painting 6:00 The Dick Van Dyke Show</p>	<p>10:30 Music Making Moves! 10:30 Music Making Moves! 10:30 Stretcherise! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Caring for Our Courtyards 11:30 Short Storytime (National Read a Book Day) 1:00 Neurosound Music Therapy 1:00 Walking Club 1:30 Visits with You 2:00 Famous Novels Trivia/The Benefits of Reading 2:00 Venture Out!-Women's Group: Barnes and Noble (National Read a Book Day) 3:00 Friday Movie-Finding Neverland 3:00 Snack and Hydration 6:00 Evening Virtual Concert</p>	<p>10:30 Parachute Fun! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Sensory Saturday: Hand Massages 1:00 Let's Travel! (iN2L) 1:00 Walking Club 1:30 Visits with You 2:00 Painting with Heather 2:00 Travel Brief: Mexico City 3:00 Movie Saturday-West Side Story 3:00 Snack and Hydration 4:00 Color Me Calm 6:00 I Love Lucy</p>
<p>10:00 Music and the Spoken Word 10:30 Music Making Moves! 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Hispanic Heritage Trivia 1:00 Crafty Corner-Wooden Figure Painting 1:00 Football Sunday 1:00 Walking Club 1:30 Visits with You 2:30 Grandparents' Day Celebration-Decaf and Donuts (featuring Darryl Nichols) 4:00 Puzzle Corner 6:00 I Love Lucy</p>	<p>10:00 A Visit with Red the Therapy Dog 10:30 Parachute Fun! 10:30 Parachute Fun! 10:30 Wave Your Baton 11:00 Chronicle and a Cup of Joe 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:30 Caring for Our Courtyards 11:30 Sports Trivia 1:00 Explore the Outdoors 1:00 Walking Club 1:30 Visits with You 2:00 Venture Out!-Ida Lee Park 2:30 Live Music and Dancing with Zenon 3:30 Sports Day Fun!-Assisted Living Week 6:00 Evening Virtual Concert</p>	<p>10:00 Get Fit with Bayada! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Animal News Now 11:30 Let's Get Talking-Conversation Starters 1:00 Creative Arts-Mr. Sandman Crafts 1:00 Walking Club 1:30 Documentary(iN2L) 1:30 Visits with You 2:00 Spa Day-Hand Massages/Nails 2:30 Picture Detective 3:00 Pajama Day Social 4:00 Noodle Ball 6:00 The Dick Van Dyke Show</p>	<p>10:30 Balloon Toss! 10:30 Balloon Toss! 10:30 Cardio Drumming 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Name that Tune!-80s 12:00 In House Lunch-My Favorites 1:00 Our Garden 1:00 Walking Club 1:30 Let's Explore-Calming Boxes 2:00 80s Karaoke-Assisted Living Week 3:00 Snack and Hydration 4:00 Puzzle Corner 6:00 Evening Movie (iN2L)</p>	<p>10:30 Play Ball! 11:00 Chronicle and a Cup of Joe 11:00 Daily Chronicle 11:30 Fall Sensory Basket 11:30 Word Search and Crossword Puzzles 1:00 Out and About 1:00 Walking Club 1:30 Visits with You 2:00 My Favorite Songs 2:00 Reminiscing with Scents-A Day at the Beach 3:00 Snack and Hydration 4:00 Beach Volleyball!-Assisted Living Week 6:00 The Dick Van Dyke Show</p>	<p>10:30 Music Making Moves! 10:30 Music Making Moves! 10:30 Stretcherise! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Caring for Our Courtyards 11:30 Movie Memories (National Assisted Living Week) 1:00 Neurosound Music Therapy 1:00 Walking Club 1:30 Visits with You 2:00 Movie Trivia 2:00 Venture Out!-MangoLina 3:00 Friday Movie-Selena 3:00 Snack and Hydration 6:00 Evening Virtual Concert</p>	<p>10:30 Parachute Fun! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Fun and Games (iN2L) 11:30 Pictionary 1:00 Let's Travel! (iN2L) 1:00 Walking Club 1:30 Sensory Exploration: Fall Sensory Basket 2:00 Visits with You 3:00 Snack and Hydration 4:00 Color Me Calm 6:00 Music Therapy with Ray Leone 6:00 I Love Lucy</p>
<p>10:00 Music and the Spoken Word 10:30 Music Making Moves! 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Animal News Now! 1:00 Crafty Corner-Piñata Fun! (Hispanic Heritage Month) 1:00 Football Sunday 1:00 Walking Club 1:30 Visits with You 2:00 Explore Our Library 2:00 Reading with You 2:45 Kev's Gym 3:00 Snack and Hydration 4:00 Calming Boxes 6:00 I Love Lucy</p>	<p>10:30 Parachute Fun! 10:30 Parachute Fun! 10:30 Wave Your Baton 11:00 Chronicle and a Cup of Joe 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:30 Caring for Our Courtyards 11:30 Fun and Games (iN2L) 1:00 Explore the Outdoors 1:00 Walking Club 1:30 Visits with You 2:00 Travel Brief: Mexico City 2:00 Venture Out!-Tuscarora Creek Park 3:00 Taste of Lansdowne with Chef Juan(National Guacamole Day) 4:00 Bean Bag Toss 6:00 Evening Virtual Concert</p>	<p>10:00 Get Fit with Bayada! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Animal News Now 11:30 Let's Get Talking-Conversation Starters 1:00 Creative Arts-Scratch Art 1:00 Walking Club 1:30 Visits with You 2:00 Spa Day-Hand Massages 2:00 Spa Day-Hand Massages/Nails 3:00 Snack and Hydration 4:00 Noodle Ball 6:00 The Dick Van Dyke Show</p>	<p>10:30 Balloon Toss! 10:30 Cardio Drumming 10:30 Swaying with Scarves 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Name that Tune! 1:00 Walking Club 1:30 One Hit, That's It! 1:30 Visits with You 2:00 Sensory Cooking: Pupusas 3:00 Snack and Hydration 4:00 Puzzle Corner 6:00 Evening Movie (iN2L)</p>	<p>10:00 A Visit with Shadow the Therapy Dog 10:30 Play Ball! 11:00 Chronicle and a Cup of Joe 11:00 Daily Chronicle 11:30 What's That Sound? (National Day of Listening) 11:30 Word Search and Crossword Puzzles 1:00 Creative Arts-Aztec Designs 1:00 Walking Club 1:30 Visits with You 2:00 Name that TV Tune( National Day of Listening) 2:00 Reminiscing with Light Music 3:00 Snack and Hydration 4:00 Water Painting 6:00 The Dick Van Dyke Show</p>	<p>10:00 Venture Out!-Coffee and Chronicle 10:30 Music Making Moves! 10:30 Music Making Moves! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:30 Caring for Our Courtyards 11:30 Guess Who? 1:00 Neurosound Music Therapy 1:30 Visits with You 2:00 Music Trivia 3:00 Friday Movie-The Mask of Zorro 3:00 Snack and Hydration 6:00 Evening Virtual Concert</p>	<p>10:30 Parachute Fun! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Fun and Games (iN2L) 11:30 Pictionary 1:00 Sensory Saturday: Hand Massages 1:00 Let's Travel! (iN2L) 1:00 Walking Club 1:30 Sensory Exploration: Fall Sensory Basket 2:30 Live Music with Zenon 3:00 Snack and Hydration 3:00 Taste of Lansdowne with Chef Silvia 4:00 Color Me Calm 6:00 I Love Lucy</p>
<p>10:00 Music and the Spoken Word 10:30 Music Making Moves! 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Animal News Now! 1:00 Crafty Corner-Decorating Our Memory Boxes 1:00 Football Sunday 1:00 Walking Club 1:30 Explore Our Library 1:30 Reading with You 2:00 Sports Club with Matt 3:00 Live Music &amp; Dancing with Daryl 3:00 Snack and Hydration 4:00 Puzzle Corner 6:00 I Love Lucy</p>	<p>10:00 A Visit with Red the Therapy Dog 10:30 Parachute Fun! 10:30 Parachute Fun! 10:30 Wave Your Baton 11:00 Chronicle and a Cup of Joe 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:30 Caring for Our Courtyards 11:30 Fun and Games (iN2L) 1:00 Explore the Outdoors 1:00 Walking Club 1:30 Visits with You 2:00 EZ Short Story 2:00 Venture Out!-Keep Loudoun Beautiful Park 3:00 Snack and Hydration 4:00 Bean Bag Toss 6:00 Evening Virtual Concert</p>	<p>10:00 Get Fit with Bayada! 11:00 Eric Highsmith 1:00 Creative Arts 1:00 Walking Club 1:30 Documentary(iN2L) 1:30 Visits with You 2:00 Spa Day-Hand Massages/Nails 2:30 Picture Detective 3:00 Snack and Hydration 4:00 Noodle Ball 6:00 The Dick Van Dyke Show</p>	<p>10:30 Balloon Toss! 10:30 Balloon Toss! 10:30 Cardio Drumming 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Sing-ALong! 12:00 In House Lunch-My Favorites (Lunch with a Nurse: Yessica) 1:00 Our Garden 1:00 Walking Club 1:30 Visits with You 2:00 My Favorite Songs 2:00 Pondering Prompts 3:00 Snack and Hydration 4:00 Puzzle Corner 6:00 Evening Movie (iN2L)</p>	<p>10:30 Live Music with Linseth and Iris 11:30 Fall Sensory Box 11:30 Word Search and Crossword Puzzles 1:00 Creative Arts-Painting with You 1:00 Walking Club 1:30 Visits with You 2:00 Out and About 2:00 Reminiscing with Scents 3:30 "Night at the Jazz Club"-Monthly Resident Birthday Celebration featuring Vince Borelli 6:00 The Dick Van Dyke Show</p>	<p>10:30 Music Making Moves! 10:30 Music Making Moves! 10:30 Stretcherise! 11:00 Daily Chronicle 11:00 Daily Chronicle (iN2L) 11:00 Daily Chronicle and Discussion 11:30 Caring for Our Courtyards 11:30 EZ Trivia 1:00 Neurosound Music Therapy 1:30 Visits with You 2:00 Music Trivia 2:00 Venture Out!-Oatlands Gardens 3:00 Friday Movie-Blue Beetle 3:00 Snack and Hydration 6:00 Evening Virtual Concert</p>	<p>10:30 Parachute Fun! 11:00 Live Music &amp; Dancing with Daryl 1:00 Visits with You 1:00 Walking Club 1:30 Sensory Exploration: Fall Sensory Basket 2:00 EZ Trivia 2:00 Men's Group: Hunting and Hops (National Hunting and Fishing Day) 3:00 Movie Saturday 3:00 Snack and Hydration 4:00 Color Me Calm 6:00 I Love Lucy</p>

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**Activity Groups**

- Community
- Green Group
- Orange Group
- Blue Group
- Venture Out(Outings)
- Special Event/Entertainment



LANSDOWNE HEIGHTS  
MEMORY CARE

**Resident Birthdays**

**Carol H.**  
**Henry R.**  
**Wanda M.**

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

