

December 2024 Monthly Calendar










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🔄 SITTERCISE: RESIDENT'S CHOICE [ML] 1</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR]</p> <p>1:00 🔄 PING PONG W/ ADAM! (LAST SESSION) [ML]</p> <p>2:15 🎨 PAINT & SIP W/ KATE & MEGAN! [MP]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>6:00 🦋 CATHOLIC PRAYER W/ ST. JAMES [LIB]</p>	<p>9:30 🔄 MORNIG WORKOUT - UPPER BODY [ML] 2</p> <p>10:30 🎤 SENIOR SONGSTERS SING ALONG! [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR]</p> <p>2:00 🎮 BINGO W/ BETSY! [MP]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>DERMATOLOGY VISITING 3</p> <p>9:30 🔄 CHAIR YOGA W/ MADEIRA INTERNS! [ML]</p> <p>9:30 🔄 STRIDE KICKS CHALLENGE W/ FLO [L]</p> <p>10:15 🏆 CLASSY CLAWS W/ MADEIRA INTERNS [MP]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 🎮 BRIDGE CLUB [CR]</p> <p>2:15 🔄 DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 ❤️ BOOK CLUB W/ SALLY! [MP]</p> <p>5:45 🎨 COSMO'S DOCUSERIES TUESDAYS: EPISODE 2 - ONE VOICE IN THE COSMIC FUGUE [MP]</p>	<p>9:30 🔄 WORKOUT WITH FLO [ML] 4</p> <p>10:30 🎨 CURRENT EVENTS W/ KENT [ML]</p> <p>11:10 🦋 OUTING: MASS AT AT.ANTHONYS [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: A CHRISTMAS STORY [TR]</p> <p>2:00 🎮 BINGO W/ BETSY! [MP]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p>	<p>9:30 MORNIG WORKOUT - LOWER BODY! [ML] 5</p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 🎨 TASTE & TALK: COCONUT MACAROONS & TODAY IN HISTORY [L]</p> <p>1:00 🎮 BRIDGE CLUB [CR]</p> <p>1:30 🎨 CHRISTMAS CRAFTING: CUSTOM STOCKINGS! [L]</p> <p>1:30 🎮 SCRABBLE [PR]</p> <p>2:30 🏆 CHESTERBROOK CHRISTMAS DECORATING!! [L]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>7:30 ❤️ OUTING: FESTIVAL OF LIGHTS RIDE [L]</p>	<p>9:30 🔄 MORNIG WORKOUT - FULL BODY WORKOUT [ML] 6</p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:00 ❤️ NASHVILLE STANDARD PERFORMS [L]</p> <p>10:15 ❤️ OUTING: CINEMATIC SUPPER - WICKED (\$) [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: NATIONAL LAMPOON CHRISTMAS VACATION [TR]</p> <p>1:30 🦋 SHABBAT W/ LIBBY! [ML]</p> <p>2:00 🏆 2025 CALENDAR BONANZA! [BL]</p> <p>2:30 🎨 LOTION / SOAP GIFT MAKING [LEC]</p> <p>5:30 🎮 TECH SUPPORT W/ ADAM! [MP]</p> <p>WICKED </p>	<p>10:00 🔄 SITTERCISE: RESIDENT'S CHOICE [ML] 7</p> <p>10:30 🦋 CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>1:00 ❤️ MATINEE: ELF [TR]</p> <p>2:00 🎮 CHESS CLUB W/ GLENN [CR]</p> <p>3:00 ❤️ CHRISTMAS PIANO RECITAL [L]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p></p>
<p>10:00 🔄 SITTERCISE: RESIDENT'S CHOICE [ML] 8</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 🔄 GARDENING CLUB W/ ADAM [CY]</p> <p>1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR]</p> <p>2:00 🏆 SHOPPING: BURLINGTON / HOMEGOODS (\$) [L]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>6:00 🦋 CATHOLIC PRAYER W/ ST. JAMES [LIB]</p> <p></p>	<p>PODIATRIST VISITING 9</p> <p>9:30 🔄 MORNIG WORKOUT - UPPER BODY [ML]</p> <p>9:30 🏆 SHOPPING: GIANT (\$) [L]</p> <p>10:15 🎨 TASTE & TALK: EGG NOG SAMPLER [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 🎨 POETRY CLUB W/ MADEIRA INTERNS [L]</p> <p>2:00 ❤️ JEWELRY POLISHING AND STORIES [LEC]</p> <p>3:00 🎮 TASTE OF HOME: CHRISTMAS EDITION [MP]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p></p>	<p>9:30 🔄 CHAIR YOGA W/ GALE [ML] 10</p> <p>9:30 🔄 STRIDE KICKS CHALLENGE W/ FLO [L]</p> <p>10:15 🏆 FIVE HILLS GARDEN CLUB VISIT & CRAFT! [MP]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 🎮 BRIDGE CLUB [CR]</p> <p>1:00 🔄 PARKINSON'S SUPPORT GROUP [LEC]</p> <p>2:00 🎨 GET TO KNOW SARAH & KOTTOH CRAFT! [MP]</p> <p>5:45 🎨 COSMO'S DOCUSERIES TUESDAYS: EPISODE 3 - HARMONY OF THE WORLDS [MP]</p>	<p>9:30 🔄 WORKOUT WITH FLO [ML] 11</p> <p>10:30 🎨 CURRENT EVENTS W/ KENT [ML]</p> <p>11:40 ❤️ FLICKS & FORKS: WHITE CHRISTMAS LUNCH EXPERIENCE [MP]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: HOME ALONE [TR]</p> <p>2:30 🎮 BINGO W/ BETSY! [MP]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p>7:30 ❤️ OUTING: FESTIVAL OF LIGHTS RIDE [L]</p> <p></p>	<p>9:30 MORNIG WORKOUT - LOWER BODY! [ML] 12</p> <p>10:00 🦋 CATHOLIC MASS [MP]</p> <p>10:15 🎮 JEOPARDY & PEANUT BUTTER FUDGE [L]</p> <p>1:15 🏆 2025 LIFE ENRICHMENT PREVIEW / PLANNING MEETING [MP]</p> <p>2:00 ❤️ RESIDENT COUNCIL MEETING [MP]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>9:30 🔄 MORNIG WORKOUT - FULL BODY WORKOUT [ML] 13</p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 ❤️ OUTING: VISIT THE HIRSHHORN MUSEUM [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: CHRISTMAS WITH THE KRANKS [TR]</p> <p>1:30 🦋 SHABBAT W/ LIBBY! [ML]</p> <p>2:00 🔄 CHAIR MASSAGE W/ FLO [MP]</p> <p>2:30 🏆 GIFT WRAPPING & CHRISTMAS MOVIES! [MP]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p></p>	<p>10:00 🔄 SITTERCISE: RESIDENT'S CHOICE [ML] 14</p> <p>10:30 🦋 CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>1:00 ❤️ MATINEE: A CHRISTMAS CAROL [TR]</p> <p>2:00 🎮 CHESS CLUB W/ GLENN [CR]</p> <p>3:00 ❤️ CHRISTMAS PIANO RECITAL [L]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p></p>
<p>10:00 🔄 SITTERCISE: RESIDENT'S CHOICE [ML] 15</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 🔄 GARDENING CLUB W/ ADAM [CY]</p> <p>1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR]</p> <p>2:00 🏆 CHRISTMAS CRAFTING: SOCK BUNNIES [MP]</p> <p>2:00 🏆 SHOPPING: DOLLAR TREE (VIENNA) (\$) [L]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>6:00 🦋 CATHOLIC PRAYER W/ ST. JAMES [LIB]</p>	<p>9:30 🔄 MORNIG WORKOUT - UPPER BODY [ML] 16</p> <p>9:30 🏆 SHOPPING: WALMART / TARGET (\$) [L]</p> <p>10:30 🎤 SENIOR SONGSTERS SING ALONG! [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR]</p> <p>2:00 🎮 BINGO W/ BETSY! [LEC]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>BINGO</p>	<p>9:30 🔄 CHAIR YOGA W/ MADEIRA INTERNS! [ML] 17</p> <p>9:30 🔄 STRIDE KICKS CHALLENGE W/ FLO [L]</p> <p>10:15 🎮 JEOPARDY W/ OUR MADEIRA INTERNS [L]</p> <p>12:30 🔄 FITMINDS W/ MADEIRA INTERNS [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 🎮 BRIDGE CLUB [CR]</p> <p>2:15 🔄 DANCE FITNESS W/ LESLEY! [ML]</p> <p>2:30 🎮 DECEMBER BABIES BIRTHDAY PARTY! [MP]</p> <p>5:45 🎨 COSMO'S DOCUSERIES TUESDAYS: EPISODE 4 - HEAVEN & HELL [MP]</p> <p>HAPPY BIRTHDAY</p>	<p>AUDIOLOGIST VISITING 18</p> <p>9:30 🔄 WORKOUT WITH FLO [ML]</p> <p>10:30 🎨 CURRENT EVENTS W/ KENT [ML]</p> <p>11:30 🎮 LUNCH OUTING: RUTHIE'S ALL DAY (\$) [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: THE GRINCH WHO STOLE CHRISTMAS [TR]</p> <p>2:00 🦋 LEWINSVILLE IN PERSON SERVICE [MP]</p> <p>3:00 🎮 BINGO W/ BETSY! [MP]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p>7:30 ❤️ OUTING: FESTIVAL OF LIGHTS RIDE [L]</p>	<p>9:30 MORNIG WORKOUT - LOWER BODY! [ML] 19</p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 🎨 ORNAMENT CRAFT W/ DAVIS CENTER! [MP]</p> <p>12:30 🏆 CLASSY CLAWS & GOODBYE TO MADEIRA INTERNS [MP]</p> <p>1:00 🎮 BRIDGE CLUB [CR]</p> <p>1:30 🎮 SCRABBLE [PR]</p> <p>2:30 🔄 SEWING TEDDY BEARS W/ LONGFELLOW MIDDLE [MP]</p> <p>3:30 🏆 CHRISTMAS SONGS & CAROLING [L]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>7:00 🎮 BINGO CHANUKAH PARTY W/ TRS STUDENTS! [L]</p> <p></p>	<p>9:30 🔄 MORNIG WORKOUT - FULL BODY WORKOUT [ML] 20</p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 ❤️ JEOPARDY & HOT CHOCOLATE! [L]</p> <p>12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ❤️ MATINEE: THE POLAR EXPRESS [TR]</p> <p>1:30 🦋 SHABBAT W/ LIBBY! [ML]</p> <p>2:00 🎮 CHESTERBROOK CHRISTMAS PARTY! [L]</p> <p>5:30 🏆 TECH SUPPORT W/ ADAM! [MP]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p></p>	<p>10:00 🔄 SITTERCISE: RESIDENT'S CHOICE [ML] 21</p> <p>10:30 🦋 CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>1:00 ❤️ MATINEE: A MUPPET CHRISTMAS CAROL [TR]</p> <p>1:15 ❤️ OUTING: SCENIC RIDE - MCLEAN (50 MIN) [L]</p> <p>3:00 🎮 FITMINDS W/ GLENN [BL]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p>

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

December 2024 Monthly Calendar

created with Sugar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
22 10:00 ↔ SITTERCISE: RESIDENT'S CHOICE [ML] 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR] 1:00 ↔ TECH SUPPORT W/ ADAM BHATTI [CR] 1:30 🎲 CHESS CLUB W/ GLENN [CR] 2:30 📺 SELF-CARE SOCIAL W/ THE TEAM [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER W/ ST. JAMES [LIB]	23 9:30 ↔ MORNING WORKOUT - UPPER BODY [ML] 9:30 📺 SHOPPING: GIANT (\$) [L] 10:15 🎲 JEOPARDY & EGG NOG! [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR] 2:00 ↔ CHAIR MASSAGE W/ FLO [ML] 2:00 🎲 CHRISTMAS BINGO W/ BETSY! [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 	24 CHRISTMAS EVE! 9:30 ↔ CHAIR YOGA W/ GALE [ML] 9:30 ↔ STRIDE KICKS CHALLENGE W/ FLO [L] 10:15 🎲 TASTE & TALK: PEPPERMINT BARK & HOT CHOCOLATE [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 🎲 BRIDGE CLUB [CR] 1:00 ↔ FITMINDS W/ LINSEY [L] 2:00 🎲 BAKING COOKIES FOR CHRISTMAS [LEC] 5:45 🎲 COSMO'S DOCUSERIES TUESDAYS: EPISODE 5 - BLUES FOR A RED PLANET [MP] 	25 FIRST NIGHT OF HANUKKAH! MERRY CHRISTMAS!! 11:00 🎲 CHRISTMAS DINNER AT CHESTERBROOK [DR] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 2:00 ❤️ MATINEE: WHITE CHRISTMAS [ML] 5:30 ❤️ HANUKKAH LIGHTING W/ VOLUNTEERS! [L]  	26 SECOND NIGHT OF HANUKKAH! 9:30 MORNING WORKOUT - LOWER BODY! [ML] 10:00 🦋 CATHOLIC MASS [MP] 10:15 🎲 WHO AM I - TRIVIA GUESSING [L] 1:00 🎲 BRIDGE CLUB [CR] 1:30 🎲 SCRABBLE [PR] 2:00 ↔ SIPS & SPIRITS: HOT TODDY'S HAPPY HOUR [L] 3:00 ❤️ CHESTERBROOK OPEN MIC SESSION [L] 5:30 ❤️ HANUKKAH LIGHTING W/ VOLUNTEERS! [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	27 THIRD NIGHT OF HANUKKAH! 9:30 ↔ MORNING WORKOUT - FULL BODY WORKOUT [ML] 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 🎲 OUTING: VISIT WOMEN'S MILITARY MEMORIAL [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: MEET ME AT ST. LOUIS [TR] 2:00 🎲 BINGO W/ BETSY! [MP] 5:30 ❤️ HANUKKAH LIGHTING W/ VOLUNTEERS! [L] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]	28 FOURTH NIGHT OF HANUKKAH! 10:00 ↔ SITTERCISE: RESIDENT'S CHOICE [ML] 10:30 🦋 CATHOLIC PRAYER W/ ST. JOHNS [MP] 1:00 ❤️ MATINEE: BIG [TR] 2:00 📺 SHOPPING: GIANT (\$) [L] 5:30 ❤️ HANUKKAH LIGHTING W/ VOLUNTEERS! [L] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]		
29 FIFTH NIGHT OF HANUKKAH! 10:00 ↔ SITTERCISE: RESIDENT'S CHOICE [ML] 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR] 1:00 ↔ TECH SUPPORT W/ ADAM BHATTI [CR] 1:15 🎲 CHESS CLUB W/ GLENN [CR] 2:30 🎲 PAINT & SIP: OPEN STUDIO TIME [MP] 5:30 ❤️ HANUKKAH LIGHTING W/ VOLUNTEERS! [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER W/ ST. JAMES [LIB] 	30 SIXTH NIGHT OF HANUKKAH! 9:30 ↔ MORNING WORKOUT - UPPER BODY [ML] 9:30 📺 SHOPPING: LIDL (\$) [L] 10:30 🎲 SENIOR SONGSTERS SING ALONG! [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR] 1:00 ❤️ UNCORKED: WINE & PAIRING CLASS [ML] 2:00 🎲 BINGO W/ BETSY! [MP] 5:30 ❤️ HANUKKAH LIGHTING W/ VOLUNTEERS! [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 	31 NEW YEARS EVE! SEVENTH NIGHT OF HANUKKAH! 9:30 ↔ MORNING WORKOUT - CHAIR YOGA! [ML] 9:30 ↔ STRIDE KICKS CHALLENGE W/ FLO [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 🎲 BRIDGE CLUB [CR] 1:00 ↔ FITMINDS W/ LINSEY [L] 2:30 🎲 CHESTERBROOK NEW YEARS EVE PARTY! [MP] 5:30 ❤️ HANUKKAH LIGHTING W/ VOLUNTEERS! [L] 5:45 🎲 COSMO'S DOCUSERIES TUESDAYS: EPISODE 6 - TRAVELLERS' TALES [MP]	 703.531.0781			Resident Birthdays Glenda R. 12/2 Joseph K. 12/14 Nancy O. 12/28 Georgianne E. 12/30		



- 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)




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



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!



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



Chesterbrook Provides Free Internet Access through Wifi!
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