












703.531.0781

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Resident Birthdays</b> Delphine N. 1/2 Richard N. 1/3 Harold B. 1/9 William "Bill" C. 1/13 Suwimon C. 1/13 Barbara B. 1/16 Gertrude M. 1/21 Barbara H. 1/21 Larry (Ken) M. 1/25 Mary M. 1/28 Sarah H. 1/29		<b>FINAL NIGHT OF HANUKKAH!</b> 1 <b>NEW YEARS DAY!</b> 9:30 🏃 WORKOUT WITH FLO [ML] 10:00 🎭 MATHEW MELVIN PERFORMS [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: KEY LARGO [TR] 2:00 🎲 BINGO W/ BEZA! [MP] 5:30 ❤️ HANUKKAH LIGHTING W/ LIBBY! [L] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [L]	9:30 <b>MORNING WORKOUT - LOWER BODY!</b> [ML] 2 10:00 🦋 CATHOLIC PRAYER [MP] 10:15 🎲 GIANT CROSSWORD W/ BEZA [ML] 1:00 🎲 BRIDGE CLUB [CR] 1:30 🛍️ OUR GIFT SHOP IS OPEN! 1:30 - 3:00 PM! 1:30 🎲 SCRABBLE [PR] 2:00 🖐️ CLASSY CLAWS MANICURES [MP] 	<b>PODIATRIST VISITING</b> 3 9:30 🏃 MORNING WORKOUT - FULL BODY WORKOUT [ML] 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 ❤️ OUTING: SCENIC RIDE & HOT COCOA (FALL CHURCH) [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: THREE MEN & A BABY [TR] 1:30 🦋 SHABBAT W/ LIBBY! [ML] 2:30 🎲 BINGO W/ BEZA! [MP] 5:30 🖐️ TECH SUPPORT W/ ADAM! [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	10:00 🏃 SITTERCISE: RESIDENT'S CHOICE [ML] 4 10:30 🦋 CATHOLIC PRAYER W/ ST. JOHNS [MP] 12:45 ❤️ MATINEE: HONEY I SHRUNK THE KIDS [TR] 1:00 🎲 CHESS CLUB W/ GLENN [CR] 2:15 🛍️ SHOPPING: TARGET (\$) [L] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]
9:30 🏃 SITTERCISE: RESIDENT'S CHOICE [ML] 5 10:15 🎲 JANUARY SING ALONG LED BY TRS [L] 11:00 ❤️ LEWINSVILLE LIVE STREAM [TR] 1:00 ❤️ MATINEE: RESIDENT PICK! [LEC] 2:00 🎲 FLOWER ARRANGING W/ KATE & MEGAN! [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 	9:00 🏃 MORNING WORKOUT - UPPER BODY [ML] 6 9:30 🛍️ SHOPPING: GIANT (\$) [L] 10:15 🎲 TASTE & TALK: CREAM PUFF & TODAY IN HISTORY [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 🎲 FITMINDS W/ BEZA [L] 1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR] 2:00 🎲 BINGO W/ BETSY! [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	<b>DERMATOLOGIST VISITING</b> 7 9:30 🏃 MORNING WORKOUT - CHAIR YOGA! [ML] 9:30 🏃 STRIDE KICKS CHALLENGE W/ FLO [L] 10:15 🎲 TASTE & TALK: JEOPARDY & APRICOTS [ML] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 🎲 BRIDGE CLUB [CR] 1:00 🏃 FITMINDS W/ LINSEY [L] 2:15 🏃 DANCE FITNESS W/ LESLEY! [ML] 3:00 🎲 UNCORKED: WINE PAIRING & TASTING [ML] 5:45 🎲 COSMO'S DOCUSERIES TUESDAYS: EPISODE 6 - TRAVELLERS' TALES [MP] 	9:30 🏃 WORKOUT WITH FLO [ML] 8 10:30 🎲 CURRENT EVENTS W/ KENT [ML] 11:15 🎲 OUTING: MASS AT ST. ANTHONYS [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: CLASH OF THE TITANS [TR] 2:00 🛍️ SHOPPING: BANK & ERRAND RUN [L] 3:00 🎲 WELCOMING COMMITTEE [L] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [L]	<b>AUDIOLOGIST VISITING</b> 9 9:30 MORNING WORKOUT - LOWER BODY! [ML] 9 10:00 🦋 CATHOLIC MASS [MP] 10:15 🎲 TREATS & TRIVIA: WHO AM I? [L] 1:00 🎲 BRIDGE CLUB [CR] 1:15 ❤️ FOOD FOR THOUGHT: MEET WITH FOOD SERVICE DIRECTOR LLOYD [MP] 2:00 ❤️ RESIDENT COUNCIL MEETING [MP]	9:30 🏃 MORNING WORKOUT - FULL BODY WORKOUT [ML] 10 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 🎲 OUTING: PRINTING & ENGRAVING MUSEUM [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: SUPERMAN THE CHRISOPHER REEVE STORY [TR] 1:30 🦋 SHABBAT W/ LIBBY! [ML] 2:30 🎲 BINGO W/ BETSY! [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	10:00 🏃 SITTERCISE: RESIDENT'S CHOICE [ML] 11 10:30 🦋 CATHOLIC PRAYER W/ ST. JOHNS [MP] 12:45 ❤️ MATINEE: THE INTOUCHABLES [TR] 1:00 🎲 CHESS CLUB W/ GLENN [CR] 2:30 🎲 FITMINDS WITH GLENN! [L] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR] 
10:00 🏃 SITTERCISE: RESIDENT'S CHOICE [ML] 12 11:00 ❤️ LEWINSVILLE LIVE STREAM [TR] 1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR] 1:00 🏃 PING PONG W/ ADAM [ML] 2:00 🎲 PAINT & SIP OPEN STUDIO TIME [MP] 2:00 🛍️ SHOPPING: TJMAXX / LIDL (\$) [L] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	9:00 🏃 MORNING WORKOUT - UPPER BODY [ML] 13 9:30 🛍️ SHOPPING: WALMART (\$) [L] 10:30 🎲 SENIOR SONGSTERS SING ALONG! [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: RESIDENT'S PICK! [TR] 2:00 🎲 BINGO W/ BETSY! [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 	9:30 🏃 MORNING WORKOUT - CHAIR YOGA! [ML] 14 9:30 🏃 STRIDE KICKS CHALLENGE W/ FLO [L] 10:15 🎲 JEOPARDY W/ CARLA [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 🎲 BRIDGE CLUB [CR] 1:00 🏃 FITMINDS W/ LINSEY [L] 2:00 🎲 TASTE & TALK: CHEESE LOVERS SAMPLER [L] 3:00 ADRIENNE CLEARY (PIANIST PERFORMS) [L] 5:45 🎲 COSMO'S DOCUSERIES TUESDAYS: EPISODE 7 - THE BACKBONE OF NIGHT [MP]	9:30 🏃 WORKOUT WITH FLO [ML] 15 10:30 🎲 CURRENT EVENTS W/ KENT [ML] 11:30 🎲 OUTING: LUNCH AT VIENNA INN (\$) [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: THE QUICK & THE DEAD [TR] 2:00 🦋 LEWINSVILLE IN PERSON SERVICE [MP] 3:15 ❤️ POWERBACK BAKE OFF [TR] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [L] 	9:30 MORNING WORKOUT - LOWER BODY! [ML] 16 10:00 🦋 CATHOLIC PRAYER [MP] 10:15 🎲 CROSSWORD W/ CARLA [L] 1:00 🎲 BRIDGE CLUB [CR] 1:30 🎲 SCRABBLE [PR] 2:00 🎲 BINGO W/ BETSY! [MP] 2:30 🛍️ TEDDY BEAR CRAFT AT LONGFELLOW MIDDLE [L] 	9:30 🏃 MORNING WORKOUT - FULL BODY WORKOUT [ML] 17 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 🎲 OUTING: NATIONAL GALLERY OF ART [L] 12:30 ❤️ RESIDENT LED CATHOLIC PRAYER [LIB] 1:00 ❤️ MATINEE: COW COUNTRY [TR] 1:30 🦋 SHABBAT W/ LIBBY! [ML] 2:00 🛍️ JEWELRY POLISHING & STORIES [MP] 3:00 🎲 SIPS & SPIRITS: HOT BUTTERED RUM [MP] 5:30 🛍️ TECH SUPPORT W/ ADAM! [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 	10:00 🏃 SITTERCISE: RESIDENT'S CHOICE [ML] 18 10:30 🦋 CATHOLIC PRAYER W/ ST. JOHNS [MP] 1:00 ❤️ MATINEE: THE GREATEST SHOWMAN [TR] 2:00 🛍️ SHOPPING: GIANT (\$) [L] 5:45 ❤️ AFTER DINNER MOVIE ENCORE [TR]



# January 2025 Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 ↔ SITTEERCISE: RESIDENT'S CHOICE [ML] <b>19</b></p> <p>11:00 ♥ LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 ♥ MATINEE: RESIDENT PICK! [LEC]</p> <p>1:00 ↔ PING PONG W/ ADAM [ML]</p> <p>2:00 ♡ SELF CARE SOCIAL [ML]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p><b>MARTIN LUTHER KING DAY 20</b></p> <p>9:00 ↔ MORNING WORKOUT - UPPER BODY [ML]</p> <p>9:30 🚩 SHOPPING: DOLLAR TREE (\$) [L]</p> <p>10:15 🚩 TOMORROW'S LUNCH [LEC]</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>9:30 ↔ MORNING WORKOUT - CHAIR YOGA! [ML] <b>21</b></p> <p>9:30 ↔ STRIDE KICKS CHALLENGE W/ FLO [L]</p> <p>10:15 ♣ TREATS &amp; TRIVIA: JEOPARDY &amp; FRESH SQUEEZED JUICE [L]</p> <p>12:30 ♥ RESIDENT LED CATHOLIC PRAYER [LIB]</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 ♡ FLAVOR TRIPPING W/ CARLA [MP]</p> <p>5:45 ♣ COSMO'S DOCUSERIES TUESDAYS: EPISODE 8 - JOURNEYS IN SPACE &amp; TIME [MP]</p>	<p>9:30 ↔ WORKOUT WITH FLO [ML] <b>22</b></p> <p>10:30 🐾 CURRENT EVENTS W/ KENT [ML]</p> <p>12:30 ♥ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ♥ MATINEE: THE GREAT HEISMAN RACE OF 1997 [TR]</p> <p>2:00 🐾 BINGO W/ BETSY! [MP]</p> <p>5:45 ♥ AFTER DINNER MOVIE ENCORE [L]</p>	<p>9:30 MORNING WORKOUT - LOWER BODY! [ML] <b>23</b></p> <p>10:00 🦋 CATHOLIC MASS [MP]</p> <p>10:15 ♣ TREATS &amp; TRIVIA: RHUBARB PIE &amp; JANUARY TRIVIA [L]</p> <p>1:00 🐾 BRIDGE CLUB [CR]</p> <p>1:30 🐾 SCRABBLE [PR]</p> <p>2:00 🚩 CLASSY CLAWS: MANICURES [MP]</p>	<p>9:30 ↔ MORNING WORKOUT - FULL BODY WORKOUT [ML] <b>24</b></p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 ♥ OUTING: AFRICAN AMERICAN HISTORY MUSEUM [L]</p> <p>12:30 ♥ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ♥ MATINEE: DIE HARD [TR]</p> <p>1:30 🦋 SHABBAT W/ LIBBY! [ML]</p> <p>2:00 ♣ FIT MINDS W/ BEZA [L]</p> <p>3:00 ♥ THE ACCORDIAN MAN PERFORMS! [L]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p> <p>6:00 ♥ SHABBAT AT TRS [L]</p>	<p>10:00 ↔ SITTEERCISE: RESIDENT'S CHOICE [ML] <b>25</b></p> <p>10:30 🦋 CATHOLIC PRAYER W/ ST. JOHNS [MP]</p> <p>1:00 ♥ MATINEE: CASABLANCA [TR]</p> <p>2:00 🐾 CUSTOM KEYCHAIN CRAFT W/ CARLA [MP]</p> <p>5:45 ♥ AFTER DINNER MOVIE ENCORE [TR]</p>
<p>10:00 ↔ SITTEERCISE: RESIDENT'S CHOICE [ML] <b>26</b></p> <p>11:00 ♥ LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 ♥ MATINEE: RESIDENT PICK! [LEC]</p> <p>1:00 ♥ MATINEE: RESIDENT'S PICK! [TR]</p> <p>1:00 ↔ PING PONG W/ ADAM [ML]</p> <p>2:00 🚩 CRAFT W/ MEGAN &amp; KATE! [MP]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>9:00 ↔ MORNING WORKOUT - UPPER BODY [ML] <b>27</b></p> <p>9:30 🚩 SHOPPING: GIANT (\$) [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>1:15 🐾 OUTING: LOW VISION SUPPORT GROUP [L]</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] <b>28</b></p> <p>9:30 ↔ STRIDE KICKS CHALLENGE W/ FLO [L]</p> <p>10:15 🐾 LUNAR NEW YEAR CELEBRATION W/ ANNIE! [L]</p> <p>12:30 ♥ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 🐾 BRIDGE CLUB [CR]</p> <p>1:00 ↔ FITMINDS W/ LINSEY [L]</p> <p>2:00 🐾 WELCOMING COMMITTEE [L]</p> <p>3:30 🐾 JANUARY BABIES BDAY W/ BOB CLARK! [MP]</p> <p>5:45 ♣ COSMO'S DOCUSERIES TUESDAYS: EPISODE 9 - THE LIVES OF THE STARS [MP]</p> <p>HAPPY BIRTHDAY</p>	<p>9:30 ↔ WORKOUT WITH FLO [ML] <b>29</b></p> <p>10:30 🐾 CURRENT EVENTS W/ KENT [ML]</p> <p>12:30 ♥ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ♥ MATINEE: INVICTUS [TR]</p> <p>2:00 🐾 BINGO W/ BETSY! [MP]</p> <p>5:45 ♥ AFTER DINNER MOVIE ENCORE [L]</p>	<p>9:30 MORNING WORKOUT - LOWER BODY! [ML] <b>30</b></p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 ♣ CROSSWORD W/ CARLA [L]</p> <p>1:00 🐾 BRIDGE CLUB [CR]</p> <p>1:30 🐾 SCRABBLE [PR]</p> <p>2:00 🐾 ACTIVITIES PLANNING MEETING [L]</p> <p>3:00 🐾 POWERBACK PARTY [MP]</p>	<p>9:30 ↔ MORNING WORKOUT - FULL BODY WORKOUT [ML] <b>31</b></p> <p>10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR]</p> <p>10:15 ♣ OUTING: VISIT AIR &amp; SPACE MUSEUM [L]</p> <p>12:30 ♥ RESIDENT LED CATHOLIC PRAYER [LIB]</p> <p>1:00 ♥ MATINEE: RESIDENT PICK! [TR]</p> <p>1:30 🦋 SHABBAT W/ LIBBY! [ML]</p> <p>2:30 🐾 BINGO W/ BETSY! [MP]</p> <p>5:30 🚩 TECH SUPPORT W/ ADAM! [MP]</p> <p>5:45 ♥ AFTER DINNER FLICK: RESIDENT PICK! [TR]</p>	<p>Warm &amp; Cozy</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**

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