

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2019

## The Kensington Falls Church

					<p>10:00 - Bananagrams 10:30am Energize Fitness <b>11:30am Restaurant Outing – Present</b> 2:00pm Afternoon Documentary 2:00pm Nail Painting 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Stretch and Tone with Kristine 11:00am Brain Exercise 2:00pm Afternoon Documentary <b>3:30pm Root Beer Floats</b> 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>
<p><b>9:30am Shuttle Bus to Church</b> 10:00am Reps and Sets with Quin 11:00am Community Crossword 2:00pm Afternoon Documentary <b>3:00pm Shopping Outing ~ Target</b> 4:00pm Happy Hour &amp; Live Music 6:45 Evening Film</p>	<p>10:00am Morning Yoga with Dana 11:00am Word within a Word 11:00am Book Club 1:00pm Nail Polish on the 5<sup>th</sup> 2:00pm Afternoon Documentary 3:00pm You Be the Judge 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Exercise w/ Genesis 11:00 How Many Words <b>12:00pm Men’s Pizza and Beer</b> 1:00pm Flower Club 2:00pm Afternoon Documentary 2:30 Afternoon Walk 3:00pm Poker in the Cafe 4:00pm Happy Hour &amp; Live Music 6:30pm Rummikub 6:45pm Evening Film</p>	<p>10:00am Morning Yoga w/ Lynnette 10:30am Parkinson Club 11:00am Morning Walk 2:00pm Afternoon Documentary 3:00pm Art Class 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film 6:45pm Family Bingo Night</p>	<p><b>8:00am Ladies Bagels and Lox</b> 10:00am Exercise W/ Genesis 10:45 – Experiencing America: Smithsonian Tour through American History Lecture 2:00pm Afternoon Documentary 2:30 Afternoon Walk 3:00pm Crafts~ Soap Making 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00 - Bananagrams 10:30am Energize Fitness <b>11:30am Restaurant Outing – Falls Church Distillers: Spirits</b> 2:00pm Afternoon Documentary 2:00pm Nail Painting 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Bowling with Kristine 11:00am Brain Exercise 2:00pm Afternoon Documentary <b>2:00pm Scenic Ride</b> <b>3:30pm Root Beer Floats</b> <b>4:30pm O’Neill James School of Irish Dance and Happy Hour</b> 6:45pm Evening Film</p>
<p><b>9:30am Shuttle Bus to Church</b> 10:00am Reps and Sets with Quin 11:00am Community Crossword 2:00pm Afternoon Documentary <b>3:00 Shopping Outing -</b> 4:00pm Happy Hour &amp; Live Music 6:15 Uno in the Cafe 6:45pm Evening Film</p>	<p>10:00am Morning Yoga with Dana 11:00am Brain Exercise 1:00pm Nail Polish on the 5<sup>th</sup> 2:00pm Afternoon Documentary 3:00pm 1950’s Trivia 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Exercise w/ Genesis <b>11:00am The Beat Goes On; Drum Circle</b> 2:00pm Afternoon Documentary 2:30pm Afternoon Walk 3:00pm Family Feud in the Cafe 4:00pm Happy Hour &amp; Live Music 6:30pm Rummikub 6:45pm Evening Film</p>	<p>10:00am Morning Yoga w/ Lynnette 10:30am Parkinson Club 11:00am Morning Walk 1:00pm Jewelry Making 1:30pm Shabbat with Rabbi Dietsch 2:00pm Afternoon Documentary 3:00pm Art Class 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film 6:45pm Family Bingo Night</p>	<p>10:00am Exercise W/ Genesis <b>11:30am Restaurant Outing – Columbia Firehouse</b> 2:00pm Afternoon Documentary 2:30pm Afternoon Walk 3:00pm Catholic Communion 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00 - Bananagrams 10:30am Energize Fitness 2:00pm Afternoon Documentary 2:00pm Nail Painting <b>2:00pm Presentation w/Ivy – Vietnam Veterans Month</b> 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Stretch and Tone with Kristine 11:00am Brain Exercise 2:00pm Afternoon Documentary <b>3:30pm Root Beer Floats</b> 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>
<p><b>9:30am Shuttle Bus to Church</b> 10:00am Reps and Sets with Quin 11:00am Community Crossword 2:00pm Afternoon Documentary <b>3:00pm Shopping Outing ~ CVS</b> 4:00pm Happy Hour &amp; Live Music 6:15 Uno in the Cafe 6:45pm Evening Film</p>	<p>10:00am Morning Yoga with Dana 11:00am Word within a Word 1:00pm Nail Polish on the 5<sup>th</sup> 2:00pm Afternoon Documentary 3:00pm Name that Tune 4:00pm Happy Hour 6:45pm Evening Film</p>	<p>10:00am Exercise w/ Genesis <b>11:00 Dr. Koment -Celtic Roots of Irish Music</b> 2:00pm Afternoon Documentary 2:30pm Afternoon Walk 3:00pm Flower Club 4:00pm Happy Hour &amp; Live Music 6:30pm Rummikub 6:45pm Evening Film</p>	<p>10:00am Morning Yoga w/ Lynnette 10:30am Parkinson Club 11:00am Baking <b>11:30am Movie Outing</b> 2:00pm Afternoon Documentary 3:00pm Art Class 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film 6:45pm Family Bingo Night</p>	<p>10:00am Exercise W/ Genesis <b>10:30am Merritt Academy ~ Community Project</b> <b>11:00am Dr. Earley Presentation;</b> 2:00pm Afternoon Documentary 2:30pm Afternoon Walk 3:00pm Catholic Communion 3:30pm Crafts ~ 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00 - Bananagrams 10:30am Energize Fitness <b>11:30am Restaurant Outing – Café Europa</b> 2:00pm Afternoon Documentary 2:00pm Nail Painting 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Stretch and Tone with Kristine 11:00am Brain Exercise 2:00pm Afternoon Documentary <b>2:00pm Scenic Ride</b> <b>3:30pm Root Beer Floats</b> 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>
<p><b>9:30am Shuttle Bus to Church</b> 10:00am Reps and Sets with Quin 11:00am Community Crossword 2:00pm Afternoon Documentary <b>3:00pm Shopping Outing – Harris Teeter</b> 4:00pm Happy Hour &amp; Live Music 6:15 Uno in the Cafe 6:45pm Evening Film</p>	<p>10:00am Morning Yoga with Dana 11:00am Word within a Word 1:00pm Nail Polish on the 5<sup>th</sup> 2:00pm Afternoon Documentary 3:00pm Sherlock Holmes Enigmas to Puzzles 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Exercise w/ Genesis <b>11:00am Museum Outing – American History Museum</b> 2:00pm Afternoon Documentary 2:00pm Community Puzzle 2:30pm Afternoon Walk 4:00pm Happy Hour &amp; Live Music 6:30pm Rummikub 6:30pm Family Support Group 6:45pm Evening Film</p>	<p>10:00am Morning Yoga w/ Lynnette 11:00am Cooking 1:30pm – Shabbat w/Rabbi Dietsch 2:00pm Afternoon Walk 2:00pm Afternoon Documentary <b>3:00pm Community Scrapbook</b> 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film 6:45pm Family Bingo Night</p>	<p>10:00am Exercise W/ Genesis <b>11:00am Resident Council</b> 2:00pm Afternoon Documentary 2:30pm Afternoon Walk 3:00pm Catholic Communion 3:30pm Crafts ~ 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00 - Bananagrams 10:30am Energize Fitness <b>11:30am Restaurant Outing – Sweetwater</b> 2:00pm Afternoon Documentary 2:00pm Nail Painting 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>	<p>10:00am Bowling with Kristine 11:00am Brain Exercise 2:00pm Afternoon Documentary <b>3:30pm Root Beer Floats</b> 4:00pm Happy Hour &amp; Live Music 6:45pm Evening Film</p>
<p><b>9:30am Shuttle Bus to Church</b> 10:00am Reps and Sets with Quin 11:00am Community Crossword 2:00pm Afternoon Documentary <b>3:00pm Shopping Outing – Target</b> 4:00pm Happy Hour &amp; Live Music 6:15 Uno in the Cafe 6:45pm Evening Film</p>						

## Assisted Living Calendar