

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 11:00 Lewinsville Live Stream Worship Service <b>CR</b> 1:30 Rummikub and Scrabble <b>MP</b> 2:30 Ping Pong <b>L</b> 3:30 Student Musicales Presentation <small>New Year's Day</small>	<b>ML</b> 9:30 Get Movin' With Kate <b>L</b> 10:30 Dave and Company Sing-a-Long <b>L</b> 2:00 Trivia Challenge <b>L</b> 3:15 Afternoon Stretch	<b>ML</b> 9:30 Move and Groove With Clarisa <b>L</b> 10:30 Rosy Reminiscing <b>CR</b> 1:00 Bridge <b>AR</b> 1:30 Craft with Clarisa <b>MP</b> 3:00 Book Club	<b>ML</b> 9:30 Get Movin' With Kate <b>MP</b> 10:30 Current Events <b>Shopping Trip: Giant</b> <b>MP</b> 3:00 Philosophy 101 with Professor McGuinness <b>MP</b> 6:00 Card Games	<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 10:00 Catholic Prayer <b>CR</b> 1:00 Bridge <b>LIB</b> 1:30 Scrabble <b>MP</b> 2:30 Apples to Apples with Apples	<b>ML</b> 9:30 Get Movin' With Kate <b>MP</b> 10:30 Ping Pong <b>CR</b> 1:30 Poker <b>MP</b> 3:00 Virtual Tour of the International Space Station	<b>ML</b> 9:30 Sittercise <b>MP</b> 10:30 Catholic Prayer <b>L</b> 2:30 Coloring Club
<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 11:00 Lewinsville Live Stream Worship Service <b>CR</b> 1:30 Rummikub and Scrabble <b>L</b> 2:30 Coffee and Conversation	<b>ML</b> 9:30 Get Movin' With Kate <b>L</b> 10:30 Games with the Davis School <b>MP</b> 1:30 Flower Arranging <b>CR</b> 2:00 Men's Club with Stephon <b>L</b> 3:15 Afternoon Stretch	<b>ML</b> 9:30 Move and Groove With Clarisa <b>ML</b> 10:30 Chair Yoga <b>CR</b> 1:00 Bridge <b>MP</b> 1:30 Giant Crossword Puzzle <b>L</b> 3:15 Bob's Music Bonanza!	<b>ML</b> 9:30 Get Movin' With Kate <b>Lunch Trip to Anthony's</b> <b>MP</b> 10:30 Current Events <b>AR</b> 2:30 Homemade Lotion <b>MP</b> 6:00 Card Games	<b>ML</b> 9:30 Sittercise <b>MP</b> 10:00 Catholic Mass <b>DR 1:15 Food Forum</b> <b>DR 2:00 Resident Council</b> <b>MP</b> 6:00 Pajama Party Movie Night	<b>ML</b> 9:30 Get Movin' With Kate <b>MP</b> 10:30 Ping Pong <b>AR</b> 2:30 Museums of the World: Russian Hermitage Museum with Roger Koment	<b>ML</b> 9:30 Sittercise <b>MP</b> 10:30 Catholic Prayer <b>L</b> 2:30 Coloring Club <b>MP</b> 3:00 AARP Speaker: Romance Scams (Signup required)
<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 11:00 Lewinsville Live Stream Worship Service <b>CR</b> 1:30 Rummikub and Scrabble <b>L</b> 2:30 Poetry Club	<b>ML</b> 9:30 Get Movin' With Kate <b>L</b> 10:30 Dave and Company Sing-a-Long <b>MP</b> 1:00 Manicures <b>L</b> 2:00 Trivia Challenge <b>L</b> 3:15 Afternoon Stretch <small>Martin Luther King Jr. Day</small>	<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 10:30 Apples to Apples <b>CR</b> 1:00 Bridge <b>AR</b> 1:30 Craft with Clarisa <b>L</b> 3:00 20 minute Dance Party	<b>ML</b> 9:30 Get Movin' With Kate <b>MP</b> 10:30 Current Events <b>Shopping Trip: Dollar Tree</b> <b>MP</b> 1:30 Bingo <b>MP</b> 3:15 Lewinsville Worship Service <b>MP</b> 6:00 Card Games	<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 10:00 Catholic Prayer <b>MP</b> 1:00 Ping Pong <b>CR</b> 1:00 Bridge <b>LIB</b> 1:30 Scrabble <b>MP</b> 2:30 Thirsty Thursday	<b>ML</b> 9:30 Get Movin' With Kate <b>L</b> 10:30 Music with Brian Rudolph <b>CR</b> 1:30 Poker <b>MP</b> 3:00 Armchair Travelers	<b>ML</b> 9:30 Sittercise <b>MP</b> 10:30 Catholic Prayer <b>L</b> 2:30 Coloring Club
<b>ML</b> 9:30 Sittercise <b>MP</b> 11:00 Lewinsville Live Stream Worship Service <b>CR</b> 1:30 Rummikub and Scrabble <small>Chinese New Year (Year of the Rabbit)</small>	<b>ML</b> 9:30 Sittercise <b>L</b> 10:30 Games with the Davis School <b>CR</b> 2:00 Men's Club with Stephon <b>L</b> 3:30 Musical Mending with Melanie <small>Activity Professionals Week</small>	<b>ML</b> 9:30 Sittercise <b>ML</b> 10:30 Chair Yoga <b>CR</b> 1:00 Bridge <b>MP</b> 1:30 Coffee and Conversation <b>L</b> 3:15 Afternoon Stretch	<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 10:30 Current Events <b>Shopping Trip: Walmart</b> <b>MP</b> 1:30 Bingo <b>MP</b> 6:00 Card Games	<b>ML</b> 9:30 Sittercise <b>MP</b> 10:00 Catholic Prayer <b>CR</b> 1:00 Bridge <b>LIB</b> 1:30 Scrabble <b>MP</b> 2:30 Loye's Love Craft <small>Australia Day (observed)</small>	<b>ML</b> 9:30 Move and Groove With Clarisa <b>MP</b> 10:30 Ping Pong <b>CR</b> 1:30 Carbon Footprint Committee <b>MP</b> 2:30 Trivia for Treats <b>L</b> 3:15 Afternoon Stretch	<b>ML</b> 9:30 Sittercise <b>MP</b> 10:30 Catholic Prayer <b>L</b> 2:30 Coloring Club
<b>ML</b> 9:30 Sittercise <b>MP</b> 11:00 Lewinsville Live Stream Worship Service <b>CR</b> 1:30 Rummikub and Scrabble	<b>ML</b> 9:30 Sittercise <b>L</b> 10:30 Dave and Company Sing-a-Long <b>L</b> 2:00 Work Together on Word Searches	<b>ML</b> 9:30 Get Movin' With Kate <b>DR</b> 10:30 Craft with Clarisa <b>CR</b> 1:00 Bridge <b>L</b> 2:00 Birthday Party	<h1>January 2023</h1> <p>All Activities are Subject to Change – <b>Gift Shop open M,W,F 1:30-3PM</b></p>			

*At Your Service!*

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*Chesterbrook*  
**RESIDENCES**  
A Caring Assisted Living Retirement Community



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### **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

**Stop by for snacks, toiletries, and  
HOLIDAY SHOPPING!!**



Transport to Medical Appointments is  
available on Tuesdays and Thursdays

Please sign-up in the Bus Book by the  
Dining Room

\*same-day appt. are not guaranteed



**TTE LLC Salon**

**Tuesday | Thursday | Friday**

**10AM – 3PM**

Please call 703.474.9517

to schedule an appointment

Closed on Monday & Wednesday

# JANUARY