
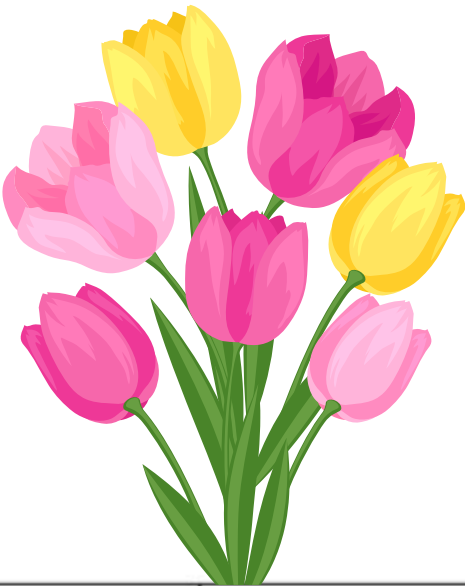











May 2025
Monthly Calendar

created with
Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> 703.531.0781</div>	<div>Resident Birthdays</div> <div>Lois L. 5/3 Debbie C. 5/5 Deane R. 5/11 Barbara K. 5/12 Walter R. 5/18 Daniel B. 5/20 Virginia H. 5/22 Timothy S. 5/23 Bill H. 5/26 David N. 5/26 Thomas S. 5/28 Erika B. 5/28 Joan M. 5/29 Raymond M. 5/30</div>	<div></div>		<div>AUDIOLOGIST VISITS 1 9:30 ⚡ MORNING WORKOUT - LOWER BODY [ML] 10:00 🦋 CATHOLIC MASS [MP] 10:15 🧩 TREATS & TRIVIA: CHEESE PUFFS & COOKIES [L] 1:00 🧩 BRIDGE CLUB [CR] 1:30 🧩 SCRABBLE [PR] 2:00 🧩 TEDDY BEAR CRAFT AT LONGFELLOW MIDDLE [L] 2:30 🧩 PAINTING MODERN ART WITH MIKE! [MP]</div>	<div>9:30 ⚡ MORNING WORKOUT - FULL BODY WORKOUT [ML] 2 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 ❤️ OUTING: FLOWER FESTIVAL AT NATIONAL CATHEDRAL [L] 1:00 ❤️ MATINEE: CASABLANCA [TR] 2:00 🧩 BINGO W/ BETSY [MP] 4:30 🧩 POTOMAC SCHOOL DELIVERS FLOWERS [DR] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR] </div>	<div>8:15 ⚡ MOVING DAY - PARKINSON'S WALK IN D.C! [L] 3 10:00 ⚡ SITTERCISE [ML] 10:30 🦋 CATHOLIC PRAYER W/ ST.JOHNS [MP] 12:45 ❤️ MATINEE: CONCLAVE [TR] 1:00 ❤️ OUTING: SCENIC RIDE - MCLEAN - 45 MIN [L] 2:05 🧩 SHOPPING: GIANT - MCLEAN (\$) [L] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]</div>
<div>10:00 ⚡ SITTERCISE [ML] 4 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 12:45 ❤️ MATINEE: RESIDENT PICK! [TR] 1:00 ⚡ PING PONG W/ GLENN [MP] 1:00 🧩 VOLUNTEER APPRECIATION LUNCHEON [CY] 2:30 🧩 FITMINDS W/ GLENN [CR] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER [LIB] </div>	<div>HAPPY CINCO DE MAYO! 5 9:00 ⚡ MORNING WORKOUT - UPPER BODY [ML] 9:30 🧩 SHOPPING: TRADER JOE'S (\$) [L] 10:15 🌿 GARDENING CLUB [CY] 1:00 🧩 BINGO W/ BETSY [MP] 1:00 ❤️ MATINEE: RESIDENT PICK! [TR] 3:00 🧩 CINCO DE MAYO - MARGARITA MIXER! [CY] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] </div>	<div>DERMATOLOGIST VISITS 6 9:30 ⚡ MORNING WORKOUT - CHAIR YOGA [ML] 10:15 🧩 TREATS & TRIVIA: GREAT LAKES TRIVIA & FRESH LEMONADE [ML] 1:00 🧩 BRIDGE CLUB [CR] 1:00 🧩 JEWELRY POLISHING & STORIES [ML] 2:15 ⚡ DANCE FITNESS W/ LESLEY! [ML] 3:10 ❤️ FINISH THE LYRIC - MUSIC GAME [ML]</div>	<div>9:30 ⚡ MORNING WORKOUT - FUNCTIONAL FITNESS [ML] 7 10:00 🧩 SKIN CANCER AWARENESS PRESENTATION [MP] 12:30 🧩 SHOPPING: BANK & ERRAND RUN (\$) [L] 1:30 🧩 CURRENT EVENTS W/ KENT [ML] 2:00 🧩 BINGO W/ BETSY! [MP] </div>	<div>9:30 ⚡ MORNING WORKOUT - LOWER BODY [ML] 8 10:00 🦋 CATHOLIC PRAYER [MP] 10:15 🧩 TEA & TALK: MEET OUR MADEIRA INTERNS! [L] 1:15 ❤️ FOOD FOR THOUGHT: MEET WITH FOOD SERVICE DIRECTOR LLOYD [MP] 2:00 🧩 RESIDENT COUNCIL MEETING [MP]</div>	<div>9:30 ⚡ MORNING WORKOUT - FULL BODY WORKOUT [ML] 9 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 🧩 TREATS & TRIVIA: MAY JEOPARDY & FRESH ORANGE JUICE DAY [L] 11:00 ❤️ OUTING: LUNCH AT MATCHBOX (\$) [L] 1:00 ❤️ MATINEE: OKLAHOMA [TR] 2:30 🧩 THE GREAT DRIVE THRU TASTE TEST [MP] 5:30 🧩 TECH SUPPORT W/ ADAM [ML] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR] </div>	<div>10:00 ⚡ SITTERCISE [ML] 10 10:30 🦋 CATHOLIC PRAYER W/ ST.JOHNS [MP] 12:45 ❤️ OUTING: MUSICAL AT MARSHALL HIGH SCHOOL [L] 2:00 🧩 OPEN BOARD GAME TIME (RESIDENT LED) [CR] 5:45 ❤️ AFTER DINNER FLICK: DRIVING MISS DAISY [TR]</div>
<div>HAPPY MOTHER'S DAY! 11 10:00 ⚡ SITTERCISE [ML] 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 11:00 🧩 PEONIES & PEARLS - MOTHER'S DAY BRUNCH! [DR] 12:45 ❤️ MATINEE: RESIDENT PICK! [TR] 2:00 🧩 PAINT & SIP: OPEN STUDIO [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER [LIB] </div>	<div>9:00 ⚡ MORNING WORKOUT - UPPER BODY [ML] 12 9:30 🧩 SHOPPING: GIANT - MCLEAN (\$) [L] 10:30 🧩 SENIOR SONGSTERS SING ALONG! [L] 1:00 ❤️ MATINEE: RESIDENT PICK! [TR] 2:00 🧩 CRAFTING W/ LOYE! [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]</div>	<div>9:30 ⚡ MORNING WORKOUT - CHAIR YOGA [ML] 13 10:15 🧩 TREATS & TRIVIA: JEOPARDY & GRILLED ASPARAGUS [ML] 1:00 🧩 BRIDGE CLUB [CR] 1:00 🧩 CLASSY CLAWS W/ MADEIRA INTERNS! [MP] 3:00 ⚡ BALLOON TENNIS [ML] </div>	<div>9:30 ⚡ MORNING WORKOUT - FUNCTIONAL FITNESS [ML] 14 10:30 🧩 CURRENT EVENTS W/ KENT [ML] 12:30 🧩 SHOPPING: WEGMANS - TYSONS (\$) [L] 2:00 🧩 BINGO W/ BETSY! [MP] </div>	<div>9:30 ⚡ MORNING WORKOUT - LOWER BODY [ML] 15 10:00 🦋 CATHOLIC MASS [MP] 10:15 ❤️ ADAM MELIA PERFORMS! [L] 1:00 🧩 BRIDGE CLUB [CR] 1:30 🧩 SCRABBLE [PR] 2:30 🧩 PAINTING MODERN ART WITH MIKE! [MP] </div>	<div>9:30 ⚡ MORNING WORKOUT - FULL BODY WORKOUT [ML] 16 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 ❤️ OUTING: BON AIR ROSE GARDEN [L] 1:00 🌿 GARDENING CLUB [CY] 1:00 ❤️ MATINEE: CAMELOT [TR] 2:00 🧩 POPCICLES ON THE PATIO SOCIAL & PHOTO SHOOT [CY] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]</div>	<div>10:00 ⚡ SITTERCISE [ML] 17 10:30 🦋 CATHOLIC PRAYER W/ ST.JOHNS [MP] 12:45 ❤️ MATINEE: MY FAIR LADY [TR] 1:00 ⚡ PING PONG W/ GLENN [MP] 2:15 🧩 SHOPPING: DOLLAR TREE - VIENNA (\$) [L] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]</div>

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

May 2025 Monthly Calendar


created with  Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 🚶 SITTERCISE [ML] 18 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 12:45 ❤️ MATINEE: RESIDENT PICK! [TR] 1:00 🚶 BALLOON TENNIS W/ GLENN [ML] 2:30 🧩 RUMMIKUB WITH GLENN [CR] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER [LIB]	9:00 🚶 MORNING WORKOUT - UPPER BODY [ML] 19 9:30 🚶 SHOPPING: WALMART / TARGET - FAIRLAKES (\$) [L] 10:15 🌱 GARDENING CLUB [CY] 1:00 ❤️ MATINEE: RESIDENT PICK! [TR] 1:00 🚶 WHEELCHAIR / WALKER WASH & WORKSHOP [CY] 2:30 🎨 POLYMER CLAY EARRING CRAFT [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	9:30 🚶 MORNING WORKOUT - CHAIR YOGA [ML] 20 10:15 🧩 TREATS & TRIVIA: MAY TRIVIA & COCONUT CREAM PIE [L] 1:00 🧩 BRIDGE CLUB [CR] 1:00 🧩 FITMINDS W/ OUR MADEIRA INTERNS [BL] 2:15 🚶 DANCE FITNESS W/ LESLEY! [ML] 3:00 ❤️ "MOCKTALES" & LITERARY ADVENTURES! [ML]	9:30 🚶 MORNING WORKOUT - FUNCTIONAL FITNESS [ML] 21 10:30 🧩 CURRENT EVENTS W/ KENT [ML] 12:30 🧩 OUTING: VISIT MGM CASINO (\$) [L] 2:00 🦋 LEWINSVILLE PRESBYTERIAN IN PERSON SERVICE [MP] 3:00 ❤️ MAY BABIES BIRTHDAY PARTY! [MP]	9:30 🚶 MORNING WORKOUT - LOWER BODY [ML] 22 10:00 🦋 CATHOLIC PRAYER [MP] 1:00 🧩 BRIDGE CLUB [CR] 1:30 🧩 SCRABBLE [PR] 2:30 🎨 PAINTING MODERN ART WITH MIKE! [MP]	9:30 🚶 MORNING WORKOUT - FULL BODY WORKOUT [ML] 23 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 ❤️ OUTING: VISIT THE BIBLE MUSEUM (\$) [L] 1:00 ❤️ MATINEE: ONE FLEW OVER THE CUCKOO'S NEST [TR] 2:00 🧩 FITMINDS W/ LINSEY! [BL] 3:00 🧩 UNCORKED W/ BREMDA [ML] 5:30 🚶 TECH SUPPORT W/ ADAM [ML] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]	10:00 🚶 SITTERCISE [ML] 24 10:30 🦋 CATHOLIC PRAYER W/ ST.JOHNS [MP] 12:45 ❤️ MATINEE: SIXTEEN CANDLES [TR] 1:15 🚶 WALKING CLUB W/ GLENN [L] 2:00 🧩 BINGO W/ GLENN! [MP] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]
10:00 🚶 SITTERCISE [ML] 25 11:00 🦋 LEWINSVILLE LIVE STREAM [TR] 12:45 ❤️ MATINEE: RESIDENT PICK! [TR] 1:30 🚶 WALKING CLUB W/ GLENN [L] 2:00 🎨 PAINT YOUR OWN POTTERY [MP] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR] 6:00 🦋 CATHOLIC PRAYER [LIB]	HAPPY MEMORIAL DAY 26 9:00 🚶 MORNING WORKOUT - UPPER BODY [ML] 9:30 🚶 SHOPPING: GIANT - MCLEAN (\$) [L] 10:30 🧩 SENIOR SONGSTERS SING ALONG! [L] 11:00 🧩 MEMORIAL DAY COOK OUT [DR] 1:00 ❤️ MATINEE: RESIDENT PICK! [TR] 1:30 🚶 2024 SCRAPBOOK BUILDING [MP] 3:00 🎨 SIPS & SPIRITS: MOJITOS! [CY] 5:45 ❤️ AFTER DINNER FLICK: RESIDENT PICK! [TR]	9:30 🚶 MORNING WORKOUT - CHAIR YOGA [ML] 27 10:15 🧩 TREATS & TRIVIA: WHO AM I & HUMMUS SAMPLER [ML] 1:00 🧩 BRIDGE CLUB [CR] 1:00 🚶 CLASSY CLAWS W/ MADEIRA INTERNS! [MP] 3:15 🧩 TEA & TALK TABLE TOPICS [ML]	9:30 🚶 MORNING WORKOUT - FUNCTIONAL FITNESS [ML] 28 10:30 🧩 CURRENT EVENTS W/ KENT [ML] 12:30 🚶 SHOPPING: BANK & ERRAND RUN (\$) [L] 1:00 🌱 GARDENING CLUB [CY] 2:00 🧩 BINGO W/ BETSY! [MP]	9:30 🚶 MORNING WORKOUT - LOWER BODY [ML] 29 10:00 🦋 CATHOLIC MASS [MP] 10:15 🧩 TREATS & TRIVIA: WHAT AM I & FRESH STRAWBERRIES [L] 1:00 🧩 BRIDGE CLUB [CR] 1:00 🧩 LEARNING SERIES W/ FUNCTIONAL PATHWAYS [ML] 1:30 🧩 SCRABBLE [PR] 2:30 🎨 PAINTING MODERN ART WITH MIKE! [MP]	FAREWELL TO OUR DAVIS CENTER STUDENTS 30 SHREDDING EVENT! 1-3PM 9:30 🚶 MORNING WORKOUT - FULL BODY WORKOUT [ML] 10:00 🦋 BIBLE STUDY W/ IMMANUEL PRESBYTERIAN [CR] 10:15 ❤️ OUTING: PRINTING & ENGRAVING MUSEUM [L] 11:00 ❤️ DAVIS CENTER GOODBYE COOKOUT! [DR] 1:00 🧩 BINGO W/ BETSY! [MP] 1:00 ❤️ MATINEE: STAND BY ME [TR] 1:00 🦋 SHABBAT W/ TRS [ML] 3:15 🎨 CULTURE & CUISINE: PHILIPPINES W/ SHIRLY & MERCY! [MP] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]	10:00 🚶 SITTERCISE [ML] 31 10:30 🦋 CATHOLIC PRAYER W/ ST.JOHNS [MP] 12:45 ❤️ MATINEE: BIG GEORGE FOREMAN [TR] 1:00 🧩 FITMINDS W/ GLENN [BL] 3:00 ❤️ ST.ANN'S CHORALE PERFORMS [MP] 5:45 ❤️ AFTER DINNER FLICK: MOVIE ENCORE [TR]


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!

WIFI


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!

WIFI


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

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