

April 2025 Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resident Birthdays</p> <p>Diana M. 4/3 Sandra W. 4/5 Janet B. 4/7 Arlene G. 4/16 Kenneth P. 4/18 Anne K. 4/18 Louise O. 4/19 Katherine B. 4/21</p> <p><i>Chesterbrook RESIDENCES</i></p> <p>703.531.0781</p>	<p>9:30 → MORNING WORKOUT - CHAIR YOGA [ML]</p> <p>10:15 → FIVE HILLS GARDEN CLUB VISITS & PLANTS [CY]</p> <p>1:00 → BRIDGE CLUB [CR]</p> <p>1:00 → FITMINDS BRAIN GAMES [BL]</p> <p>2:15 → DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 → BALLOON TENNIS [MP]</p>	<p>9:30 → MORNING WORKOUT - FUNCTIONAL FITNESS [ML]</p> <p>10:30 → CURRENT EVENTS W/ KENT [ML]</p> <p>12:30 → SHOPPING: BANK & ERRAND RUN (\$) [L]</p> <p>1:00 → TREATS & TRIVIA: COOKIES & TRIVIA [L]</p> <p>2:00 → CLASSY CLAWS - MANICURES [MP]</p>	<p>9:30 → MORNING WORKOUT - LOWER BODY [ML]</p> <p>10:00 → CATHOLIC MASS [MP]</p> <p>10:15 → TREATS & TRIVIA: WHO AM I? W/ CHIPS & DIP [L]</p> <p>1:00 → BRIDGE CLUB [CR]</p> <p>1:30 → SCRABBLE [PR]</p> <p>2:30 → PAINTING MODERN ART WITH MIKE! [MP]</p>	<p>9:30 → MORNING WORKOUT - FULL BODY WORKOUT [ML]</p> <p>10:00 → BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 → OUTING: SCENIC RIDE D.C. & ICE CREAM [L]</p> <p>1:00 → MATINEE: MY COUSIN VINNY [TR]</p> <p>1:00 → SHABBAT W/ TRS [ML]</p> <p>2:00 → BINGO W/ BETSY [MP]</p> <p>5:45 → AFTER DINNER FLICK: MOVIE ENCORE [TR]</p> <p>BINGO</p>	<p>10:00 → SITTERCISE [ML]</p> <p>10:30 → CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>12:45 → MATINEE: HAMILTON [TR]</p> <p>1:15 → PING PONG W/ GLENN [MP]</p> <p>2:30 → RUMMIKUB W/ GLENN [CR]</p> <p>5:45 → AFTER DINNER FLICK: MOVIE ENCORE [TR]</p>	
<p>10:00 → SITTERCISE [ML]</p> <p>11:00 → LEWINSVILLE LIVE STREAM [TR]</p> <p>12:45 → MATINEE: RESIDENT PICK! [TR]</p> <p>1:00 → GARDEN CLUB W/ GLENN [CY]</p> <p>2:15 → SHOPPING: DOLLAR TREE (\$) [L]</p> <p>5:45 → AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>6:00 → CATHOLIC PRAYER [LIB]</p>	<p>9:00 → MORNING WORKOUT - UPPER BODY [ML]</p> <p>9:30 → SHOPPING: GIANT - MCLEAN (\$) [L]</p> <p>10:15 → KNIT & STITCH CLUB [L]</p> <p>1:00 → LONGFELLOW MIDDLE VISITS & GIVES BACK [L]</p> <p>1:00 → MATINEE: RESIDENT PICK! [TR]</p> <p>2:00 → BINGO W/ BETSY [MP]</p> <p>5:45 → AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>9:30 → MORNING WORKOUT - CHAIR YOGA [ML]</p> <p>10:15 → TREATS & TRIVIA: JEOPARDY & CELERY! [ML]</p> <p>1:00 → BRIDGE CLUB [CR]</p> <p>1:30 → CUSTOM KEYCHAIN CRAFT [ML]</p> <p>3:00 → CELEBRATING PASSOVER W/ TRS! [MP]</p>	<p>9:30 → MORNING WORKOUT - FUNCTIONAL FITNESS W/ ABE [ML]</p> <p>10:00 → SHOPPING: COSTCO (\$) [L]</p> <p>10:30 → CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 → WALKING CLUB [L]</p> <p>2:00 → BINGO W/ BETSY [MP]</p>	<p>9:30 → MORNING WORKOUT - LOWER BODY [ML]</p> <p>10:00 → CATHOLIC PRAYER [MP]</p> <p>10:15 → TREATS & TRIVIA: TRIVIA & PB & J'S [ML]</p> <p>1:15 → FOOD FOR THOUGHT: MEET WITH FOOD SERVICE DIRECTOR LLOYD [MP]</p> <p>2:00 → RESIDENT COUNCIL MEETING [MP]</p>	<p>9:30 → MORNING WORKOUT - FULL BODY WORKOUT [ML]</p> <p>10:00 → BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 → OUTING: LUNCH AT CRACKER BARRELL (\$) [L]</p> <p>1:00 → MATINEE: JACKIE [TR]</p> <p>1:00 → SHABBAT W/ TRS [ML]</p> <p>2:00 → DIY POLYMER CLAY EARRINGS [MP]</p> <p>5:45 → AFTER DINNER FLICK: MOVIE ENCORE [TR]</p>	<p>PASSOVER BEGINS</p> <p>10:00 → SITTERCISE [ML]</p> <p>10:30 → CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>12:45 → MATINEE: WEST SIDE STORY (2021) [TR]</p> <p>1:15 → PING PONG W/ GLENN [MP]</p> <p>2:30 → RUMMIKUB W/ GLENN [CR]</p> <p>5:45 → AFTER DINNER FLICK: MOVIE ENCORE [TR]</p>
<p>10:00 → SITTERCISE [ML]</p> <p>11:00 → LEWINSVILLE LIVE STREAM [TR]</p> <p>12:45 → MATINEE: RESIDENT PICK! [TR]</p> <p>1:30 → FITMINDS W/ GLENN [BL]</p> <p>3:00 → MADEIRA STUDENTS PERFORM [L]</p> <p>5:45 → AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>6:00 → CATHOLIC PRAYER [LIB]</p>	<p>9:00 → MORNING WORKOUT - UPPER BODY [ML]</p> <p>9:30 → SHOPPING: WALMART / TARGET (\$) [L]</p> <p>10:30 → SENIOR SONGSTERS SING ALONG! [L]</p> <p>1:00 → MATINEE: RESIDENT PICK! [TR]</p> <p>1:00 → SIPS & SPIRITS: LAVENDER GIN RICKEY'S! [MP]</p> <p>2:00 → CRAFTING W/ LOYE! [MP]</p> <p>5:45 → AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>9:10 → OUTING: ROCKCLIMBING FOR PARKINSONS [L]</p> <p>9:30 → MORNING WORKOUT - CHAIR YOGA [ML]</p> <p>10:15 → TREATS & TRIVIA: JEOPARDY & PECANS! [ML]</p> <p>1:00 → BRIDGE CLUB [CR]</p> <p>1:30 → CHESTERBROOK'S ANTIQUE'S ROADSHOW! [MP]</p> <p>3:00 → POETRY CLUB & LITERARY ADVENTURES [ML]</p>	<p>9:30 → MORNING WORKOUT - FUNCTIONAL FITNESS [ML]</p> <p>10:30 → CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 → GARDENING CLUB [CY]</p> <p>2:00 → LEWINSVILLE PRESBYTERIAN IN PERSON SERVICE [MP]</p> <p>3:15 → CB COOK OFF: GRILLED CHEESE EDITION [MP]</p>	<p>9:30 → MORNING WORKOUT - LOWER BODY [ML]</p> <p>10:00 → CATHOLIC MASS [MP]</p> <p>10:15 → TASTE & TALK: BUBBLE TEA [ML]</p> <p>1:00 → BRIDGE CLUB [CR]</p> <p>1:30 → SCRABBLE [PR]</p> <p>2:30 → PAINTING MODERN ART WITH MIKE! [MP]</p>	<p>GOOD FRIDAY</p> <p>9:30 → MORNING WORKOUT - FULL BODY WORKOUT [ML]</p> <p>10:00 → BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 → OUTING: PRINTING & ENGRAVING MUSEUM [L]</p> <p>1:00 → MATINEE: BULLET TRAIN [TR]</p> <p>1:00 → SHABBAT W/ TRS [ML]</p> <p>1:30 → BINGO W/ BETSY [MP]</p> <p>3:00 → BENNY GOODFRIEND [L]</p> <p>5:45 → AFTER DINNER FLICK: MOVIE ENCORE [TR]</p> <p>6:00 → MOVIE NIGHT SOCIAL: THE PAJAMA GAME [MP]</p> <p>MOVIE NIGHT</p>	<p>10:00 → SITTERCISE [ML]</p> <p>10:30 → CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>12:00 → OUTING: VISIT SULLY HISTORIC HOUSE [L]</p> <p>12:45 → MATINEE: A COMPLETE UNKNOWN [TR]</p> <p>3:15 → RUMMIKUB W/ GLENN [CR]</p> <p>5:45 → AFTER DINNER FLICK: MOVIE ENCORE [TR]</p>

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

April 2025 Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EASTER SUNDAY PASSOVER ENDS 10:00 ↔ SITTERCISE [ML] 11:00 🍷 EASTER SUNDAY BRUNCH! [DR] 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 12:45 ❤️ MATINEE: RESIDENT PICK! [TR] 2:00 🌱 EASTER EGG COLORING! [LEC] 3:00 ❤️ OUTING: SCENIC RIDE - FALLS CHURCH [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER [LIB]	20 9:00 ↔ MORNING WORKOUT - UPPER BODY [ML] 9:30 🍷 SHOPPING: WEGMANS (\$) [L] 10:30 ↔ OUTING: DANCING FOR PARKINSON'S EXERCISE [L] 1:00 🌱 FLOWER ARRANGING W/ NEW NURSE PRACTITIONER ZOE! [ML] 1:00 ❤️ MATINEE: RESIDENT PICK! [TR] 2:00 🍷 BINGO W/ BETSY [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	21 EARTH DAY 9:30 ↔ MORNING WORKOUT - CHAIR YOGA [ML] 10:15 🍷 OUTING: LITTER PICKUP & PICNIC [L] 1:00 🍷 BRIDGE CLUB [CR] 1:00 🍷 TIE DYE CRAFTS W/ OUR NURSING TEAM! [MP] 3:30 🍷 APRIL BABIES BIRTHDAY PARTY W/ BOB CLARK! [MP]	22 9:15 🍷 SHOPPING: TALBOTS (\$) [L] 9:30 ↔ MORNING WORKOUT - FUNCTIONAL FITNESS W/ ABE [ML] 10:30 🍷 CURRENT EVENTS W/ KENT [ML] 12:10 ❤️ OUTING: SELF CARE SOCIAL AT LOUDOUN SHELTER [L] 2:00 🍷 JEWELRY POLISHING & STORIES [LEC] 3:15 🍷 ACTIVITIES PLANNING MEETING [L]	23 9:30 ↔ MORNING WORKOUT - LOWER BODY [ML] 10:00 🦋 CATHOLIC PRAYER [MP] 10:15 🍷 TASTE & TALK: DIABETES SNACK OPTIONS [ML] 1:00 🍷 BRIDGE CLUB [CR] 1:30 🍷 SCRABBLE [PR] 2:30 🍷 PAINTING MODERN ART WITH MIKE! [MP]	24 ARBOR DAY 9:30 ↔ MORNING WORKOUT - FULL BODY WORKOUT [ML] 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 ❤️ OUTING: PICNIC AT MEADLARK BOTANICAL GARDEN [L] 1:00 ❤️ MATINEE: WHO FRAMED ROGER RABBIT [TR] 1:00 🦋 SHABBAT W/ TRS [ML] 2:00 🍷 BINGO W/ BETSY [MP] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]	25 10:00 ↔ SITTERCISE [ML] 10:30 🦋 CATHOLIC PRAYER W/ ST. JOHNS [MP] 12:45 ❤️ MATINEE: LIFE OF PI [TR] 1:00 ↔ PING PONG W/ GLENN [MP] 2:00 ↔ RUMMIKUB W/ GLENN [CR] 3:00 ❤️ ACOUSTIC GUITAR PERFORMANCE [L] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]
26 10:00 ↔ SITTERCISE [ML] 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 12:45 ❤️ MATINEE: RESIDENT PICK! [TR] 1:00 ↔ BALLOON TENNIS [ML] 2:15 🍷 SHOPPING: ALDI (\$) [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER [LIB]	27 9:00 ↔ MORNING WORKOUT - UPPER BODY [ML] 9:30 🍷 SHOPPING: GIANT - MCLEAN (\$) [L] 10:30 🍷 SENIOR SONGSTERS SING ALONG! [L] 1:00 ❤️ MATINEE: RESIDENT PICK! [TR] 1:15 ❤️ OUTING: LOW VISION SUPPORT GROUP [L] 2:00 🍷 BINGO W/ BETSY [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	28 HAPPY BIRTHDAY 9:30 ↔ MORNING WORKOUT - CHAIR YOGA [ML] 10:15 🍷 TREATS & TRIVIA: GRILLED BRUSSEL SPROUTS & JEOPARDY! [L] 1:00 🍷 BRIDGE CLUB [CR] 1:00 🍷 LEARNING SERIES W/ FUNCTIONAL PATHWAYS [ML] 2:15 ↔ DANCE FITNESS W/ LESLEY! [ML] 3:00 🌱 GARDENING CLUB [CY]	29 9:30 ↔ MORNING WORKOUT - FUNCTIONAL FITNESS [ML] 10:30 🍷 CURRENT EVENTS W/ KENT [ML] 12:30 🍷 SHOPPING: BANK & ERRAND RUN (\$) [L] 1:00 ❤️ BINGO W/ BETSY [MP] 3:15 🍷 CULTURE & CUISINE: EL SALVADOR & PUPUSA'S [MP]	<h1>HAPPY SPRING</h1>		

LOCATIONS KEY

- MP - MULTI-PURPOSE ROOM (TERRACE)
- LEC - LIFE ENRICHMENT CENTER (TERRACE)
- TR - THEATER ROOM (TERRACE)
- DR - DINING ROOM (TERRACE)
- DRP - DINING ROOM PATIO (TERRACE)
- FP - FRONT PORCH (MAIN FLOOR)
- L - LOBBY (MAIN FLOOR)
- BL - BACK LOBBY (MAIN FLOOR)
- CR - CARD ROOM (MAIN FLOOR)
- LIB - LIBRARY (SECOND FLOOR)
- ML - MEDIA LOUNGE (SECOND FLOOR)
- PR - PUZZLE LOUNGE (SECOND FLOOR)

Chesterbrook Gift Shop

Resident Gift Shop
Open Tuesdays & Thursdays
1:30 PM - 3:00 PM
 Stop by & Say Hi!
 All Sales Benefit Our
 Resident Care Fund!

BUS SCHEDULE

Medical Appointment
 Transport Available on
Tuesdays & Thursdays
From 8:30 AM - 2:30 PM
 Sign Up At The Front Desk!

WI-FI

Chesterbrook Provides Free
 Internet Access through Wifi!
 Wifi Name:
Chesterbrook Guest
 Wifi Password:
chesterbrook

Shopping Trips on
Monday Mornings (9:30 AM) &
Some Weekend Afternoons
 Outings on
Fridays Mornings (10:15 AM)
 Sign Up Outside Of The Dining Room
 & Keep An Eye On The Dailies!

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