




April 2024 Monthly Calendar




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chesterbrook RESIDENCES 703.531.0781</p>	<p>9:30 🏃 WORKOUT W/ CARLA (30 MIN) [ML] 1</p> <p>10:15 ❤️ TEA & TALK: APRIL FOOL'S DAY HISTORY & STORIES [ML]</p> <p>1:00 🏃 WALKING CLUB (45-60 MIN) W/ BEZA [L]</p> <p>2:00 🧩 B.I.N.G.O W/ BETSY & BEZA! [MP]</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 2</p> <p>10:15 FITMINDS W/ CLARISA [CR]</p> <p>1:00 🧩 BRIDGE CLUB [CR]</p> <p>1:00 ❤️ MATINEE: THE STARLING [TR]</p> <p>2:00 🏃 BALLOON TENNIS! [MP]</p> <p>2:00 🧩 MEN'S GROUP [LIB]</p> <p>3:00 📖 BOOK CLUB W/ SALLY! (MONTHLY) [LIB]</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 3</p> <p>10:30 🧩 CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 SHOPPING: WALMART (FAIRLAKES) [L]</p> <p>2:00 FITMINDS W/ CLARISA [CR]</p> <p>3:00 🚩 PACKING VOLUNTEER GOODIE BAGS & CARDS [MP]</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 4</p> <p>10:00 🦋 CATHOLIC MASS [MP]</p> <p>10:00 🧩 MEET OUR MADEIRA STUDENT INTERNS! [L]</p> <p>1:00 🧩 BRIDGE CLUB [CR]</p> <p>1:00 WALKING CLUB W/ THE MADEIRA GIRLS!</p> <p>1:30 🧩 SCRABBLE [PR]</p> <p>2:30 🧩 BINGO WITH BEZA!</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 5</p> <p>10:15 🧩 APRIL JEOPARDY W/ MADEIRA INTERNS! [L]</p> <p>12:45 🧩 OUTING: VISIT LORTON WORKHOUSE ART CENTER [L]</p> <p>2:00 🏃 WALKING W/ MADEIRA STUDENTS! (30-45 MIN) [L]</p> <p>3:00 🧩 FITMINDS W/ LINSEY [CR]</p>	<p>10:00 🏃 MOVE N' GROOVE W/ CLARISA (1 HOUR) [ML] 6</p> <p>10:30 🦋 CATHOLIC PRAYER [MP]</p> <p>12:30 ❤️ TUNES & TIME W/ ADAM [L]</p> <p>1:00 ❤️ MATINEE: GOOD WILL HUNTING [TR]</p> <p>1:30 🚩 SEWING SESSION: MEND & REPAIR WORKSHOP [LEC]</p> <p>3:00 ❤️ MCLEAN YOUTH HARMONY PERFORMS! [L]</p>
<p>10:00 🏃 WORKOUT W/ CARLA (1 HR) [ML] 7</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [LIB]</p> <p>1:00 ❤️ MATINEE: WALK THE LINE [TR]</p> <p>1:00 🏃 PING PONG PRACTICE! [MP]</p> <p>2:00 📖 APRIL SHOWERS CRAFT W/ LOYE! [MP]</p> <p>3:00 🧩 TECH TIME W/ TOM (BY APPT) [CR]</p>	<p>9:15 🏃 WORKOUT W/ CARLA (30 MIN) [ML] 8</p> <p>10:30 📖 SENIOR SONGSTERS SING ALONG! [L]</p> <p>1:00 🏃 SCENIC RIDE: CHECK OUT THE NEIGHBORHOOD! (45-60 MIN) [L]</p> <p>1:00 🏃 WALKING WITH OUR MADEIRA STUDENTS! [L]</p> <p>2:00 🧩 SOLAR ECLIPSE WATCH PARTY & TRIVIA! [FP]</p> <p>2:30 📖 GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p> <p>3:30 🧩 FITMINDS W/ LINSEY [L]</p>	<p>9:30 🧩 RANDOM APRIL TRIVIA W/ CLARISA [ML] 9</p> <p>10:30 🏃 CHAIR YOGA W/ GALE [ML]</p> <p>1:00 🧩 BRIDGE CLUB [CR]</p> <p>1:00 🏃 WALKING CLUB W/ OUR MADEIRA INTERNS! [L]</p> <p>2:00 📖 BALLOON TENNIS W/ TALL OAKS! [CY]</p> <p>3:30 🧩 APRIL BABIES BIRTHDAY PARTY W/ BOB CLARK! [MP]</p>	<p>9:30 🏃 EXERCISE W/ FLO! (30 MIN) [ML] 10</p> <p>10:30 🧩 CURRENT EVENTS W/ KENT [ML]</p> <p>1:30 🧩 BINGO W/ BETSY! [DR]</p> <p>2:30 🏃 BALLOON TENNIS! [ML]</p>	<p>9:15 🏃 SITTERCISE VIRTUAL EXERCISE (30 MIN) [ML] 11</p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:00 🧩 FITMINDS W/ MADEIRA INTERNS! [CR]</p> <p>1:00 🌱 BIRD SEED CLUB W/ MADEIRA INTERNS! [L]</p> <p>1:15 ❤️ FOOD FOR THOUGHT: MEET WITH FOOD SERVICE DIRECTOR LLOYD [DR]</p> <p>2:00 ❤️ RESIDENT COUNCIL MEETING [DR]</p> <p>5:30 🏃 PING PONG W/ PAULINA! [MP]</p>	<p>9:00 ❤️ SHABBAT W/ LIBBY FROM TRS [CR] 12</p> <p>9:30 🏃 SITTERCISE (VIRTUAL EXERCISE) (30 MIN) [ML]</p> <p>10:00 🦋 BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>10:00 🏃 MASSAGE FRIDAY SESSIONS W/ FLO! [ML]</p> <p>10:30 ❤️ LANGLEY HIGH SCHOOL VISITS AND SINGS! [L]</p> <p>2:00 ❤️ CELEBRATION OF DOROTHY SHAPIRO'S LIFE [DR]</p> <p>3:00 ❤️ TOAST TO DOROTHY SHAPIRO! [MP]</p>	<p>9:30 🏃 SITTERCISE (VIRTUAL EXERCISE) (30 MIN) [ML] 13</p> <p>10:30 🦋 CATHOLIC PRAYER [ML]</p> <p>12:30 ❤️ TUNES & TIME W/ ADAM [L]</p> <p>1:00 ❤️ MATINEE: JERSEY BOYS [TR]</p> <p>2:00 🧩 RESIDENT LED B.I.N.G.O [MP]</p>
<p>10:00 🏃 WORKOUT W/ CARLA (1 HR) [ML] 14</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [LIB]</p> <p>1:00 ❤️ MATINEE: SINGIN' IN THE RAIN [TR]</p> <p>1:00 🏃 PING PONG PRACTICE! [MP]</p> <p>1:30 📖 OUTING: GUYS & DOLLS AT LANGLEY HIGH SCHOOL (\$) [L]</p> <p>2:30 🧩 TECH TIME W/ TOM (BY APPT) [CR]</p> <p>3:00 🏃 BALLOON TENNIS! (RESIDENT LED) [ML]</p>	<p>9:15 🏃 PARKINSON'S VIRTUAL EXERCISE (30 MIN) [ML] 15</p> <p>10:00 🧩 JEOPARDY WITH OUR MADEIRA INTERNS! [L]</p> <p>10:15 SHOPPING: DOLLAR TREE [L]</p> <p>1:00 🏃 WALKING CLUB (45-60 MIN) W/ BEZA [L]</p> <p>1:30 🧩 FITMINDS W/ LINSEY [L]</p> <p>2:30 📖 GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p> <p>2:30 🧩 LONGFELLOW MIDDLE SCHOOL STUDENTS VISIT! [L]</p> <p>3:30 📖 SIPS & SPIRITS: SPRING CAMPARI SPRITZER [CY]</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 16</p> <p>10:00 🚩 SEWING SESSION: DINNER SCARVES [LEC]</p> <p>1:00 🧩 BRIDGE CLUB [CR]</p> <p>1:00 JEWELRY POLISHING & STORIES [ML]</p> <p>2:00 🧩 MEN'S GROUP [LIB]</p> <p>2:15 🏃 DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 ❤️ OFF YOUR CHEST: EMOTIONAL SUPPORT GROUP - ANGER & BLANK CANVAS [LEC]</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 17</p> <p>10:30 🧩 CURRENT EVENTS W/ KENT [ML]</p> <p>12:30 🚩 ROLLATOR & WHEELCHAIR BRAKE ADJUSTMENT WORKSHOP [MP]</p> <p>1:00 SHOPPING: ALDI (\$) [L]</p> <p>2:00 🦋 LEWINSVILLE IN PERSON SERVICE [MP]</p> <p>3:00 🧩 POETRY SLAM & SOCIAL! [L]</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 18</p> <p>10:00 🦋 CATHOLIC MASS [MP]</p> <p>1:00 🌱 BIRD SEED CLUB W/ MADEIRA INTERNS! [L]</p> <p>1:00 🧩 BRIDGE CLUB [CR]</p> <p>1:00 🧩 COME PLAY UNO! [CY]</p> <p>1:30 🧩 SCRABBLE [PR]</p> <p>2:15 🏃 DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 ❤️ COMEDY HOUR WITH LOVELY LOYE! [MP]</p>	<p>9:15 🏃 MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 19</p> <p>10:00 🦋 BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>10:00 SHOPPING: BANK & ERRAND RUN (\$) [L]</p> <p>10:15 🧩 TRIVIA & FROZEN FLAVORS! [ML]</p> <p>1:30 🏃 OUTING: PUT PUT / MINI GOLF! (\$) [L]</p> <p>3:00 🏃 BALLOON TENNIS! [ML]</p>	<p>10:00 🏃 MOVE N' GROOVE W/ CLARISA (1 HOUR) [ML] 20</p> <p>10:30 🦋 CATHOLIC PRAYER [MP]</p> <p>12:30 ❤️ TUNES & TIME W/ ADAM [L]</p> <p>1:00 ❤️ MATINEE: 2001: A SPACE ODYSSEY [TR]</p> <p>1:45 SHOPPING & DINNER: TJ MAXX & PANERA (\$) [L]</p>

**PLEASE NOTE ALL LIFE ENRICHMENT PROGRAMS ARE SUBJECT TO CHANGE; ALWAYS CHECK DAILY SHEETS FOR ANY CHANGES.

April 2024 Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday															
<p>10:00 ↔ WORKOUT W/ CARLA (1 HR) [ML] 21</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [LIB]</p> <p>1:00 ❤️ MATINEE: I, TONYA [TR]</p> <p>1:00 ↔ PING PONG PRACTICE! [ML]</p> <p>2:00 📖 TOMORROW'S LUNCH: MEAL FOR HOMESTRETCH [LEC]</p> <p>2:30 🎛️ TECH TIME W/ TOM (BY APPT) [CR]</p>	<p>9:15 ↔ WORKOUT W/ CARLA (30 MIN) [ML] 22</p> <p>10:30 🎤 SENIOR SONGSTERS SING ALONG! [L]</p> <p>11:30 🦋 OUTING: MASS AT ST. ANTHONY'S [L]</p> <p>1:00 ↔ WALKING CLUB (45-60 MIN) W/ MADEIRA INTERNS! [L]</p> <p>2:00 🎛️ PARKINSON'S SUPPORT GROUP W/ LINSEY [LIB]</p> <p>2:30 🎤 GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p> <p>3:00 ❤️ MUSIC MENDING W/ MELANIE [LEC]</p> <p>5:30 ↔ PING PONG W/ PAULINA! [MP]</p>	<p>9:30 ↔ SPELLING BEE WORD GAME! [L] 23</p> <p>10:00 🌱 GARDENING & BIRD SEED CLUB W. MADEIRA INTERNS! [L]</p> <p>10:30 ↔ CHAIR YOGA W/ GALE [ML]</p> <p>1:00 📖 BRIDGE CLUB [CR]</p> <p>1:15 🎤 OUTING: JEOPARDY AT TALL OAKS (RESTON)! [LEC]</p> <p>2:00 📖 MEN'S GROUP [LIB]</p> <p>3:30 🦋 PASSOVER SEDER LED BY TRS! [MP]</p>	<p>9:30 ↔ EXERCISE W/ FLO! (30 MIN) [ML] 24</p> <p>10:30 🎛️ CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 ↔ WALKING CLUB W/ MADEIRA INTERNS! (45-60 MIN) [L]</p> <p>1:15 🛒 SHOPPING: GIANT [L]</p> <p>2:00 ❤️ UNCORKED: WINE CLASS & PAIRING W/ BREMDA [ML]</p> <p>3:00 ❤️ ADAM MELIA PERFORMS [L]</p> 	<p>9:15 ↔ MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 25</p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 ❤️ TEA & TALK: GOODBYE TO OUR MADEIRA STUDENTS! [L]</p> <p>1:00 📖 BRIDGE CLUB [CR]</p> <p>1:00 🎛️ FITMINDS W/ MADEIRA INTERNS! [CR]</p> <p>1:30 📖 SCRABBLE [PR]</p> <p>2:00 🎛️ CHESTERBROOK UNIVERSITY: THERAPY 101 W/ DANIELLE [MP]</p> <p>3:15 🎤 CUISINE & CULTURE: JAMAICA W/ DALEMAN & NURSE JACKIE! [LEC]</p>	<p>9:15 ↔ EXERCISE W/ FLO! (30 MIN) [ML] 26</p> <p>10:00 🦋 BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>10:15 🎤 COLORING CLUB / PAINT BY NUMBERS [MP]</p> <p>11:00 📖 OUTING: LUNCH AT MCLEAN FAMILY RESTAURANT(S) [L]</p> <p>1:00 🎛️ FITMINDS W/ CLARISA [CR]</p> <p>2:00 📖 BINGO W/ BETSY! [FP]</p>	<p>10:00 ↔ MOVE N GROOVE W/ CLARISA (1 HOUR) [ML] 27</p> <p>10:30 🦋 CATHOLIC PRAYER [MP]</p> <p>12:30 ❤️ TUNES & TIME W/ ADAM [L]</p> <p>1:00 ❤️ MATINEE: BARBIE MOVIE [TR]</p> <p>2:00 🎤 POETRY CLUB W/ CLARISA [L]</p> <p>3:00 ❤️ GENERATION UNION CLASSICAL SHOWCASE [L]</p> <p>5:00 ❤️ OUTING: JAZZ HOUSTON ORCHESTRA AT THE KENNEDY CENTER [L]</p> 															
<p>10:00 ↔ WORKOUT W/ CARLA (1 HR) [ML] 28</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [LIB]</p> <p>1:00 ❤️ MATINEE: SWEET DREAMS [TR]</p> <p>1:00 ↔ PING PONG PRACTICE! [MP]</p> <p>1:30 📖 GIRLS IN PEARLS, GUYS IN TIES TEA PARTY! [DR]</p> <p>3:00 🎛️ TECH TIME W/ TOM (BY APPT) [CR]</p>	<p>9:15 ↔ WORKOUT W/ CARLA (30 MIN) [ML] 29</p> <p>10:15 🎛️ FITMINDS W/ LINSEY [L]</p> <p>1:00 ↔ WALKING CLUB (45-60 MIN) W/ BEZA [L]</p> <p>1:30 ❤️ POWERBACK INFORMATION SERIES W/ FLO [ML]</p> <p>2:30 📖 B.I.N.G.O W/ BETSY & BEZA! [MP]</p> <p>2:30 🎤 GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p>	<p>9:15 ↔ MOVE N' GROOVE W/ CLARISA (30 MIN) [ML] 30</p> <p>10:15 📖 CLASS CLAWS: GET YOUR NAILS DONE! [MP]</p> <p>1:00 📖 BRIDGE CLUB [CR]</p> <p>2:00 📖 BINGO BONANZA W/ TALL OAKS!! [MP]</p> <p>2:15 ↔ DANCE FITNESS W/ LESLEY! [ML]</p>	<p>Resident Birthdays</p> <table border="0"> <tr><td>Diana M.</td><td>4/3</td></tr> <tr><td>Sandra W.</td><td>4/5</td></tr> <tr><td>Janet B.</td><td>4/7</td></tr> <tr><td>Reginald R.</td><td>4/11</td></tr> <tr><td>Arlene G.</td><td>4/16</td></tr> <tr><td>Kenneth P.</td><td>4/18</td></tr> <tr><td>Louise O.</td><td>4/19</td></tr> <tr><td>Katherine B.</td><td>4/21</td></tr> </table> 	Diana M.	4/3	Sandra W.	4/5	Janet B.	4/7	Reginald R.	4/11	Arlene G.	4/16	Kenneth P.	4/18	Louise O.	4/19	Katherine B.	4/21	<p>LOCATIONS KEY</p> <ul style="list-style-type: none"> MP - MULTI-PURPOSE ROOM (LOWER LEVEL) LEC - LIFE ENRICHMENT CENTER (LOWER LEVEL) TR - THEATER ROOM (LOWER LEVEL) DR - DINING ROOM (LOWER LEVEL) DRP - DINING ROOM PATIO (LOWER LEVEL) FP - FRONT PORCH (LOWER LEVEL) L - LOBBY (FIRST FLOOR) CR - CARD ROOM (FIRST FLOOR) LIB - LIBRARY (SECOND FLOOR) ML - MEDIA LOUNGE (SECOND FLOOR) PR - PUZZLE ROOM (SECOND FLOOR) 	
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WI-FI



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BUS SCHEDULE



Medical Appointment Transport Available on **Tuesdays & Thursdays**
From 8:30 AM - 2:30 PM

Sign Up At The Front Desk!

Shopping Trips & Outings



Shopping Trips & Outings Available on **Wednesdays & Fridays**

Sign Up Outside Of The Dining Room!

Chesterbrook Gift Shop



Resident Gift Shop
Open Mondays, Wednesdays, & Fridays
1:30 PM - 3:00 PM



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