


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
LIB – Library (2nd F) ML – Media Lounge (2nd F) CR – Card Room (1st F) CY – Courtyard (1st F) L – Lobby (1st F) AR – Activity Room (Lower) DR – Dining Room (Lower) MP – Multi-Purpose Room TR – Theatre (Lower)		ML 9:30 Sittercise 1 MP 10:30 Yarn Pumpkins CR 1:00 Bridge MP 1:30 Bingo AR 3:00 Book Club	ML 9:30 Sittercise 2 Shopping Trip: Giant MP 10:30 Current Events MP 3:00 Philosophy 101 with Professor McGuinness MP 6:00 Card Games	ML 9:30 Sittercise 3 MP 10:00 Catholic Mass CR 1:00 Bridge LIB 1:30 Scrabble MP 2:30 Thanksgiving Centerpieces with Loye	ML 9:30 Sittercise 4 MP 10:30 Ping Pong L 1:30 Drum Dance MP 3:00 Jokes with Stephon CR 6:00 Poker night	ML 9:30 Sittercise 5 MP 10:30 Catholic Prayer CY 2:30 Coloring Club	
ML 9:30 Sittercise 6 TR 1:00 Matinee CR 1:30 Rummikub and Scrabble L 1:30 Creative Writing MP 2:30 Coffee and Conversation <small>Daylight Saving Time Ends</small>	ML 9:30 Sittercise 7 L 10:30 Dave and Company Sing-a-Long MP 1:30 Bingo L 2:00 Trivia Challenge L 3:15 Afternoon Stretch	ML 9:30 Sittercise 8 ML 10:30 Yoga Elections Trip CR 1:00 Bridge MP 1:30 Crafts with Clarisa L 3:15 Bob Clark Music Bonanza	ML 9:30 Sittercise 9 Lunch Trip MP 10:30 Current Events MP 1:30 Bingo L 2:00 Pumpkin Pie in a Bag MP 6:00 Card Games	ML 9:30 Sittercise 10 MP 10:00 Catholic Prayer AR 10:00 Manicures DR 1:15 Food Forum DR 2:00 Resident Council DR 4:00 Anniversary Party	ML 9:30 Sittercise 11 MP 10:30 Ping Pong Veterans Day Luncheon ML 1:00 Chair Dance with April MP 2:30 Veterans day History with Roger <small>Veterans Day Remembrance Day (Canada)</small>	ML 9:30 Sittercise 12 MP 10:30 Catholic Prayer CY 2:30 Coloring Club	
ML 9:30 Sittercise 13 TR 1:00 Matinee CR 1:30 Rummikub and Scrabble MP 2:00 Music with the Madeira kids	ML 9:30 Sittercise 14 MP 10:30 Flower Arranging MP 1:30 Bingo L 2:00 Thanksgiving Wreaths L 3:15 Afternoon Stretch	ML 9:30 Sittercise 15 MP 10:30 Activities Forum CR 1:00 Bridge MP 1:00 Thanksgiving Traditions Reminiscing and Discussion AR 3:00 Chocolate Bar Making Holiday Card Bonanza	ML 9:30 Sittercise 16 Shopping Trip: Dollar Tree MP 10:30 Current Events MP 1:30 Bingo L 2:00 Cornhole MP 3:15 Lewinsville Worship Service Holiday Card Bonanza	ML 9:30 Sittercise 17 MP 10:00 Catholic Mass CR 1:00 Bridge LIB 1:30 Scrabble L 2:30 Winnie's 105th Birthday	ML 9:30 Sittercise 18 MP 10:30 Ping Pong MP 2:30 Thanksgiving Variety Show with Loye CR 6:00 Poker Night	ML 9:30 Sittercise 19 MP 10:30 Catholic Prayer CY 2:30 Coloring Club Turkey Tail Feather Scavenger Hunt	
ML 9:30 Sittercise 20 TR 1:00 Matinee CR 1:30 Rummikub and Scrabble L 1:30 Coffee and Conversation MP 2:30 Afternoon Stretch	ML 9:30 Sittercise 21 L 10:30 Dave and Company Sing-a-Long MP 1:30 Bingo L 3:00 Monday Mocktails	ML 9:30 Sittercise 22 ML 10:30 Yoga CR 1:00 Bridge MP 1:30 Bingo L 2:30 Bowling	ML 9:30 Sittercise 23 MP 10:30 Current Events MP 1:00 History of Thanksgiving L 3:15 Afternoon Stretch MP 6:00 Card Games	ML 9:30 Sittercise 24 MP 10:30 Thankfulness Tree Thanksgiving Day Lunch 	ML 9:30 Sittercise 25 MP 10:30 Ping Pong ML 1:00 Chair Dance with April MP 2:00 Armchair Travelers L 3:15 Dance Party	ML 9:30 Sittercise 26 MP 10:30 Catholic Prayer CY 2:30 Coloring Club	
ML 9:30 Sittercise 27 TR 1:00 Matinee CR 1:30 Rummikub and Scrabble L 1:30 Drum Dance MP 2:30 Crafts with Clarisa	ML 9:30 Sittercise 28 MP 10:30 MP 1:30 Bingo CR 2:00 Men's Club with Stephon L 3:30 Musical Mending with Melanie	ML 9:30 Sittercise 29 MP 10:30 Guess the Guinness Records CR 1:00 Bridge MP 1:30 Name that Tune MP 3:00 Meet a Raptor	ML 9:30 Sittercise 30 Shopping Trip: Giant MP 10:30 Current Events MP 1:30 Bingo L 2:00 Charades L 3:15 Afternoon Stretch MP 6:00 Card Games	<h1>November 2022</h1> <p>All Activities are Subject to Change – Gift Shop open M,W,F 1:30-3PM</p>			

At Your Service!

Bremda Paredes
Executive Director
Main Floor Lobby
bparedes@cri-va.org

Aden Tajebe
Director of Nursing
Terrace Level 1st Floor
don@cri-va.org

Betsy Weixel
Director of Marketing & Ad-
missions
Main Floor Lobby
bweixel@cri-va.org

Kate Burns, CDP, APC
Director of Activities
Main Floor Lobby
activities@cri-va.org

Stephon Hill
Admissions &
Recertification Coordinator
Main Floor Lobby
admissions@cri-va.org

Lloyd Moss
Food Service Director
Dining Room 1st Floor
fsd@cri-va.org

Jesus Urrutia
Director of Maintenance &
Housekeeping
1st Floor
dom@cri-va.org

Sarah Weekly
Business Office Manager
Front Desk Lobby
bom@cri-va.org

Jacque Wise
Administrative Assistant
Front Desk Lobby
adminassistant@cri-va.org

Shirly Songco
Receptionist
Front Desk Lobby
receptionist@cri-va.org

Chesterbrook
RESIDENCES
A Caring Assisted Living Retirement Community



“Chesterbrook Guest”
Password:
chesterbrook

Chesterbrook Corner Store

is OPEN for business!

Hours of Operation

Monday | Wednesday | Friday

1:30pm-3:00pm

Located on the 1st (main) floor near room 122

The Corner Store is run by volunteers from the community and residents. The Corner Store has essentials (paper products, toothpaste, mouthwash, and more). Proceeds from the Corner Store are donated to the Chesterbrook Care Fund.

Holiday Card Bonanza will be held November 15th and 16th in the Lobby, Holiday Cards are free!! Check us out for Holiday gifts as well!



Transport to Medical Dr. Appt. are
Tuesdays and Thursdays 8am to 2pm
Please sign-up in the Bus Book across
from the Dining Room



TTE LLC Salon

Tuesday | Thursday | Friday

10AM – 3PM

Please call 703.474.9517

to schedule an appointment

Closed on Monday & Wednesday

November