

# February 2025 Monthly Calendar



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



703.531.0781

### Resident Birthdays

Susy J.	2/1
Jane H.	2/4
Joan P.	2/9
Walter L.	2/25
Chester D.	2/27
Ann L.	2/28



<p><b>GROUNDHOG DAY!</b> <b>2</b></p> <p>10:00 🚗 SITTERCISE: RESIDENT'S CHOICE [ML]</p> <p>11:00 ❤️ LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 ❤️ MATINEE: GROUNDHOG DAY [TR]</p> <p>2:00 🎨 PAINT &amp; SIP: OPEN STUDIO [MP]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p>6:00 🦋 CATHOLIC PRAYER [ML]</p> <p>7:30 🛒 UPCOMING - SHOPPING TRIP</p>	<p><b>3</b></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'S PICK! [TR]</p> <p>2:00 🎮 BINGO W/ BETSY! [MP]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> 	<p><b>4</b></p> <p><b>DERMATOLOGIST VISITING</b></p> <p>9:30 🚗 MORNING WORKOUT - CHAIR YOGA! [ML]</p> <p>10:15 🎨 FIVE HILL GARDEN CLUB CRAFT [MP]</p> <p>1:00 🎮 BRIDGE CLUB [CR]</p> <p>1:00 🚗 FITMINDS W/ LINSEY [L]</p> <p>2:15 🚗 DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 ❤️ LITERARY ADVENTURES W/ SALLY! [ML]</p> <p>5:45 🎨 COSMO'S DOCUSERIES TUESDAYS: EPISODE X -THE EDGE OF FOREVER [TR]</p> 	<p><b>5</b></p> <p>9:30 🚗 WALKING WEDNESDAYS W/ BEZA! [ML]</p> <p>10:30 🎮 CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 ❤️ MATINEE: DON'T LOOK BACK [TR]</p> <p>2:00 🎮 BINGO W/ BETSY! [MP]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> 	<p><b>6</b></p> <p>9:30 MORNING WORKOUT - LOWER BODY! [ML]</p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 🎨 TREATS &amp; TRIVIA: STAR FRUIT &amp; JEOPARDY [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><b>7</b></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 &amp; HOT TEA - GREAT FALLS [L]</p> <p>1:00 ❤️ MATINEE: CAST AWAY [TR]</p> <p>1:00 🦋 SHABBAT W/ LIBBY! [ML]</p> <p>2:00 🛒 CLASSY CLAWS: MANICURES [MP]</p> <p>5:30 🛒 TECH SUPPORT W/ ADAM [ML]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p><b>8</b></p> <p>10:00 🚗 SITTERCISE: RESIDENT'S CHOICE [ML]</p> <p>10:30 🦋 CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>12:45 ❤️ MATINEE: TINA [TR]</p> <p>1:00 🎮 CHESS CLUB W/ GLENN [CR]</p> <p>2:30 🎮 FITMINDS W/ GLENN [BL]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p>
<p><b>9</b></p> <p>10:00 🚗 SITTERCISE: RESIDENT'S CHOICE [ML]</p> <p>11:00 ❤️ LEWINSVILLE LIVE STREAM [TR]</p> <p>12:45 ❤️ MATINEE: RESIDENT PICK! [LEC]</p> <p>1:00 🚗 PING PONG W/ GLENN [MP]</p> <p>2:30 🎮 FITMINDS W/ GLENN [BL]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>6:00 🦋 CATHOLIC PRAYER [ML]</p> <p>6:15 🎮 SUPERBOWL PARTY! [ML]</p> 	<p><b>10</b></p> <p>9:00 🚗 MORNING WORKOUT - UPPER BODY [ML]</p> <p>9:30 🛒 SHOPPING: GIANT (\$) [L]</p> <p>10:30 🎨 SENIOR SONGSTERS SING ALONG! [L]</p> <p>1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR]</p> <p>2:00 🎨 VALENTINE DECOR CRAFTING WITH LOYE! [MP]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> 	<p><b>11</b></p> <p>9:30 🚗 MORNING WORKOUT - CHAIR YOGA! [ML]</p> <p>10:15 🎨 TREATS &amp; TRIVIA: WHO AM I &amp; AVOCADO TOAST [ML]</p> <p>1:00 🎮 BRIDGE CLUB [CR]</p> <p>1:00 🎨 CRAFT FAIR CREATIONS [MP]</p> <p>3:00 🎮 GALENTINES DAY TEA PARTY [MP]</p> <p>5:45 🎨 COSMO'S DOCUSERIES TUESDAYS: EPISODE XI -THE PERSISTENCE OF MEMORY [TR]</p> 	<p><b>12</b></p> <p><b>MADEIRA INTERNS ARE BACK!</b></p> <p>9:00 🚗 WORKOUT W/ VOLUNTEER FLO! [ML]</p> <p>10:30 🎮 CURRENT EVENTS W/ KENT [ML]</p> <p>11:30 🎮 LUNCH OUTING: MCLEAN FAMILY RESTAURANT [L]</p> <p>1:00 ❤️ MATINEE: TITANIC [TR]</p> <p>1:30 🎮 VALENTINES BINGO W/ BETSY! [MP]</p> <p>3:00 🛒 JEWELRY POLISHING &amp; STORIES [LEC]</p> <p>5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]</p> <p><b>BINGO</b></p>	<p><b>13</b></p> <p>9:30 MORNING WORKOUT - LOWER BODY! [ML]</p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 🛒 SHOPPING: TJ MAXX &amp; PANERA (\$) [L]</p> <p>10:15 🎨 TASTE &amp; TALK: BLACK HISTORY MONTH &amp; CRAB RANGOONS [L]</p> <p>1:15 ❤️ FOOD FOR THOUGHT: MEET WITH FOOD SERVICE DIRECTOR LLOYD [MP]</p> <p>2:00 ❤️ RESIDENT COUNCIL MEETING [MP]</p>	<p><b>14</b></p> <p><b>HAPPY VALENTINE'S DAY!</b></p> <p>9:30 🚗 MORNING WORKOUT - FULL BODY WORKOUT [ML]</p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 🎨 POTOMAC SCHOOL VISITS &amp; CRAFTS! [MP]</p> <p>11:00 🎮 LUNCH &amp; VALENTINE DELIVERY FROM AARP VOLUNTEERS [DR]</p> <p>1:00 ❤️ MATINEE: THE DARK KNIGHT [TR]</p> <p>1:00 🦋 SHABBAT W/ LIBBY! [ML]</p> <p>2:30 🎮 LOVE BUG SOCIAL! [L]</p> <p>5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> 	<p><b>15</b></p> <p>10:00 🚗 SITTERCISE: RESIDENT'S CHOICE [ML]</p> <p>10:30 🦋 CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>10:30 🦋 OUTING: SHABBAT AT TRS [L]</p> <p>12:45 ❤️ MATINEE: SPLASH [TR]</p> <p>1:00 🎮 CHESS CLUB W/ GLENN [CR]</p> <p>2:15 🛒 SHOPPING: GIANT (\$) [L]</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.

# February 2025 Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 ↔ SITTERCISE: RESIDENT'S CHOICE [ML] <b>16</b></p> <p>11:00 ♥ LEWINSVILLE LIVE STREAM [TR]</p> <p>12:45 ♥ MATINEE: RESIDENT PICK! [LEC]</p> <p>1:00 ♣ CHESS CLUB W/ GLENN [CR]</p> <p>1:30 ♥ OUTING: PLAY IN ARLINGTON (\$) [L]</p> <p>3:00 ♣ COLORING CLUB! [BL]</p> <p>5:45 AFTER DINNER FLICK: RESIDENT PICK!</p> <p>6:00 🦋 CATHOLIC PRAYER [ML]</p>	<p><b>Presidents' Day 17</b></p> <p>9:00 ↔ MORNING WORKOUT - UPPER BODY [ML]</p> <p>9:30 🇺🇸 SHOPPING: UNIQUE THRIFT &amp; LUNCH AT CHICKFILA (\$) [L]</p> <p>10:30 ♥ SENIOR SONGSTERS SING ALONG! [L]</p> <p>12:30 🇺🇸 TEA &amp; TALK: MEET OUR MADEIRA INTERNS! [L]</p> <p>1:00 ♥ MATINEE: RESIDENT'S PICK! [TR]</p> <p>2:00 ♥ FLICKS &amp; FORKS: WICKED (2024) [MP]</p> <p>2:30 ♣ CRAFT FAIR CREATIONS [ML]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>9:30 ↔ MORNING WORKOUT - CHAIR YOGA! [ML] <b>18</b></p> <p>10:15 ♣ TREATS &amp; TRIVIA: FRESH BERRIES &amp; TRIVIA [L]</p> <p>12:45 ↔ FITMINDS W/ MADEIRA INTERNS [BL]</p> <p>1:00 🇺🇸 BRIDGE CLUB [CR]</p> <p>2:15 ↔ DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 🇺🇸 FEBRUARY BABIES BIRTHDAY PARTY W/ DAVID! [MP]</p> <p>5:45 ♣ COSMO'S DOCUSERIES TUESDAYS: EPISODE XII -ENCYCLOPEDIA GALATICA [TR]</p>	<p>9:30 ↔ WALKING WEDNESDAYS W/ BEZA! [ML] <b>19</b></p> <p>10:30 🇺🇸 CURRENT EVENTS W/ KENT [ML]</p> <p>12:30 🇺🇸 SHOPPING: BANK &amp; ERRAND RUN (\$) [L]</p> <p>1:00 ♥ MATINEE: SISTER ACT [TR]</p> <p>1:00 ↔ PING PONG W/ MADEIRA INTERNS [ML]</p> <p>2:00 🦋 LEWINSVILLE IN PERSON SERVICE [MP]</p> <p>3:00 ♣ SIPS &amp; SPIRITS: KAHLUA COCKTAILS [ML]</p> <p>5:45 ♥ AFTER DINNER MOVIE ENCORE [TR]</p>	<p>9:30 MORNING WORKOUT - LOWER BODY! [ML] <b>20</b></p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 ♣ TREATS &amp; TRIVIA: SWEET POTATO FRIES &amp; JEOPARDY! [L]</p> <p>12:30 ♣ TECH SUPPORT W/ MADEIRA INTERNS [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>9:30 ↔ MORNING WORKOUT - FULL BODY WORKOUT [ML] <b>21</b></p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 ♥ OUTING: AFRICAN AMERICAN MUSEUM [L]</p> <p>1:00 ♥ MATINEE: A REAL PAIN [TR]</p> <p>1:00 🦋 SHABBAT W/ LIBBY! [LIB]</p> <p>2:00 ↔ BALLOON TENNIS W/ BEZA! [ML]</p> <p>3:00 ♣ FONDANT FUN W/ BREMDA! [MP]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>10:00 ↔ SITTERCISE: RESIDENT'S CHOICE [ML] <b>22</b></p> <p>10:30 🦋 CATHOLIC PRAYER W/ ST.JOHN'S [MP]</p> <p>12:30 ♥ OUTING: MUSICAL AT MADEIRA SCHOOL - HADESTOWN [L]</p> <p>1:00 ♥ MATINEE: THE MUMMY [TR]</p> <p>2:00 ♣ OPEN ART STUDIO TIME [MP]</p> <p>5:45 ♥ AFTER DINNER MOVIE ENCORE [TR]</p>
<p>10:00 ↔ SITTERCISE: RESIDENT'S CHOICE [ML] <b>23</b></p> <p>11:00 ♥ LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 ♥ MATINEE: RESIDENT PICK! [LEC]</p> <p>1:30 ♣ CHESS CLUB W/ GLENN [CR]</p> <p>3:00 ♥ ADRIENNE CLEARY PIANIST PERFORMS [L]</p> <p>5:45 AFTER DINNER FLICK: RESIDENT PICK!</p> <p>6:00 🦋 CATHOLIC PRAYER [ML]</p>	<p><b>24</b></p> <p>9:00 ↔ MORNING WORKOUT - UPPER BODY [ML]</p> <p>9:30 🇺🇸 SHOPPING: DOLLAR TREE (\$) [L]</p> <p>10:30 ♣ SENIOR SONGSTERS SING ALONG! [L]</p> <p>1:00 🇺🇸 BINGO W/ BETSY! [MP]</p> <p>1:00 ♥ MATINEE: RESIDENT'S PICK! [TR]</p> <p>1:15 🇺🇸 OUTING: LOW VISION SUPPORT GROUP [L]</p> <p>3:00 ♥ MUSIC THERAPY W/ MELANIE [LEC]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>9:30 ↔ MORNING WORKOUT - CHAIR YOGA! [ML] <b>25</b></p> <p>10:15 ♣ TREATS &amp; TRIVIA: CHERRY PIE &amp; BLACK HISTORY MONTH JEOPARDY [ML]</p> <p>12:45 ↔ FITMINDS W/ MADEIRA INTERNS [BL]</p> <p>1:00 🇺🇸 BRIDGE CLUB [CR]</p> <p>2:00 🇺🇸 BINGO W/ BETSY! [MP]</p> <p>5:45 ♣ COSMO'S DOCUSERIES TUESDAYS: EPISODE XIII -WHO SPEAKS FOR EARTH? [TR]</p>	<p>9:00 ↔ WALK &amp; TALK W/ FLO! [ML] <b>26</b></p> <p>10:30 🇺🇸 CURRENT EVENTS W/ KENT [ML]</p> <p>11:10 🦋 OUTING: MASS AT ST.ANTHONY'S [L]</p> <p>12:45 ♣ CRAFT FAIR CREATIONS [MP]</p> <p>1:00 ♥ MATINEE: THE BEE GEES: HOW CAN YOU MEND A BROKEN HEART [TR]</p> <p>3:00 ♣ UNCORKED: WINE CLASS &amp; PAIRING W/ BREMDA [ML]</p> <p>5:45 ♥ AFTER DINNER MOVIE ENCORE [TR]</p>	<p><b>AUDIOLOGIST VISITING 27</b></p> <p>9:30 MORNING WORKOUT - LOWER BODY! [ML]</p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 ↔ BALLOON TENNIS W/ MADEIRA INTERNS [ML]</p> <p>12:30 ♣ FITMINDS W/ MADEIRA INTERNS [BL]</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] <b>28</b></p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 ♥ OUTING: SCENIC RIDE - DC [L]</p> <p>1:00 ♥ MATINEE: THE UNITED STATES VS. BILLIE HOLIDAY [TR]</p> <p>1:00 🦋 SHABBAT [ML]</p> <p>2:30 ♥ CULTURE &amp; CUISINE: ETHIOPIAN COFFEE CEREMONY WITH OUR NURSING TEAM [DR]</p> <p>5:30 🇺🇸 TECH SUPPORT W/ ADAM! [ML]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	

### BUS SCHEDULE

- 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!

### 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!

### WI-FI

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

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