

Sunday

Monday

Tuesday

Wednesday




Thursday

Friday

Saturday

# July 2017

## Dulles Health and Rehab Center

							<p>10:30 Morning Stretch (S) 11:00 Patriotic Name 10 (S)  2:00 <b>Bingo</b> (C)</p> <p style="text-align: right; font-size: small;">Canada Day</p>
<p>10:00 Name 3 Toss (S) <b>2</b> 11:00 Crossword Puzzle (C)  1:30 Netflix Series: <i>Cheers</i> (S) 2:00 Bible Study (C)</p>	<p>10:15 Coffee &amp; Conversation: July IQ &amp; Trivia (C) <b>3</b> 10:30 Active Games (S) 11:00 Exercise (P) 2:30 <i>Ladies Wine &amp; Spa Day</i> (S) 2:30 Men's Choice Movie Day (C)</p>	<p style="text-align: center;"></p> <p>2:30 <b>Yankee Doodle Dandy Party!!!</b> Guitarist from District Music (C)</p> <p style="text-align: center;"></p>	<p>10:30 Morning Stretch (C) <b>5</b> 11:00 <b>Fundraiser Committee</b> (C) 2:00 Bingo (C) 3:30 Program Recovery (MR) 3:30 <i>Catholic Mass</i> (S)</p>	<p>10:30 Morning Stretch (C) <b>6</b> 11:00 Timeless Trivia: Stars Stripes and Apple Pie (C) 2:00 <b>Karaoke!</b> (C) 4:00 Primetime News (P) 7:00 Mt. Calvary Baptist (C)</p>	<p>10:00 Program Recovery (MR) <b>7</b> 10:30 Movement Ball (S) 11:00 Music Therapy (S) <b>1:00 Shopping Outing</b> 1:30 <b>Rehab Graduation</b> (R) 2:30 <b>Black Jack</b> (C)</p>	<p>10:30 Morning Stretch (S) <b>8</b> 11:00 Adult Coloring Group (S)  2:00 <b>Bingo</b> (C)</p>	
<p>10:00 Centerpointe Church (S) <b>9</b> 12:00 Lunch Club (MR) 1:30 Netflix Series: <i>The Twilight Zone</i> (S) 2:30 <b>Jeopardy</b> (C)</p>	<p>10:15 Coffee &amp; Conversation: <i>Travelogue- Comic Con</i> (C) <b>10</b> 10:30 Name 3 Toss (S) 11:00 Exercise (P) 2:00 Weight Warriors (MR) 2:30 <b>Got Crafts: (Part 1)</b> Tie- Dye (C)</p>	<p>10:30 Chair Hockey (S) <b>11</b> 11:00 Sequencing (S) 1:15 <b>Musical Trivia &amp; Sing-along with Jerry</b> (C) 2:00 <b>Wii Fit</b> (GF) 2:30 Program Recovery (MR) 3:30 Primetime News (C)</p>	<p style="text-align: center;"><i>Oscar Hammerstein Day</i></p> <p>9:30 <b>Oklahoma</b> (S) <b>12</b> 10:30 Morning Stretch (C) 11:00 Rodgers &amp; Hammerstein Category Hangman (C) 2:00 Bingo (C) 3:30 Program Recovery (MR)</p>	<p>10:30 Morning Stretch (C) <b>13</b> 11:00 <b>Got Crafts: (Part 2)</b> Tie-dye T-shirt Bags (C) 2:00 <b>Black Jack</b> (C) 4:00 Primetime News (P) <b>5:30 Concerts at the Corner Outing</b></p>	<p>10:00 Program Recovery (MR) <b>14</b> 10:30 Scarf Exercises (S) 11:00 Cut the Cards (S) 1:30 <b>Rehab Graduation</b> (R) 2:30 <b>Luau</b> (C) </p>	<p>10:30 Morning Stretch (S) <b>15</b> 11:00 Poetry Corner (S)  2:00 <b>Bingo</b> (C) 4:00 Happy Hour Cart (C&amp;S)</p>	
<p>10:30 Centerville Baptist Church (S) <b>16</b>  1:00 <b>Ice Cream Cart</b> (S&amp;C) 2:00 <b>Sound of Music</b> (C)</p>	<p>10:15 Coffee &amp; Conversation: Lightning Round Lists (C) <b>17</b> <b>Make Someone Smile Contest!</b> 2:00 What's Cookin'? Blueberry Surprise (C)  <b>Make Someone Smile Week!</b></p>	<p>10:30 <b>Green Thumbs</b> (CY) <b>18</b>  2:00 <b>Wii Fit</b> (GF) 2:30 Program Recovery (MR) 3:30 Primetime News (C)</p>	<p>10:30 Morning Stretch (C) <b>19</b> 11:00 This and That Trivia (C) 2:00 Bingo (C) 3:30 Program Recovery (MR) 3:30 <i>Catholic Mass</i> (S)</p>	<p>10:30 Morning Stretch (C) <b>20</b> 11:00 <b>Food Committee</b> (C)  2:30  <b>Cheesecake Contest</b> (C) 4:00 Primetime News (P) 7:00 Mt. Calvary Baptist (C)</p>	<p>10:00 Program Recovery (MR) <b>21</b> 10:30 Active Games (S) 11:00 Finish the Drawing (S) 1:30 <b>Rehab Graduation</b> (R) 2:00 <b>Smile Contest Winner!</b> 2:15 Movie of the Month: <b>MOANA</b> (C)</p>	<p><i>Sandcastle and Sculpture Day</i> <b>22</b> 10:30 Morning Stretch (S) 11:00 Sensory Sand Art (S)  2:00 <b>Bingo</b> (C)</p>	
<p>10:00 Word Games (S) <b>23</b> 11:00 Crossword Puzzle (C) 1:30 Netflix Series: <b>The Dick Van Dyke Show</b> (S) 2:00 Wheat and Tarres Ministries (C)</p>	<p><b>9:00 Pool Outing</b> <b>24</b> <b>Cub Run RECenter</b> 10:15 Coffee &amp; Conversation: Comics Trivia (C) 11:00 Exercise (P) 2:00 <i>Creative Arts</i> (C)</p>	<p>10:30 <b>Birthday Party with Bob Clark</b> (S) <b>25</b>  2:00 <b>Wii Fit</b> (GF) 2:00 <b>Resident Council</b> (C) 3:30 Primetime News (C)</p>	<p><b>7:30 to 9:30 AM Pancake Fundraiser</b> <b>26</b> 10:30 Morning Stretch (C) 11:00 Who Am I? (C) 2:00 Bingo (C) 3:30 Program Recovery (MR)</p>	<p>10:30 Morning Stretch (C) <b>27</b> 11:00 You Be the Judge (C) 2:00 <b>Black Jack</b> (C) 4:00 Primetime News (P) 6:30 <b>Action Movie Night</b> (C)</p>	<p>10:00 Program Recovery (MR) <b>28</b> 10:30 Scarf Exercises (S) 11:00 Music Therapy (S) 1:30 <b>Rehab Graduation</b> (R)  2:30 <b>Comedy Club Happy Hour</b> (C)</p>	<p>10:30 Morning Stretch (S) <b>29</b> 11:00 Reminisce (S)  2:00 <b>Bingo</b> (C)</p>	
<p>10:00 Name 3 Toss (S) <b>30</b> 11:00 Crossword Puzzle (C)  1:35 <b>Nationals Viewing Party</b> <i>Nationals Vs. Rockies</i> (C) (TV: WUSA channel 2)</p>	<p>10:15 Coffee &amp; Conversation: State-ography (C) <b>31</b> 10:30 Balloon Games (S) 11:00 Exercise (P) 2:00 <b>Jeopardy</b> (C)</p>	<p style="text-align: center;"><u>Outings in July:</u></p> <p>July 7<sup>th</sup> Shopping at Target July 13<sup>th</sup> Concerts at Fairfax Corner July 24<sup>th</sup> Cub Run RECenter Pool</p>		<p style="text-align: center;"><b>EDNA'S PLACE: Resident Snack Shop is OPEN!</b> Located in the Recreational Therapy office</p> <p style="text-align: center;"><i>Call for Questions:</i> Christina Cole, Director- 8056 Shantel Jones, Assistant Director- 8030 David Snipes, Activities Assistant- 8030</p>			

**Program Locations:** R- Rehab Gym C- Chesapeake S- Shenandoah P- Potomac GF- Great Falls ALL- All Units MR- Meeting Room Upstairs CR- Conference Room First Floor CY- Courtyard