



# January 2012

## Area Key:

TR- Theater

BR- Ballroom

CMR- Community Room

CR- Craft Room

LR- Living Room

SP- Swimming Pool

CRD- Card Room

FC- Fitness Center

BRD- Board Room

PDR- Private Dining Room

OS-Outside

## Outing Symbol Guide



Lunch on your own



Self-Guided Tour



Mainly Walking/Standing



ADA Compliant



Uneven Walking/Stairs



Guided Tour



Weather Sensitive



Minimal Walking

### Notes:

*All Winter Outings are subject to weather conditions*

- Events written in *Italics* indicate pre-registration necessary
- Outings are subject to cancellation depending on weather conditions, participation less than four
- “ADA Compliant”= complies with the American with Disabilities Act (designed for altered-abilities)
- In case of emergency, please call 911
- Outings often have seats available at the last minute; be in the lobby at departure time and ask the driver

### Area Event Resources:




Jewish Community Center of Northern Virginia (“JCCNV”): (703) 537-3099.

Fairfax County Park Authority Trips & Tours Hotline: (703) 324-8687).

City of Fairfax Senior Center: (703) 359-2487.



















# January 2012

SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
<p>12:00 - 2:00 Sunday Brunch</p> <p>3:30 Afternoon Matinee, TR</p> <p>5:00 - 8:00 <u>Outing:</u> Dinner at Red Lobster, \$</p> <p>  </p> <p>7:00 - 9:00 Bridge Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p>1:00 - 3:00 Pinochle, CRD</p> <p>3:30 Video Lecture: Optimizing Brain Fitness- "How Your Brain Works" &amp; "How Your Brain Changes," TR</p> <p>7:00 Scrabble, CRD</p> <p>8:00 History Alive: "Amelia Earhart," LR</p> <p>New Year Legal Public Holiday</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>10:45 - 1:30 <u>Outing:</u> Church of the Epiphany Concert, DC</p> <p> </p> <p>3:30 Bible Study with Chaplain Norma, BRD</p> <p>4:00 Poetry Club, LR</p> <p>5:00 Single Women's Dinner, DR</p> <p>7:30 Evening Movie, TR</p> <p>7:45 Men's Discussion Group, CMR</p>	<p>2:00 - 4:00 Bridge Club, CRD</p> <p>2:30 Word Search, LR</p> <p>3:30 Adventures in Faith, BRD</p> <p>7:00 - 8:30 "Dealing with Dementia" Support Group, The Gardens</p> <p>7:30 BBC Night with Howard Lasser, TR</p>	<p>10:30 Scrabble Club, CRD</p> <p>1:30 Wii Bowl, BRD</p> <p>2:00 Newsletter Meeting, LR</p> <p>3:30 Afternoon Matinee, TR</p> <p>7:00 Canasta Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>10:45 - 3:15 <u>Outing:</u> Renwick Gallery &amp; Lunch, \$</p> <p>  <b>G</b></p> <p></p> <p>4:00 Talk: "This is My Country," with Rex Butler, LR</p> <p>7:30 Evening Movie, TR</p>	<p>12:00 Open Wii, BRD</p> <p>1:00 Encore Showing of Video Lecture: Optimizing Brain Fitness, TR</p> <p>2:00 Rumikub, CRD</p> <p>7:30 Saturday Evenings at the Movies, TR</p>




















# January 2012

SUNDAY 8	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14
<p>12:00-2:00 Sunday Brunch</p> <p>1:00 - 5:00 <u>Outing:</u> Marine Band Concert at George Mason</p> <p>  </p> <p>3:30 Episcopal Communion Service at The Gardens</p> <p>3:30 Afternoon Matinee, TR</p> <p>7:00 - 9:00 Bridge Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p>1:00-3:00 Pinochle, CRD</p> <p>2:00 Hobby Month Talk, LR</p> <p>3:30 Video Lecture: Optimizing Brain Fitness- "Care and Feeding of the Brain" &amp; "Creativity and the Playful Brain," TR</p> <p>7:00 Scrabble, CRD</p> <p>7:45 <u>Lecture:</u> "Jazz &amp; Swing Music," BR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>12:45 - 2:00 Life After Loss Support Group, Apartment #436</p> <p>3:30 Bible Study with Chaplain Norma, BRD</p> <p>7:30 Evening Movie, TR</p> <p>7:30 Women's Discussion Group, BR</p>	<p>2:00 - 4:00 Bridge Club, CRD</p> <p>3:30 Adventures in Faith, BRD</p> <p>4:00 - 8:00 <u>Outing:</u> Happy Hour and Dinner at Capitol City Brewing Company, \$</p> <p>  </p> <p>7:30 BBC Night with Howard Lasser, TR</p>	<p>10:30 Scrabble Club, CRD</p> <p>1:30 Wii Bowl, BRD</p> <p>3:30 Afternoon Matinee, TR</p> <p>7:30 Evening Movie, TR</p> <p>7:00 Canasta Club, CMR</p> <p>8:00 Concert: "Shenandoah Sound," LR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>3:00 Special Matinee, TR</p> <p>7:00 - 9:15: <u>Outing:</u> Patagonia Winds Concert, Fairfax, VA</p> <p>  </p> <p>7:30 Evening Movie, TR</p>	<p>10:00 - 3:30 (approx.) <u>Outing:</u> Hirschorn Museum of Art, D.C. &amp; Lunch, \$</p> <p>   </p> <p></p> <p>11:00 - 2:00 <u>Outing:</u> Lunch at Bob Evans, \$</p> <p> </p> <p>12:00 Open Wii, BRD</p> <p>1:00 Encore Showing of Video Lecture, "Optimizing Brain Fitness," TR</p> <p>2:00 Rumikub, CRD</p> <p>7:30 Saturday Evening at the Movies, TR</p>














# January 2012

SUNDAY 15	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21
<p>12:00-2:00 Sunday Brunch</p> <p><u>1:45 - 5:45</u> <i>Outing: Fairfax Symphony, Manassas, VA</i></p> <p>  </p> <p>3:30 Afternoon Matinee, TR</p> <p><u>5:00 - 8:00</u> <i>Outing: Dinner at Sweetwater Tavern, \$</i></p> <p>  </p> <p>7:00 - 9:00 Bridge Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p><u>9:45 - 12:00 Outing:</u> Children's Performance Series, Fairfax, VA</p> <p>  </p> <p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>11:30 "I Have a Dream," LR</p> <p>1:00-3:00 Pinochle, CRD</p> <p>3:30 Video Lecture: Optimizing Brain Fitness- "Focusing," &amp; "Enhancing," TR</p> <p>7:00 Scrabble, CRD</p> <p>7:45 "Getting to Know You," LR, Hostess Carlynn Nill</p> <p>Martin Luther King Day</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p><u>10:45 - 1:30 Outing:</u> Church of the Epiphany Concert, DC</p> <p> </p> <p><i>11:00 - 12:30 Encore Choir Rehearsal, BR</i></p> <p>1:00 Chat with TMT: "Fill Out Your File of Life," CMR</p> <p>1:00 Book Club, LR</p> <p>3:30 Bible Study with Chaplain Norma, BRD</p> <p>7:30 Evening Movie, TR</p> <p>7:45 Men's Discussion Group, CMR</p>	<p>2:00 - 4:00 Bridge Club, CRD</p> <p>3:30 Adventures in Faith, BRD</p> <p>4:00 Music Appreciation with Laura Hills, LR</p> <p>7:30 BBC Night with Howard Lasser, TR</p>	<p><u>10:30 - 12:30: Outing:</u> Fairfax Music Club Concert, Fairfax, VA</p> <p>  </p> <p>10:30 Scrabble Club, CRD</p> <p>1:30 Wii Bowl, BRD</p> <p>3:30 Woodson High School Band Concert, BR</p> <p>3:30 Afternoon Matinee, TR</p> <p>4:30 Hymn Sing with Chaplain Norma, LR</p> <p>7:00 Canasta Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p><u>10:00 - 3:00 Outing:</u> Hylton Center Performing Arts Tour &amp; Lunch, Manassas, VA \$</p> <p>  </p> <p>1:00 - 2:30 Afternoon Piano with Shelly Rosenstein, LR</p> <p>7:30 Evening Movie, TR</p>	<p>12:00 Open Wii, BRD</p> <p>1:00 Encore Showing of Video Lecture, "Optimizing Brain Fitness," TR</p> <p>2:00 Rumikub, CRD</p> <p>7:30 Saturday Evening at the Movies, TR</p>




# January 2012

SUNDAY 22	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
<p>12:00-2:00 Sunday Brunch</p> <p>2:00 - 4:00 Abigail Adams Tea Party Meeting, BR</p> <p>3:30 Afternoon Matinee, TR</p> <p>7:00 - 9:00 Bridge Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>1:00-3:00 Pinochle, CRD</p> <p>3:30 Video Lecture: Optimizing Brain Fitness- "Exercising Your Working Memory," &amp; "Putting Your Senses to Work," TR</p> <p>7:00 Scrabble, CRD</p> <p>7:45 Concert: Andrea Thornock, LR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>10:00 Coffee with Kevin, Bistro</p> <p>11:00 - 12:30 <i>Encore Choir Rehearsal, BR</i></p> <p>12:45 - 2:00 Life After Loss Support Group, Apartment #436</p> <p>3:30 Bible Study with Chaplain Norma, BRD</p> <p>7:30 Evening Movie, TR</p>	<p>11:00 Lecture: "Scams &amp; Frauds Targeting YOU!" TR</p> <p>1:30 - 4:00 <u>Outing:</u> Shopping at Fair Oaks Mall</p> <p>  </p> <p>2:00 - 4:00 Bridge Club, CRD</p> <p>2:30 Word Search, LR</p> <p>3:30 Adventures in Faith, BRD</p> <p>7:00 - 8:30 "Dealing with Dementia" Support Group, The Gardens</p> <p>7:30 BBC Night with Howard Lasser, TR</p>	<p>10:30 Scrabble Club, CRD</p> <p>11:30 - 3:00 <u>Outing:</u> Udvar-Hazy Center &amp; Lunch, \$ Chantilly, VA</p> <p>  G </p> <p>1:30 Wii Bowl, BRD</p> <p>3:30 Afternoon Matinee, TR</p> <p>4:00 Lecture with Dr. Shea: "Deitrich Bonhoffer," TR</p> <p>5:00 Dinner with Dr. Shea, DR</p> <p>7:00 Canasta Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Blood Sugar Check, Business Office</p> <p>1:15 Newsletter Production, CMR</p> <p>2:00 Talk: "Places I Have Lived," LR</p> <p>3:00 Special Matinee, TR</p> <p>4:00 Talk: "Effects of Arabian Oil \$," with Mr. Massey, LR</p> <p>7:30 Evening Movie, TR</p>	<p>10:30 - 12:15 <u>Outing:</u> Drive - Only to Great Falls</p> <p> </p> <p>11:00 - 2:00 <u>Outing:</u> Lunch at Kentucky Fried Chicken, \$</p> <p>  </p> <p>12:00 Open Wii, BRD</p> <p>1:00 Encore Video Lecture, "Optimizing Brain Fitness," TR</p> <p>2:00 Rumikub, CRD</p> <p>7:30 Saturday Evening at the Movies, TR</p>



# January 2012

SUNDAY 29	MONDAY 30	TUESDAY 31				
<p>12:00-2:00 Sunday Brunch</p> <p>3:30 Afternoon Matinee, TR</p> <p>5:00 - 8:00 Outing: Dinner at Macaroni Grill, \$</p>  <p>7:00 - 9:00 Bridge Club, CRD</p> <p>7:30 Evening Movie, TR</p>	<p>1:00-3:00 Pinochle, CRD</p> <p>1:00 - 2:30 New Year Tea with Shelly Rosenstein, LR</p> <p>3:30 Health Talk: Ask the Professional, BR</p> <p>4:00 Resident Community Meeting, BR</p> <p>7:00 Scrabble, CRD</p> <p>8:00 Concert: "Unchained Harmony," LR</p>	<p>10:00 - 12:00 Blood Pressure &amp; Sugar Check, Bus. Office</p> <p>11:00 - 12:30 <i>Encore Choir Rehearsal, BR</i></p> <p>1:00 Chat with TMT: "Medical Myths Demystified," LR</p> <p>2:00 Concert: "Dave Anderson, LR</p> <p>3:30 Video Lecture: "Enlisting Your Emotional Memory," &amp; "Practicing for Peak Performance," TR</p> <p>3:30 Bible Study with Chaplain Norma, BRD</p> <p>7:30 Evng Movie, TR</p> <p>7:45 Men's Discussion Grp, CMR</p>				



# Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7:30-8:30 Open Swim, SP</p> <p>9:00-9:40 Stretch &amp; Balance, CR</p> <p>9:45-10:10 Morning Stretch, CR</p> <p>11:30-12:30 Water Stretch, SP</p> <p>1:00-1:30 Fitness Class, CR</p> <p>2:00-3:00 Aquatic Fall Prevention, SP</p>	<p>7:30-8:30 Open Swim, SP</p> <p>9:00-9:40 Weight &amp; Band Training, CR</p> <p>10:00 Circuit Class, FC</p> <p>10:30-11:30 Exercise for Parkinson's with Sonia Gow, SP</p> <p>11:00 Armchair Aerobics, BRD</p> <p>1:30-2:30 Aquatic Fall Prevention, SP</p>	<p>7:30-8:30 Open Swim, SP</p> <p>9:00-9:40 Stretch &amp; Balance, CR</p> <p>9:45-10:10 Morning Stretch, CR</p> <p>11:00-12:15 Water Walking, SP</p> <p>1:00-1:30 Fitness Class, CR</p> <p>2:00-3:30 Fitness Testing (by appointment), FC</p>	<p>7:30-8:30 Open Swim, SP</p> <p>9:00-9:40 Weight &amp; Band Training, CR</p> <p>10:00 Circuit Class, FC</p> <p>10:30-11:30 Exercise for Parkinson's with Sonia Gow, SP</p> <p>11:00 Armchair Aerobics, BRD</p> <p>1:30-2:30 Aquatic Fall Prevention, SP</p>	<p>7:30-8:30 Open Swim, SP</p> <p>9:00-9:40 Stretch &amp; Balance, CR</p> <p>9:45-10:10 Morning Stretch, CR</p> <p>11:00-12:00 Water Stretch, SP</p> <p>1:00-1:30 Fitness Class, CR</p> <p>2:00-3:00 Aquatic Fall Prevention, SP</p>

## January, 2012 Movie Schedule

### Show Times

(Note: Refer to the daily poster outside the Theater Room for changes to this schedule.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 & 7:45 p.m.	3:30 p.m.	7:45 p.m.	7:30 p.m.	3:30 & 7:45 p.m.	7:45 p.m.	7:45 p.m.
1	2	3	4	5	6	7
Larry Crowne (2011) Comedy or Chaos Theory (2007) Comedy	Russian Ark (2002) Foreign - Special Request	Dave (1993) Comedy	Mr. Lasser presents True Grit (Jeff Bridges)	Xanadu (1980) Musical	Little Women (1949) Classic	Billy Elliot (2000) Drama or Kate and Leopold (2001) Romance
8	9	10	11	12	13	14
The Debt (2010) Thriller		Night of the Hunter (1955) Classic	Mr. Lasser presents Rooster Cogburn (John Wayne)	The Spiral Staircase (1946) Classic	Rebecca (1940) Classic	Margin Call (2011) Thriller
15	16	17	18	19	20	21
Midnight in Paris (2011) Comedy or Larry Crowne	Motherland Afghanistan (2007) Documentary	Mr. and Mrs. Miller present	Mr. Lasser presents Buck (Buck Brannaman)	Wag the Dog (1997) Comedy	Airplane (1980) Comedy	Billy Elliot or Kate and Leopold
22	23	24	25	26	27	28
The Tempest (2010) Shakespeare	National Geographic Forces of Nature (2004) Documentary	Quiz Show (1994) Drama	Mr. Lasser presents The Help	Four Christmases (2008) Comedy	Milagro Beanfield War (1988) Drama	Stripes (1981) Comedy
29	30	31				
War and Peace (1956) Classic	Mr. and Mrs. Miller present	I Confess (1953) Classic				