

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**February 2012**  
**POTOMAC PLACE ASSISTED LIVING**  
**2133 MONTGOMERY AVENUE**  
**WOODBIDGE, VA 22191**

9:00 Coffee & News/ L **1**  
 9:30 Errands/ Personal Shp.  
 10:00 Exercise/DR  
 10:45 **Coffee Outing**  
 1:15 Valentine Cards/ AR  
 2:30 Beading/ AR  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **2**  
 9:30 Dollar Tree  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 2:00 **Karen Bayer: Amore/ DR**  
 4:00 Social Hour/FL  
 6:00 Bingo/ L  
 Groundhog Day

9:00 Coffee & News/ L **3**  
 9:00 Doctor Appts.  
 10:00 Exercise Video/ L  
 10:45 Manicures/ AR  
 1:15 Lollipop Flowers/ AR  
 2:00 **Vitas High Tea/ DR**  
 4:00 Social Hour/FL  
 6:00 Cash Bingo/ L

9:00 Coffee & News/ L **4**  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 All Faith Service/L  
 2:30 Name Your Game/ AR  
 3:00 Music & Chat / FL  
 4:00 Social Hour/FL

9:15 Catholic Service/ L **5**  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 Cupid's Arrow / AR  
 2:30 Bowling/ AR  
 4:00 Social Hour/FL  
 6:30 Super Bowl/ L  
 Super Bowl Sunday 

9:00 Coffee & News/ L **6**  
 9:00 Doctor Appts.  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 Monday Matinee/ L  
 1:15 Rummikub Club/ FL  
 3:00 Music & Chat/ FL  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **7**  
 9:30 Walmart  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 11:00 **Grace Baptist Valentine Luncheon**  
 1:15 Hand Massages / AR  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **8**  
 9:30 Errands/ Personal Shp.  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 11:15 **Men's Lunch Out**  
 1:15 Wii Bowling/ L  
 3:00 Music & Chat/ FL  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **9**  
 9:30 Dollar Tree  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 **Baking with Susan/ AR**  
 2:30 Tea with RB/ DR  
 4:00 Social Hour/FL  
 6:00 Bingo/ AR

9:00 Coffee & News/ L **10**  
 9:00 Doctor Appts.  
 10:00 Exercise Video/ L  
 10:45 Manicures/ AR  
 1:15 Special Feature/ L  
 4:00 Social Hour/FL  
 6:00 Cash Bingo/ L  
 7:00 **Sweetheart's Dance featuring the St. Thom Cats**

9:00 Coffee & News/ L **11**  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 All Faith Service/L  
 2:30 Name Your Game/ AR  
 3:00 Popcorn Hour/ FL  
 4:00 Social Hour/FL

9:15 Catholic Service/ L **12**  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 Painting/ AR  
 2:00 **Bible Study / L**  
 4:00 Social Hour/FL

9:00 Coffee & News/ L **13**  
 9:00 Doctor Appts.  
 10:00 Exercise/DR  
 10:45 Spelling Bee/ FL  
 1:15 Monday Matinee/ L  
 1:15 Rummikub Club/ FL  
 3:00 Popcorn Hour / FL  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **14**  
 9:30 Walmart   
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:00 **Jello Mimomsas/ AR**  
 2:00 **Sweethearts Bingo/ DR**  
 3:00 General Store/ FL  
 4:00 Social Hour/FL  
 Valentine's Day

9:00 Coffee & News/ L **15**  
 9:30 Errands/ Personal Shp.  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 11:15 **Lunch Bunch**  
 1:15 Special Presentation/L  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **16**  
 9:30 Dollar Tree  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 12:00 Potomac MS Choir/ DR  
 1:00 **Resident Council/ L**  
 2:30 Tea with RB/ DR  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **17**  
 10:00 Exercise Video/ L  
 10:45 Manicures/ AR  
 1:00 Premier Designs/ FL  
 2:00 **Your Are Special Day with Norm Voss and Bruster's Ice Cream/ DR**  
 4:00 Social Hour/FL  
 6:00 Cash Bingo/ L

9:00 Coffee & News/ L **18**  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 All Faith Service/L  
 2:30 Name Your Game/ AR  
 3:00 Music & Chat/ FL  
 4:00 Social Hour/FL

9:15 Catholic Service/ L **19**  
 10:00 Exercise/DR  
 10:00 Church Outing  
 10:45 Just For Fun/ FL  
 1:15 Hot Cocoa/ FL  
 2:30 Wii Bowling/ L  
 4:00 Social Hour/FL

9:00 Coffee & News/ L **20**  
 9:00 Doctor Appts.  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 Monday Matinee/ L  
 1:15 Rummikub Club/ FL  
 3:00 Music & Chat / FL   
 4:00 Social Hour/FL  
 Presidents' Day (US)

9:00 Coffee & News/ L **21**  
 9:30 Target  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 11:00 Catholic Mass/ L  
 1:15 Hand Massages / AR  
 2:30 Scenic Drive  
 4:00 Social Hour/FL  
 Mardi Gras

9:00 A Second Cup/ FL **22**  
 9:30 Ash Wednesday/ L  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 11:15 **Mardi Gras Library Luncheon/ L**  
 2:00 Beading/ AR  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **23**  
 9:30 Dollar Tree  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 **Chocolate Bowls/ AR**  
 3:00 Tea with RB/ DR  
 4:00 Social Hour/FL  
 6:00 Bingo/ AR

9:00 Coffee & News/ L **24**  
 9:00 Doctor Appts.  
 10:00 Exercise Video/ L  
 10:45 Manicures/ AR  
 2:00 **Birthday Party with Mr. Showman/ DR**  
 4:00 Social Hour/FL  
 6:00 Cash Bingo/ L

9:00 Coffee & News/ L **25**  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:00 **30 Hour Famine Visits**  
 1:15 All Faith Service/L  
 2:30 Name Your Game/ AR  
 3:00 Popcorn Hour/FL  
 4:00 Social Hour/FL

9:15 Catholic Service/ L **26**  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 Painting/ AR  
 2:00 **Bible Study / L**  
 4:00 Social Hour/FL

9:00 Coffee & News/ L **27**  
 9:00 Doctor Appts.  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 Monday Matinee/ L  
 1:15 Rummikub Club/ FL  
 3:00 Popcorn Hour/ FL  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **28**  
 9:30 Walmart  
 10:00 Exercise/DR  
 10:45 Just For Fun/ FL  
 1:15 Flower Painting/ AR  
 2:00 Chair Yoga / L  
 3:00 General Store/ FL  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

9:00 Coffee & News/ L **29**  
 9:30 Errands  
 10:45 Just For Fun/ FL  
 11:15 **Popeye's Chicken**  
 1:15 Wii Bowling/ L  
 2:30 UNO/ AR  
 4:00 Social Hour/FL  
 6:00 Bingo/ L

**AR/ACTIVITY ROOM  
 DR/DINING ROOM  
 FL/FRONT LOBBY  
 L/LIBRARY**

\*All activities are subject to change.  
 Activities run for a minimum of 30 minutes each.  
 For additional activities, please see daily calendars.


