














Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Resident Birthdays</b></p> <p>Debbie C. 5/5 Deane R. 5/11 Walter R. 5/18 Daniel B. 5/20 Virginia H. 5/22 Timothy S. 5/23 Bill H. 5/26 Thomas S. 5/28 Erika B. 5/28</p> <p> 703.531.0781</p>			<p>9:30 🏃 WORKOUT WITH FLO [ML] <b>1</b></p> <p>10:30 📅 CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 📅 TASTE &amp; TALK: CHOCOLATE PARFAIT DAY &amp; WHO AM I? [L]</p> <p>1:15 ❤️ MATINEE: LEGALLY BLONDE [TR]</p> <p>2:30 📅 FITMINDS WITH LINSEY [CR]</p>	<p>9:30 🏃 EXERCISE WITH CARLA! [ML] <b>2</b></p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:15 📅 TEA &amp; TRIVIA WITH OUR MADEIRA INTERNS [L]</p> <p>1:00 📅 BRIDGE CLUB [CR]</p> <p>1:00 🏃 FITMINDS WITH OUR INTERNS! [CR]</p> <p>1:30 📅 SCRABBLE [PR]</p> <p>2:30 🏃 CUISINE &amp; CULTURE: TASTE OF JAMAICA [MP]</p> 	<p>9:15 SITTERCISE (VIRTUAL EXERCISE) (30 MIN) [ML] <b>3</b></p> <p>10:00 🦋 BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>10:00 📅 TRIVIA W/ LINSEY [CR]</p> <p>1:00 🏃 MATINEE: SLEEPLESS IN SEATTLE [TR]</p> <p>1:15 OUTING: SCENIC RIDE (FALL CHURCH)</p> <p>2:30 📅 DERBY DAY SUN HAT CRAFT &amp; MINT JULEPS!! [MP]</p> <p>4:00 📅 POTOMAC SCHOOL VISITS: MAY DAY FLOWERS [DR]</p> <p>6:00 MOVIE: BIG EYES [TR]</p> 	<p>9:30 🏃 SITTERCISE (VIRTUAL EXERCISE) (30 MIN) [ML] <b>4</b></p> <p>10:30 🦋 CATHOLIC PRAYER [MP]</p> <p>1:00 ❤️ MATINEE: A STAR IS BORN (2024) [TR]</p> <p>1:00 ❤️ OUTING: LEGALLY BLONDE AT MARSHALL HIGH SCHOOL [L]</p> <p>2:30 🎭 KENTUCKY DERBY - LIVE [ML]</p> <p>3:00 ❤️ CLASSICAL MUSIC RECITAL [L]</p> 
<p>10:00 🏃 WORKOUT W/ CARLA (1 HR) [ML] <b>5</b></p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 ❤️ MATINEE: SEARCHING FOR MEXICO TRAVEL SERIES [TR]</p> <p>1:00 🏃 PING PONG PRACTICE! [ML]</p> <p>2:30 📅 CINCO DE MAYO SOCIAL &amp; CELEBRATION ! [MP]</p> <p>2:30 📅 TECH TIME W/ TOM (BY APPT) [CR]</p>	<p>9:30 SHOPPING: GIANT (MCLEAN) [L] <b>6</b></p> <p>10:00 🏃 WORKOUT W/ MADEIRA INTERNS [ML]</p> <p>10:30 📅 JEOPARDY W/ MADEIRA INTERNS [L]</p> <p>1:00 PONG W/ MADEIRA STUDENTS [ML]</p> <p>2:00 📅 BINGO W/ BETSY! [MP]</p> <p>2:30 📅 GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p> <p>6:00 📅 DOCUSERIES: MONDAY - LAS VEGAS: THE STORY OF SIN CITY [TR]</p> 	<p>9:30 🏃 WALKING CLUB W/ MADEIRA STUDENTS [L] <b>7</b></p> <p>10:00 WORKOUT W/ MADEIRA INTERNS [ML]</p> <p>10:30 ❤️ TEA &amp; TALK: NATIONAL TEACHERS DAY &amp; STORIES! [L]</p> <p>12:45 📅 FITMINDS WITH MADEIRA INTERNS [CR]</p> <p>1:00 📅 BRIDGE CLUB [CR]</p> <p>2:00 📅 MEN'S GROUP [LIB]</p> <p>2:15 🏃 DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 SIPs &amp; SPIRITS: COSMO'S W/ OUR NURSES! [ML]</p> 	<p>9:30 🏃 WORKOUT WITH FLO [ML] <b>8</b></p> <p>10:30 📅 CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 SHOPPING: BANK &amp; ERRAND RUN [L]</p> <p>1:00 TASTE &amp; TALK: COCONUT CREAM PIE DAY! [L]</p> <p>2:00 📅 BINGO W/ BETSY! [MP]</p> <p>6:00 MOVIE: ASTEROID CITY [TR]</p>	<p>9:30 🏃 PARKINSON'S VIRTUAL WORKOUT [ML] <b>9</b></p> <p>10:00 🦋 CATHOLIC MASS [MP]</p> <p>10:00 FITMINDS 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>6:00 ❤️ MOVIE: THE DEVIL WEARS PRADA [TR]</p>	<p>9:30 EXERCISE W/ BEZA [ML] <b>10</b></p> <p>10:00 BALLOON TENNIS! [MP]</p> <p>10:00 🦋 BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>11:00 📅 LUNCH OUTING: MCLEAN FAMILY RESTAURANT [L]</p> <p>2:00 WALKING CLUB! [L]</p> <p>3:00 🏃 ON THE GREENS: GOLF GAMES! [CY]</p> <p>6:00 ❤️ MOVIE: JERSEY BOYS [TR]</p>	<p>10:00 🏃 WORKOUT W/ CARLA (1 HOUR) [ML] <b>11</b></p> <p>10:30 🦋 CATHOLIC PRAYER [MP]</p> <p>1:00 ❤️ MATINEE: WALK THE LINE [TR]</p> <p>1:30 JEOPARDY W/ CARLA [L]</p> <p>3:00 📅 TEA WITH TOTS! [MP]</p> 
<p><b>Mother's Day</b> <b>12</b></p> <p>10:00 🏃 MOTHERS DAY BRUNCH! [DR]</p> <p>11:00 🦋 LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00 ❤️ MATINEE: UNDER THE SAME MOON [TR]</p> <p>1:00 🏃 PING PONG PRACTICE! [MP]</p> <p>2:00 TASTE &amp; TALK: NUTTY FUDGE DAY [L]</p> <p>2:30 📅 TECH TIME W/ TOM (BY APPT) [CR]</p> <p>3:30 ❤️ CAILYN OH &amp; CO PERFORMANCE [L]</p> 	<p>9:30 SHOPPING: WALMART (\$) (FAIR LAKES) [L] <b>13</b></p> <p>10:00 🏃 WORKOUT W/ MADEIRA INTERNS [ML]</p> <p>10:30 📅 SENIOR SONGSTERS SING ALONG! [L]</p> <p>1:00 WALKING CLUB WITH MADEIRA INTERNS [L]</p> <p>2:00 📅 BINGO W/ BETSY! [MP]</p> <p>2:30 📅 GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p> <p>6:00 📅 DOCUSERIES: MONDAY - LAS VEGAS: THE STORY OF SIN CITY [TR]</p>	<p>9:30 TRIVIA W/ MADEIRA GIRLS! [L] <b>14</b></p> <p>10:30 🏃 CHAIR YOGA W/ GALE [ML]</p> <p>10:30 TRIVIA &amp; TALK: BISCUIT DAY &amp; MORE [L]</p> <p>12:30 CLASSY CLAWS: GET YOUR NAILS DONE! [ML]</p> <p>1:00 📅 BRIDGE CLUB [CR]</p> <p>2:00 📅 DIY DAY: LOTION MAKING! [LEC]</p> <p>3:30 📅 MAY BABIES BIRTHDAY PARTY W/ BOB CLARK! [MP]</p> 	<p>9:15 OUTING: DONUT DELIVERIES FOR POLICE WEEK [L] <b>15</b></p> <p>9:30 🏃 WORKOUT WITH FLO [ML]</p> <p>10:30 📅 CURRENT EVENTS W/ KENT [ML]</p> <p>1:00 📅 DIETITIAN TALK &amp; VISIT [DR]</p> <p>2:00 🦋 LEWINSVILLE IN PERSON SERVICE [MP]</p> <p>3:00 BAKE &amp; TAKE: CHOCOLATE CHIP COOKIES! [LEC]</p> <p>6:00 ❤️ MOVIE: GLORIA - IN HER OWN WORDS [TR]</p>	<p>9:30 🏃 PARKINSON'S VIRTUAL WORKOUT [ML] <b>16</b></p> <p>10:00 🦋 CATHOLIC PRAYER [MP]</p> <p>10:00 WHO AM I W/ MADEIRA INTERNS [ML]</p> <p>1:00 📅 BRIDGE CLUB [CR]</p> <p>1:00 FITMINDS W/ MADEIRA INTERNS! [CR]</p> <p>1:30 📅 SCRABBLE [PR]</p> <p>2:15 🏃 DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:15 TASTE &amp; TALK: BBQ SAUCE SAMPLER [MP]</p> 	<p>9:30 🏃 EXERCISE W/ BEZA [ML] <b>17</b></p> <p>10:00 🦋 BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>10:15 GIANT CROSSWORD W/ LINSEY [L]</p> <p>12:30 OUTING: VISIT ROCK CREEK PLANETARIUM [L]</p> <p>3:00 TASTE &amp; TALK: CHERRY COBBLER DAY! [LEC]</p> <p>6:00 ❤️ MOVIE: JUDY [TR]</p> 	<p>10:00 🏃 WORKOUT WITH CARLA! [ML] <b>18</b></p> <p>10:30 🦋 CATHOLIC PRAYER [MP]</p> <p>1:00 ❤️ WALKING CLUB [L]</p> <p>2:30 ❤️ THEMED MOVIE MATINEE: JOESPHY AND THE AMAZING TECHNICOLOR DREAMCOAT [MP]</p> 

# May 2024 Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00  WORKOUT W/ CARLA (1 HR) [ML] <b>19</b></p> <p>11:00  LEWINSVILLE LIVE STREAM [TR]</p> <p>1:00  MATINEE: GLASS ONION [TR]</p> <p>1:00  PING PONG PRACTICE! [MP]</p> <p>2:00 TASTE &amp; TALK: DEVIL'S FOOD CAKE &amp; MALCOLM X DAY [L]</p> <p>2:30  TECH TIME W/ TOM (BY APPT) [CR]</p> <p>3:00  POTOMAC SCHOOL MUSICIANS PERFORMANCE [L]</p>	<p>9:30 WORKOUT W/ CARLA [ML] <b>20</b></p> <p>10:00  CHESTERBROOK UNIVERSITY: MUSIC HISTORY W/ ADAM MELIA [MP]</p> <p>11:30 OUTING: MASS AT ST. ANTHONY'S [L]</p> <p>1:00 WALKING CLUB W/ MADEIRA [L]</p> <p>2:00 CRAFTING W/ LOYE! [MP]</p> <p>2:30  GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p> <p>6:00  DOCUSERIES: MONDAY - LAS VEGAS: THE STORY OF SIN CITY [TR] </p>	<p>9:00 TEA &amp; TALK: TODAY IN HISTORY [L] <b>21</b></p> <p>9:30 WORKOUT W/ MADEIRA INTERNS [ML]</p> <p>10:15 TRIVIA W/ MADEIRA INTERNS [ML]</p> <p>1:00  BRIDGE CLUB [CR]</p> <p>1:00  PING PONG PRACTICE [ML]</p> <p>2:00  MEN'S GROUP [LIB]</p> <p>2:15  DANCE FITNESS W/ LESLEY! [ML]</p> <p>3:00 BOOK CLUB WITH SALLY! (MONTHLY) [MP] </p>	<p>9:30  WORKOUT WITH FLO [ML] <b>22</b></p> <p>10:30  CURRENT EVENTS W/ KENT [ML]</p> <p>12:45 FITMINDS W/ MADEIRA INTERNS</p> <p>1:15 SHOPPING: TJ MAXX [L]</p> <p>2:00 SHERLOCK HOLMES DAY - SOLVE A MYSTERY &amp; MORE [ML]</p> <p>3:00  MUSIC MENDING W/ MELANIE [LEC]</p>	<p>9:30  PARKINSON'S VIRTUAL WORKOUT [ML] <b>23</b></p> <p>10:00  CATHOLIC PRAYER [MP]</p> <p>10:00 GARDENING CLUB W/ MADEIRA INTERNS [CY]</p> <p>1:00  BRIDGE CLUB [CR]</p> <p>1:00 WHEELCHAIR &amp; WALKER WASH ON CHARDONNAY DAY! [CY]</p> <p>1:30  SCRABBLE [PR]</p> <p>3:00 PARKINSON'S EMOTIONAL SUPPORT GROUP [LIB]</p>	<p>9:30  WORKOUT W/ BEZA! [ML] <b>24</b></p> <p>10:00  BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>10:30 OUTING: SPRING PICNIC AT MEADOWLARK BOTANICAL GARDEN!! [L]</p> <p>11:00 MATHEW MELVIN PERFORMS [L]</p> <p>2:00 WALKING CLUB! (30-40 MIN) [L]</p> <p>3:00  PAINT BY NUMBERS W/ BEZA [LEC]</p> <p>6:00 MOVIE: BASIC INSTINCT [TR]</p>	<p>10:00  WORKOUT W/ CARLA (1 HR) [ML] <b>25</b></p> <p>10:30  CATHOLIC PRAYER [MP]</p> <p>1:00  MATINEE: PARASITE (2019) [TR]</p> <p>1:30 OUTING: PARADISE SPRINGS WINERY [L]</p> <p>3:00  RESIDENT LED UNO CARD GAMES [L]</p>
<p>10:00  WORKOUT W/ CARLA (1 HR) [ML] <b>26</b></p> <p>11:00  LEWINSVILLE LIVE STREAM [TR]</p> <p>12:45 SHOPPING: DOLLAR TREE [L]</p> <p>1:00  MATINEE: DUNE (2021) [TR]</p> <p>1:00  PING PONG PRACTICE! [MP]</p> <p>2:30  TECH TIME W/ TOM (BY APPT) [CR]</p> <p>3:00  MCLEAN YOUTH HARMONY PERFORMS! [L]</p>	<p><b>Memorial Day 27</b></p> <p>9:30 SHOPPING: GIANT [L]</p> <p>10:00  SITTERCISE (VIRTUAL WORKOUT) [ML]</p> <p>10:30  SENIOR SONGSTERS SING ALONG! [L]</p> <p>11:00 MEMORIAL DAY COOKOUT [DR]</p> <p>1:00 CRAFTED W/ CARE: SEWING SESSION! [MP]</p> <p>2:30  GETTIN KNITTY W/ IT: CROCHET W/ BRIDGET! [L]</p> <p>3:00 NEXT MONTH'S ACTIVITY PLANNING MEETING &amp; LEMONADE [CY]</p> <p>6:00  DOCUSERIES: MONDAY - LAS VEGAS: THE STORY OF SIN CITY [TR] </p>	<p>9:30 WALKING CLUB W/ MADEIRA INTERNS [L] <b>28</b></p> <p>10:30  CHAIR YOGA W/ GALE [ML]</p> <p>12:30 CLASSY CLAWS: GET YOUR NAILS DONE!</p> <p>OUTING: NATIONAL GALLERY OF ART [L]</p> <p>12:30</p> <p>1:00  BRIDGE CLUB [CR]</p> <p>2:00  MEN'S GROUP [LIB]</p> <p>3:00 PING PONG PRACTICE [MP] </p>	<p>9:30  WORKOUT WITH FLO [ML] <b>29</b></p> <p>10:30  CURRENT EVENTS W/ KENT [ML]</p> <p>12:30 TOMORROW'S LUNCH &amp; FAREWELL TO OUR MADEIRA INTERNS [LEC]</p> <p>2:00  BINGO W/ BETSY! [MP]</p> <p>3:30 TASTE &amp; TALK: CRAFT BEER TASTING! [ML]</p> <p>6:00 MOVIE: THE COLOR PURPLE (2023) [TR]</p>	<p>9:30  SITTERCISE (VIRTUAL WORKOUT) [ML] <b>30</b></p> <p>10:00  CATHOLIC PRAYER [TR]</p> <p>10:15 JEOPARDY W/ LINSEY [L]</p> <p>1:00  BRIDGE CLUB [CR]</p> <p>1:30  SCRABBLE [PR]</p> <p>2:00 JEWELRY POLISHING &amp; STORIES [LEC]</p> <p>3:00 GET TO KNOW YOUR NEIGHBOR SOCIAL! [MP]</p>	<p>9:30 SITTERCISE (VIRTUAL WORKOUT) [ML] <b>31</b></p> <p>10:00  BIBLE STUDY W/ PASTOR AARON [CR]</p> <p>10:00 TASTE &amp; TALK: MACROON DAY [L]</p> <p>2:00  BINGO WITH BETSY! [MP]</p> <p>2:00 OUTING: SOUND THERAPY AT BELTWAY MEDICAL GROUP </p>	

### WI-FI

Chesterbrook Provides Free Internet Access through Wifi!

Wifi Name:  
**Chesterbrook Guest**

Wifi Password:  
**chesterbrook**

### BUS SCHEDULE

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

Sign Up At The Front Desk!

### Chesterbrook Gift Shop

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

Sign Up Outside Of The Dining Room!

### LOCATIONS KEY

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

- 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 (TERRACE)
- L - LOBBY (FIRST FLOOR)
- CR - CARD ROOM (FIRST FLOOR)
- LIB - LIBRARY (SECOND FLOOR)
- ML - MEDIA LOUNGE (SECOND FLOOR)
- PR - PUZZLE ROOM (SECOND FLOOR)

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