



## *January Themes: “A New Year, Our Presidents & Winter Indoor Activities”!*

*Primary Focus: U.S. States where our  
Presidents were born!*



### **Springfield**

#### **Boston:**

Mondays

- Reading with Kathy at 11:00!
- Social Lunch with Kathy at noon!

Tuesdays

- Exercise with Denise at 11:00!

Wednesdays

- Reading with Steve at 10:00!
- Social Lunch with Anne at noon!

Thursdays

- Arts & Crafts with Robin at 9:30 on Jan. 5th & 19th!
- Reading with Kamakshi at 10:00!
- Music Appreciation with Andrew at 1:30!

Fridays

- Computer Class (Staff) with Ranju at 8:00!
- Reading with Sanjay at 11:00!
- Reading with Tony at 1:30!

#### **Special Events:**

Mon., Jan. 9th- Our Voices Count at 10:00! (NEW!)

Mon., Jan. 9th- Cooking with Kathy at 11:00!

Thurs., Jan. 19th- Pet Therapy with Greenspring at 9:45!

Mon., Jan. 23rd- Concert with Jan de Holl at 1:30!

### **Fullerton:**

Tuesdays

- Exercise with Denise at 9:45!
- Vietnamese Interpreter Assistance with Mindy at 10:00!

Wednesdays

- Vietnamese Interpreter Assistance with Mindy at 10:00!

#### **Special Events:**

Thurs., Jan. 5th-Violin Concert by Andrew at 12:00!

Mon., Jan. 9th-Pet Therapy with Debby & Max at 11:15!

Thurs., Jan. 19th- Pet Therapy with Greenspring at 10:30!

Thurs., Jan. 19th-Violin Concert by Andrew at 12:00!

Mon., Jan. 23rd- Our Voices Count at 10:00! (NEW!)

Mon., Jan. 30th- Cooking with Kathy at 11:00!

For volunteer questions contact Sabrina Gibson at 703-796-9602 ext. 1227 or 571-230-0742.

### **Chantilly**

Mondays

- Yoga with Karen C. at 10:45-11:30!
- Reading with Allison at 11:00 in PSSG area! (Out 23rd & 30th)

Tuesdays

- Music with Mary & Carla 10:30 & 11:15! \*Note: Carla will be subbing for Mary on the 10th, 17th, 24th and 31st!
- Social Lunch with Mary at noon! \*Note: Mary only here Jan.3rd.
- Social Lunch with Maria at noon!
- Reading with Jim at 1:30 Community Access in the conference room!

Wednesdays

- Descriptive Writing (Staff) with Kamakshi at 3:00!

Thursdays

- Walking Club with Karen D. at 10:00 on Jan. 12th & 26th!
- Social Lunch with Humera at noon!
- Reading with Carolyn at 1:30 Prod.-conference room & 2:00 Community Access on Jan. 19th and 26th!

Fridays

- Yoga with Swati at 11:15!
- Music Appreciation with Allison at 1:30!(Out Jan. 6th)
- Reading/Social Activities with Amanda at 2:45 in Community Access!

#### **Special Events:**

Mon., Jan. 9th-Concert with Jan de Holl at 1:30!

Wed., Jan. 11th- Our Voices Count at 10:00! (NEW!)

Wed., Jan. 11th- Cooking with Kathy at 11:00!

Wed., Jan. 18th- Social Lunch “Round” Table with Nalini at 12:00!

Mon., Jan. 30th- Pet Therapy with Debby & Diego at 2:00!

