

The Fairfax • Social Programs • February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AR.....Activities Room AL.....Assisted Living AUD.....Auditorium CC.....Community Center CH.....Chapel CL.....Computer Lab CS.....Country Store DR.....Dining Room ER.....Exercise Room GR.....Game Room HCC.....Health Care Center IL.....Independent Living LR.....Living Room MR.....Meeting Room PDR.....Private Dining Room SOL.....Solarium SP.....Swimming Pool *.....Fitness & Wellness Program	Gift Shop Hours Sunday12:30pm – 2:30pm Monday5:30pm – 7:30pm Tuesday12:30pm – 2:30pm Wednesday...12:30pm – 2:30pm Thursday5:30pm – 7:30pm Friday12:30pm – 2:30pm SaturdayCLOSED	Swimming Pool Hours Monday – Friday 7:00am – 11:00am 12:00pm – 3:00pm Saturday 8:30am – 12:30pm 1:30pm – 4:30pm Sunday – Closed	7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 10:00 Episcopal Liturgy/AUD 10:30 Bible Study/MR 11:15 *Strength Training w/ Free Weights/AR 1:00 Duplicate Bridge/AR 1:00 Bridge 4-Some/AR 1:30 *Tai Chi/AUD 2:00 Roads to Discovery/AR 7:00 Bingo/AR	7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 8:35 Rosary/AUD 9:00 Catholic Mass/AUD 10:00 *Chair Yoga/AR (Advanced) 11:00 *Chair Yoga/AR (Beginner) 2:00 *Exercise w/ David/AUD 5:00-6:00 Happy Hour/LR 7:00 Depart: LTA "Spelling Bee"	7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 10:00 Fairfax Chorus/CH 11:15 *Strength, Tone & Balance Class/AR 1:00 Poker/GR 1:00 *Men's Strength, Tone & Balance Class/AR	4 1:00 Poker/GR
9:15 Protestant Service/AUD 11:00 Roman Catholic Mass/AUD 1:00 Bridge 4-Some/AR 6:00 Super Bowl Party/AUD 	NAME TAG DAY 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 11:15 *Stretch & Strength Training/AR 1:00 Poker/GR 2:00 Get Up & Go Lecture Series/AR 5:00-6:00 Happy Hour/LR 6:30 Duplicate Bridge/AR	7 7:30 Early Bird Workout 7:45 DeWitt Shuttle 9:00 Belfair Artists Workshop/AR 11:30 *Chair Yoga/AR (Mixed Level) 12:45 *Chair Yoga/AR (Mixed Level) 1:00 Knit & Stitch/SOL 1:00 Fairfacts Bridge/AUD 2:00 *Men's Strength, Tone & Balance Class/AR 2:30 Church w/ Communion/HCC 3:00 Intermediate Bridge/AUD 7:00 Military Memories/AUD	8 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Foundation Water Exercise/SP 10:00 Episcopal Liturgy/AUD 10:30 Bible Study/MR 11:15 *Strength Training w/ Weights 1:00 Duplicate Bridge/AR 1:00 Bridge 4-Some/AR 1:30 *Tai Chi/AUD 2:00 Roads to Discovery/PDR 7:00 Armchair Travel/AUD	9 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 8:35 Rosary/AUD 9:00 Catholic Mass/AUD 10:00 *Chair Yoga/AR (Advanced) 11:00 *Chair Yoga/AR (Beginner) 11:00 Depart: Walkers Grille 2:00 *Exercise w/ David/AUD 5:00-6:00 Happy Hour/LR	10 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 Depart: Wegman's Superstore 10:00 *Arthritis Water Exercise/SP 10:00 Fairfax Chorus/CH 11:15 *Strength, Tone & Balance Class/AR 1:00 Poker/GR 1:00 *Men's Strength, Tone & Balance Class/AR	11 1:00 Poker/GR
12 9:15 Protestant Service/AUD 11:00 Roman Catholic Mass/AUD 1:00 Bridge 4-Some/AR	NAME TAG DAY 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 Depart: FairOaks Mall 10:00 *Arthritis Water Exercise/SP 11:15 *Stretch & Strength Training/AR 1:00 Poker/GR 2:00 Valentine Tea/AUD 2:00 Get Up & Go Lecture Series/AR 5:00-6:00 Happy Hour/LR 6:30 Duplicate Bridge/AR	14 7:30 Early Bird Workout 7:45 DeWitt Shuttle 9:00 Belfair Artists Workshop/AR 11:30 *Chair Yoga/AR (Mixed Level) 12:45 *Chair Yoga/AR (Mixed Level) 1:00 Knit & Stitch/SOL 1:00 Fairfacts Bridge/AUD 2:00 *Men's Strength, Tone & Balance Class/AR 2:30 Church w/ Communion/HCC 3:00 Intermediate Bridge/AUD VALENTINE'S DAY	15 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 10:00 Episcopal Liturgy/AUD 10:30 Bible Study/MR 11:15 *Strength Training w/ Free Weights/AR 1:00 Duplicate Bridge/AR 1:00 Bridge 4-Some/AR 1:30 Tai Chi/AUD 1:45 Depart: Afternoon at the Movies 2:00 Roads to Discovery/PDR 7:00 Bingo/AR	16 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 8:35 Rosary/AUD 9:00 Catholic Mass/AUD 10:00 *Chair Yoga/AR (Advanced) 11:00 *Chair Yoga/AR (Beginner) 11:00 Depart: Artie's Restaurant 2:00 *Exercise w/ David/AUD 5:00-6:00 Happy Hour/LR	17 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 10:00 Fairfax Chorus/CH 10:30 Colony Shop/AUD 11:15 *Strength, Tone & Balance Class/AR 1:00 Poker/GR 1:00 *Men's Strength, Tone & Balance Class/AR	18 1:00 Poker/GR 1:00 Texas Choral Group/AUD 7:15 Depart: VGMB
19 9:15 Protestant Service/AUD 10:30 Confessions/CH 11:00 Roman Catholic Mass/AUD 1:00 Bridge 4-Some/AR 1:45 Depart: NSO	NAME TAG DAY 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 Depart: Potomac Mills Mall 10:00 *Arthritis Water Exercise/SP 11:15 *Stretch & Strength Training/AR 1:00 Poker/GR 2:00 Get Up & Go Lecture Series/AR 5:00-6:00 Happy Hour/LR 6:30 Duplicate Bridge/AR	21 7:30 Early Bird Workout 7:45 DeWitt Shuttle 9:00 Belfair Artists Workshop/AR 11:30 *Chair Yoga/AR (Mixed Level) 12:45 *Chair Yoga/AR (Mixed Level) 1:00 Knit & Stitch/SOL 1:00 Duplicate Bridge/AUD 2:00 *Men's Strength, Tone & Balance Class/AR 2:30 Church w/ Communion/HCC 3:00 Intermediate Bridge/AUD 7:00 Meet the Musicians/AUD	22 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 10:00 Episcopal Liturgy/AUD 10:30 Bible Study/MR 11:15 *Strength Training w/ Free Weights/AR 11:30 Catholic Mass/AUD Duplicate Bridge/AR 1:00 Bridge 4-Some/AR 1:30 Tai Chi/AUD 2:00 Roads to Discovery/PDR	23 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 8:35 Rosary/AUD 9:00 Catholic Mass/AUD 10:00 *Chair Yoga/AR (Advanced) 11:00 *Chair Yoga/AR (Beginner) 2:00 *Exercise w/ David/AUD 5:00-6:00 Happy Hour/LR 6:00 Depart: NSO Pops	24 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 David Fontanella/PDR 10:00 *Arthritis Water Exercise/SP 10:00 Fairfax Chorus/CH 11:15 *Strength, Tone & Balance Class/AR 1:00 Poker/GR 1:00 *Men's Strength, Tone & Balance Class/AR	25 1:00 Poker/GR 6:45 Fairfax Band Concert at Fairfax HS
26 9:15 Protestant Service/AUD 11:00 Roman Catholic Mass/AUD 1:00 Bridge 4-Some/AR	NAME TAG DAY 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 8:35 Rosary/AUD 9:00 Catholic Mass/AUD 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 11:15 *Stretch & Strength Training/AR 1:00 Poker/GR 2:00 Get Up & Go Lecture Series/AR 5:00-6:00 Happy Hour/LR 6:30 Duplicate Bridge/AR	28 7:30 Early Bird Workout 7:45 DeWitt Shuttle 8:00 Depart: Richmond Tour 9:00 Belfair Artists Workshop/AR 11:30 *Chair Yoga/AR (Mixed Level) 12:45 *Chair Yoga/AR (Mixed Level) 1:00 Knit & Stitch/SOL 1:00 Duplicate Bridge/AUD 2:00 *Men's Strength, Tone & Balance Class/AR 2:30 Church w/ Communion/HCC 3:00 Intermediate Bridge/AUD 6:15 Depart: Opera "Cosi"	29 7:30 Early Bird Workout/AUD 7:45 DeWitt Shuttle 9:00 *Super Water Workout/SP 10:00 *Arthritis Water Exercise/SP 10:00 Episcopal Liturgy/AUD 10:30 Bible Study/MR 11:15 *Strength Training w/ Free Weights/AR 1:00 Duplicate Bridge/AR 1:00 Bridge 4-Some/AR 1:30 Tai Chi/AUD 2:00 Roads to Discovery/PDR 5:00 Wine Reception/AUD	 <p><i>Valentine's Day</i> FEBRUARY 14TH</p>		