

January 2023

Morningside House of Leesburg



		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>♥ Emotional</p> <p>🧠 Intellectual</p> <p>🏃 Physical</p> <p>🏠 Purposeful</p> <p>👥 Social</p> <p>🦋 Spiritual</p>	<p>Location Keys</p> <p>All Floors ALL</p> <p>Ground Floor GF</p> <p>Lobby L</p> <p>Second Floor Lobby 2FL</p> <p>Third Floor 3F</p> <p>Third Floor Club Room 3CR</p>	<p>New Year's Day 1</p> <p>9:00 🧠 Daily News & Views [2FL]</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:30 🦋 Church Service with Andre [2FL]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Vibrant Moves! Keep Moving! Sunday Stretches [3CR]</p> <p>2:00 👥 Bingo with Melina [3CR]</p> <p>6:00 👥 Sunday Night Movie [2FL]</p>	<p>9:00 🧠 Daily News & Views [2FL] 2</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 👥 Bingo with Melina [3CR]</p> <p>11:00 🧠 Last Letter First Word Game [3CR]</p> <p>1:30 🏃 Sit and B Fit [L]</p> <p>2:00 👥 Hot Coco with Cookies! [L]</p> <p>3:00 👥 Uno Card Game [3CR]</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 3</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:15 🏃 Sit and B Fit [3CR]</p> <p>11:00 🧠 Scattegories [3CR]</p> <p>1:30 🏠 Trip to the Library</p> <p>3:15 🦋 Hymns Sing-a-Long [3CR]</p> <p>5:30 🏠 Painting with Marissa [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 4</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏠 Grocery Shopping Trip to Food Lion</p> <p>1:30 👥 Bingo with Julia [3CR]</p> <p>2:30 🏃 Sit and B Fit [3CR]</p> <p>3:00 🏠 Pet Therapy with Max [3CR]</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 5</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏠 Shopping Trip to Ross</p> <p>1:30 👥 New Year Happy Hour Reflection & Discussion [GF]</p> <p>2:30 🏃 Sit and B Fit [GF]</p> <p>3:00 🏃 Hallway Travelers "Walking"</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 6</p> <p>9:30 🦋 Catholic Communion [3F]</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏃 Simon Says Game [3CR]</p> <p>11:00 🧠 Opposite Word Game [3CR]</p> <p>1:30 👥 Bingo with Julia [3CR]</p> <p>2:30 🏠 Bingo Prize Cart [3CR]</p> <p>3:00 👥 Uno Card Game</p> <p>5:30 👥 Friday Night Movie with Popcorn [2FL]</p>	<p>9:00 🧠 Daily News & Views [2FL] 7</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Saturday Stretches [3CR]</p> <p>2:00 🏠 Arts and Crafts with Marissa [3CR]</p> <p>3:00 🏃 Bowling with Marissa [GF]</p> <p>5:30 👥 Saturday Night Movie [2FL]</p>	
		<p>Resident Birthdays:</p> <p>Gloria F 1/1 Sonny C 1/17</p> <p>Richard O 1/6 Bette C 1/18</p> <p>Alice D 1/13 Charles D 1/25</p> <p>Joan H 1/14 Marvin F 1/26</p> <p>Holly L 1/15</p>	<p>9:00 🧠 Daily News & Views [2FL] 8</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:30 🦋 Church Service with Andre [2FL]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Vibrant Moves! Keep Moving! Sunday Stretches [3CR]</p> <p>2:00 👥 Bingo with Ruthie [3CR]</p> <p>5:30 👥 Sunday Night Movie [2FL]</p>	<p>9:00 🧠 Daily News & Views [2FL] 9</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 👥 Bingo with Julia [3CR]</p> <p>11:00 🧠 Last Letter First Word Game [3CR]</p> <p>1:30 🏃 Sit and B Fit [3CR]</p> <p>2:00 👥 Hot Coco with Cookies! [L]</p> <p>3:00 👥 Mexican Train Dominoes with Kristen [3CR]</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 10</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🦋 Bible Study with Danielle [3CR]</p> <p>11:00 🧠 Scattegories [3CR]</p> <p>1:30 🏃 Sit and B Fit [3CR]</p> <p>2:00 👥 Ice Painting Snow Dough [3CR]</p> <p>3:00 🏃 Hallway Travelers "Walking" [ALL]</p> <p>6:00 ♥ Musical Entertainment with Jeff [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 11</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏠 Grocery Shopping Trip to Food Lion</p> <p>1:30 👥 Bingo with Julia [3CR]</p> <p>2:30 🏃 Sit and B Fit [3CR]</p> <p>3:00 🏠 Pet Therapy with Max [3CR]</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 12</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:15 👥 Name That Tune - 50's [3CR]</p> <p>11:00 🧠 Would You Rather? Word Game [3CR]</p> <p>1:15 🏃 Sit and B Fit [3CR]</p> <p>2:00 👥 The Best Hour is Happy Hour! [L]</p> <p>3:00 🏃 Hallway Travelers "Walking"</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 13</p> <p>9:30 🦋 Catholic Communion [3F]</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>11:00 🧠 Another Way to Say Word Game [3CR]</p> <p>2:00 👥 Afternoon Bingo [3CR]</p> <p>2:30 🏃 Sit and B Fit [3CR]</p> <p>3:00 ♥ Musical Entertainment with Quentin [GF]</p> <p>5:30 👥 Friday Night Movie with Popcorn [2FL]</p>	<p>9:00 🧠 Daily News & Views [2FL] 14</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Saturday Stretches [3CR]</p> <p>2:00 🏠 Arts and Crafts with Marissa [3CR]</p> <p>3:00 🏃 Bowling with Marissa [GF]</p> <p>5:30 👥 Saturday Night Movie! [2FL]</p>
		<p>Staff Birthdays:</p> <p>Carmen S 01/05</p> <p>Dwayne B 01/06</p> <p>Charlie W 01/08</p> <p>Silvia A 01/20</p>	<p>9:00 🧠 Daily News & Views [2FL] 15</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:30 🦋 Church Service with Andre [2FL]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Vibrant Moves! Keep Moving! Sunday Stretches [3CR]</p> <p>2:00 👥 Afternoon Bingo [3CR]</p> <p>5:30 👥 Sunday Night Movie [2FL]</p>	<p>Martin Luther King, Jr. Day 16</p> <p>9:00 🧠 Daily News & Views [2FL]</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 👥 Bingo with Julia [3CR]</p> <p>11:00 🧠 Last Letter First Word Game [3CR]</p> <p>1:30 🏃 Sit n b Fit [3CR]</p> <p>2:00 👥 Hot Coco with Cookies! [L]</p> <p>3:00 🧠 Interesting Facts/ Trivia about Martin Luther King JR. [L]</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 17</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏃 Sit and B Fit [3CR]</p> <p>11:00 🧠 Scattegories [3CR]</p> <p>1:30 🏠 Trip to the Library</p> <p>3:00 🧠 Mexican Train Dominoes with Kristen [3CR]</p> <p>5:30 🏠 Painting with Marissa [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 18</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏠 Grocery Shopping Trip to Food Lion</p> <p>1:30 👥 Bingo with Julia [3CR]</p> <p>2:30 👥 Sit and B Fit [3CR]</p> <p>3:00 🏠 Pet Therapy with Max [3CR]</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>National Good Memory Day/National Popcorn Day 19</p> <p>9:00 🧠 Daily News & Views [2FL]</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏠 Thrift Store Thursday!</p> <p>1:30 🏃 Sit and B Fit [3CR]</p> <p>2:00 👥 The Best Hour is Happy Hour! [L]</p> <p>3:00 🏠 National Good Memory Day [3CR]</p> <p>5:30 🧠 Independent Activities [3CR]</p>	<p>9:00 🧠 Daily News & Views [2FL] 20</p> <p>9:30 🦋 Catholic Communion [3F]</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:15 🏃 Sit and B Fit [3CR]</p> <p>11:00 🧠 Think Fast Game! [3CR]</p> <p>1:30 👥 Bingo with Julia [3CR]</p> <p>2:30 🏠 Bingo Prize Cart [3CR]</p> <p>3:00 🧠 Food Riddles [3CR]</p> <p>5:30 👥 Friday Night Movie with Popcorn [2FL]</p>	<p>9:00 🧠 Daily News & Views [2FL] 21</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Saturday Stretches [3CR]</p> <p>2:00 🏠 Arts and Crafts with Marissa [3CR]</p> <p>3:00 🏃 Bowling with Marissa [GF]</p> <p>5:30 👥 Saturday Night Movie [2FL]</p>



* Activities are subject to change *

316 Harrison Street
Leesburg, VA 20175

January 2023

Morningside House of Leesburg



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>♥ Emotional 🧩 Intellectual 🏃 Physical 🏠 Purposeful 🐾 Social 🦋 Spiritual</p> <p>Location Keys</p> <p>All Floors ALL Ground Floor GF Lobby L Second Floor Lobby 2FL Third Floor 3F Third Floor Club Room 3CR</p> <p>Resident Birthdays:</p> <p>Gloria F 1/1 Sonny C 1/17 Richard O 1/6 Bette C 1/18 Alice D 1/13 Charles D 1/25 Joan H 1/14 Marvin F 1/26 Holly L 1/15</p> <p>Staff Birthdays:</p> <p>Carmen S 01/05 Dwayne B 01/06 Charlie W 01/08 Silvia A 01/20</p> <p>* Activities are subject to change *</p> <p>316 Harrison Street Leesburg, VA 20175</p>	<p>9:00 🧩 Daily News & Views [2FL] 22</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:30 🦋 Church Service with Andre [2FL]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Vibrant Moves! Keep Moving! Sunday Stretches [3CR]</p> <p>2:00 🐾 Bingo with Ruthie [3CR]</p> <p>5:30 🐾 Sunday Night Movie [2FL]</p>	<p>9:00 🧩 Daily News & Views [2FL] 23</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🐾 Bingo with Julia [3CR]</p> <p>11:00 🧩 Last Letter First Word Game [3CR]</p> <p>1:30 🏃 Sit and B Fit [3CR]</p> <p>2:00 🐾 Hot Coco with Cookies! [L]</p> <p>3:00 🐾 Mexican Train Dominoes with Kristen [3CR]</p> <p>5:30 🧩 Independent Activities [3CR]</p>	<p>9:00 🧩 Daily News & Views [2FL] 24</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🦋 Bible Study with Danielle [3CR]</p> <p>11:00 🧩 Scattegories [3CR]</p> <p>1:30 🏃 Sit and B Fit [3CR]</p> <p>2:00 🐾 Simon Says Game [3CR]</p> <p>3:00 ♥ Musical Entertainment with Caleb [GF]</p> <p>5:30 ♥ Musical Entertainment with Jeff [3CR]</p>	<p>9:00 🧩 Daily News & Views [2FL] 25</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🏠 Grocery Shopping Trip to Food Lion</p> <p>1:00 🏠 Resident Council Meeting/ Resident Spotlight [3CR]</p> <p>2:00 🐾 Bingo with Julia [3CR]</p> <p>3:00 🏃 Sit and B Fit [3CR]</p> <p>5:30 🧩 Independent Activities [3CR]</p>	<p>9:00 🧩 Daily News & Views [2FL] 26</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:15 🐾 Sit and B Fit [3CR]</p> <p>11:00 🧩 Last Letter First Word Game [3CR]</p> <p>1:15 ♥ Color Me Happy [3CR]</p> <p>2:00 🐾 Happy Hour Resident Birthday Celebration! [L]</p> <p>3:00 🏃 Hallway Travelers "Walking"</p> <p>5:30 🧩 Independent Activities [3CR]</p>	<p>9:00 🧩 Daily News & Views [2FL] 27</p> <p>9:30 🦋 Catholic Communion [3F]</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:15 🐾 Coffee & Donuts with Friends [L]</p> <p>11:00 🧩 Cranium Crunchers [L]</p> <p>1:15 🏃 Sit and B Fit [3CR]</p> <p>2:00 🐾 Afternoon Bingo [3CR]</p> <p>3:00 ♥ Musical Entertainment with Quentin [GF]</p> <p>5:30 🐾 Friday Night Movie with Popcorn [2FL]</p>	<p>9:00 🧩 Daily News & Views [2FL] 28</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Saturday Stretches [3CR]</p> <p>2:00 🏠 Arts and Crafts with Marissa [3CR]</p> <p>3:00 🏃 Bowling with Marissa [GF]</p> <p>5:30 🐾 Saturday Night Movie! [2FL]</p>
	<p>9:00 🧩 Daily News & Views [2FL] 29</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:30 🦋 Church Service with Andre [2FL]</p> <p>12:30 🏠 Be.You.tiful Nails [3CR]</p> <p>1:30 🏃 Vibrant Moves! Keep Moving! Sunday Stretches [3CR]</p> <p>2:00 🐾 Afternoon Bingo [3CR]</p> <p>5:30 🐾 Sunday Night Movie [2FL]</p>	<p>9:00 🧩 Daily News & Views [2FL] 30</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🐾 Bingo with Julia [3CR]</p> <p>11:00 🧩 Last Letter First Word Game [3CR]</p> <p>1:15 🧩 Uno Card Game [3CR]</p> <p>2:00 🐾 Hot Coco with Cookies! [L]</p> <p>3:15 🏃 Sit and B Fit [L]</p> <p>5:30 🧩 Independent Activities [3CR]</p>	<p>9:00 🧩 Daily News & Views [2FL] 31</p> <p>9:30 ♥ Chronicle Distribution [L]</p> <p>10:00 🐾 Bingo with Julia [3CR]</p> <p>11:00 🧩 Scattegories [3CR]</p> <p>1:30 🏠 Country Drive</p> <p>3:15 🏃 Sit and B Fit [3CR]</p> <p>5:30 🧩 Independent Activities [3CR]</p>				

"Yesterday was not your defining moment. The calendar moved forward; why not you?"
 — Dr. Steve Maraboli

