

September 2023
Chantilly Heights Bridges Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 CHANTILLY HEIGHTS LLC MEMORY CARE					9:45 🍷 Morning Greetings & The Daily Chronicle [BC] 10:00 ➡ Friday Yoga & Meditation In The Garden [BC] 10:30 🍷 Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Bowling [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Computer Games w/Susan [BC] 1:30 🍷 Catholic Mass: St. Veronica's Church w/Father Kleinmann [BC] 1:30 🍷 Garden Club: Watering Garden [BC] 2:00 ➡ Fresh Air Sunshine & Bubble Fun [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 3:30 🍷 Painting with a Passion! [BC] 6:00 Evening Movie: Bed of Roses	9:30 🍷 Live Piano music w/ Dennis Botzer [BC] 11:15 🍷 Morning News & Chronicle [BC] 11:30 🍷 Saturday Stretches [BC] 1:00 🍷 Saturday Sports [BC] 3:15 🍷 Candy Bar Bingo! [BC] 4:15 🍷 Fresh Air, Sunshine & Watering The Garden [BC] 6:00 🍷 Evening Movie: Julie & Julia [BC]
9:30 🍷 Daily Chronicle & Morning News [BC] 9:45 ➡ Weekend Warrior [BC] 10:30 🍷 Piano w/Sanjana [BC] 1:00 🍷 Fresh Air, Sunshine & Watering The Garden [BC] 1:45 ➡ Word Games [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 National Geographic Documentary: Desert Seas Narrated by David Attenborough [BC] 6:00 🍷 Evening Movie: Definitely, Maybe [BC]	Labor Day 9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 9:45 ➡ Moving and Grooving to the Music [BC] 10:15 ➡ Get Up & Walk [BC] 10:30 ➡ Morning Snack & Hydration [BC] 10:45 🍷 Morning Concert: Elvis Presley in Hawaii [BC] 12:45 🍷 Helping Hands! [BC] 3:00 ➡ Make your own Sundaes [BC] 3:30 🍷 Labor Day Fun Facts, Trivia & Slideshow [BC] 4:00 🍷 Fresh Air & Sunshine [BC] 6:00 🍷 Evening Movie: Corrina, Corrina [BC]	9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Get Fit! [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Balloon Volleyball [BC] 11:30 🍷 Patriotic Sing-alongs [BC] 12:45 🍷 Helping Hands! [BC] 1:15 🍷 Fresh Air, Sunshine & Short Stories in The Garden [BP] 2:00 🍷 Table and Card Games [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Piano & Sing-Along w/Jane [BC] 3:45 🍷 Xbox Bowling [BC] 6:00 🍷 Evening Movie: Narnia [BC]	9:30 🍷 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC] 10:00 ➡ Fox Exercise Class [BC] 10:30 ➡ Pet Visits w/Chris & Sawyer [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 IN2! Trivia: Animals [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Garden Club: Watering Plants [BC] 1:30 🍷 Manicures w/Mae [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Candy Bar Bingo! [BC] 4:00 🍷 House Visits: 1 on 1 Activities w/Mae [BC] 6:00 🍷 Evening Movie: Nanny Diaries [BC]	9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Stretch & Tone [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Mad Ball! [BC] 11:30 🍷 My Favorite Tunes! [BC] 1:00 🍷 Fresh Air, Sunshine & Watering The Garden [BC] 2:00 🍷 Music Therapy w/ NeuroSound [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 2:45 🍷 Book Trivia [BC] 3:30 🍷 Arts & Crafts With A Purpose: Making Cards for The Fire Department [BC] 6:00 🍷 Evening Movie: Legally Blonde [BC]	9:45 🍷 Morning Greetings & The Daily Chronicle [BC] 10:00 ➡ Friday Yoga & Meditation In The Garden [BC] 10:30 🍷 Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Twisted Twister [BC] 11:45 🍷 Sweet Melodies [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Garden Club: Watering Garden [BC] 1:30 🍷 Glamour Time [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Afternoon Concert: The Beach Boys [BC] 6:00 Family Event: Dancing Under The Stars [BC]	9:30 🍷 Live Piano music w/ Dennis Botzer [BC] 11:15 🍷 Morning News & Chronicle [BC] 11:30 🍷 Saturday Stretches [BC] 1:00 🍷 Saturday Sports [BC] 3:15 🍷 Candy Bar Bingo! [BC] 4:15 🍷 Fresh Air, Sunshine & Watering The Garden [BC] 6:00 🍷 Evening Movie: We are Marshall [BC]
National Assisted Living Week National Grandparents Day 9:30 🍷 Happy Grandparents Day: Cards & Candy Delivery [BC] 9:45 🍷 Daily Chronicle & Morning News [BC] 10:00 🍷 Order of the Malta Rosary [BC] 10:30 🍷 Piano w/Sanjana [BC] 2:00 🍷 Epiphany Anglican Church Service w/Violin & Piano Music [BC] 2:45 ➡ Weekend Warrior [BC] 3:00 ➡ Sunday Sports [BC] 6:00 🍷 Evening Movie: The Family Man [BC]	National Assisted Living Week Patriot Day 9:45 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Moving and Grooving to the Music [BC] 10:30 ➡ Get Up & Walk [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Trip To Firehouse: Gratitude Wishes, Cookie & Card Delivery [BC] 11:30 🍷 Melodies That Fill Your Spirit! [BC] 12:45 🍷 Helping Hands! [BC] 1:30 🍷 Resident Art Mural [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 2:30 🍷 Name That Resident: Baby Picture - Who Am I? [BC] 3:30 🍷 Arts & Crafts w/Susan [BC] 4:30 🍷 Resident Art Show [BC] 6:00 🍷 Evening Movie: Last Chance Harvey [BC]	National Assisted Living Week 9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Get Fit! [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Parachute Fun! [BC] 11:30 🍷 Patriotic Sing-alongs [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Resident Art Mural [BP] 2:00 🍷 Table and Card Games [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Piano & Sing-Along w/Jane [BC] 3:45 🍷 Xbox Bowling [BC] 6:00 🍷 Evening Movie: Trouble with the Curve [BC]	National Assisted Living Week 9:30 🍷 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC] 10:00 ➡ Fox Exercise Class [BC] 10:30 ➡ Pet Visits w/Chris & Sawyer [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Crossword Puzzles [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Resident Art Mural [BC] 2:00 🍷 Manicures w/Mae [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Happy Hour & Live Music [BC] 4:00 🍷 Resident Awards Ceremony [BC] 6:00 🍷 Evening Movie: 17 Again [BC]	National Assisted Living Week 9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Stretch & Tone [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Mad Ball! [BC] 11:30 🍷 My Favorite Tunes! [BC] 1:00 🍷 Resident Art Mural [BC] 2:00 🍷 Music Therapy w/ NeuroSound [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 2:45 🍷 Book Trivia [BC] 3:45 🍷 Art Expression: Learn How to Draw [BC] 6:00 🍷 Evening Movie: Rumor has It [BC]	National Assisted Living Week 9:45 🍷 Morning Greetings & The Daily Chronicle [BC] 10:00 ➡ Friday Yoga & Meditation In The Garden [BC] 10:30 🍷 Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Bowling [BC] 11:45 🍷 Soothing Sounds [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Computer Games w/Susan [BC] 1:30 🍷 Catholic Mass: St. Veronica's Church w/Father Kleinmann [BC] 2:00 🍷 Fresh Air & Sunshine [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 3:30 🍷 Painting with a Passion: Fall Reflections [BC] 6:00 Evening Movie: Seabiscuit	National Assisted Living Week Rosh Hashanah 9:30 🍷 Live Piano music w/ Dennis Botzer [BC] 11:15 🍷 Morning News & Chronicle [BC] 11:30 🍷 Saturday Stretches [BC] 1:00 🍷 Saturday Sports [BC] 3:15 🍷 Candy Bar Bingo! [BC] 4:15 🍷 Fresh Air, Sunshine & Watering The Garden [BC] 6:00 🍷 Evening Movie: First Daughter [BC]
9:30 🍷 Daily Chronicle & Morning News [BC] 9:45 ➡ Weekend Warrior [BC] 10:30 🍷 Piano w/Sanjana [BC] 1:00 🍷 Board Games: SKUNK [BC] 1:45 🍷 Short Stories & Reminiscing in The Sunroom [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 2:45 🍷 Sunday Sports [BC] 6:00 🍷 Evening Movie: National Treasure [BC]	9:45 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Moving and Grooving to the Music [BC] 10:30 ➡ Get Up & Walk [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:30 🍷 Melodies That Fill Your Spirit! [BC] 12:45 🍷 Helping Hands! [BC] 1:30 ➡ Country Cooking [BC] 2:30 ➡ Fresh Air & Sunshine [BC] 3:30 🍷 Arts & Crafts w/Susan [BC] 4:30 🍷 Arm Chair Travel [BC] 6:00 🍷 Evening Movie: Notting Hill [BC]	9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Get Fit! [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Tennis Ball [BC] 11:30 🍷 Patriotic Sing-alongs [BC] 12:45 🍷 Helping Hands! [BC] 1:15 🍷 Arts & Crafts with a Purpose: Making Clay Beads [BP] 2:00 🍷 Table and Card Games [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Piano & Sing-Along w/Jane [BC] 3:45 🍷 Xbox Bowling [BC] 6:00 🍷 Evening Movie: Blazing Saddles [BC]	9:30 🍷 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC] 10:00 ➡ Fox Exercise Class [BC] 10:30 ➡ Pet Visits w/Chris & Sawyer [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 IN2! Trivia: Fall [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Garden Club: Watering Plants [BC] 1:30 🍷 Manicures w/Mae [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Happy Hour & Live Music [BC] 4:00 🍷 House Visits: 1 on 1 Activities w/Mae [BC] 6:00 🍷 Evening Movie: Spiderman 3 [BC]	International Day of Peace 9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Stretch & Tone [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Mad Ball! [BC] 11:30 🍷 Comforting Music: Bible Hymns [BC] 1:00 🍷 Sunroom Short Stories & Reminiscing [BC] 2:00 🍷 Music Therapy w/ NeuroSound [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 2:45 🍷 Book Trivia [BC] 3:45 🍷 Art Expression: Learn How to Draw [BC] 6:00 🍷 Evening Movie: The Sandlot [BC]	9:45 🍷 Morning Greetings & The Daily Chronicle [BC] 10:00 ➡ Friday Yoga & Meditation [BC] 10:30 🍷 Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Ladder Ball Toss [BC] 11:45 🍷 Lyrics That Fill Your Heart [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Activities of Reflection: Building w/Legos [BC] 2:00 ➡ Fresh Air Sunshine & Bubble Fun [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 3:30 🍷 Painting with a Passion! [BC] 6:00 Evening Movie: Matrix	Fall Equinox 9:30 🍷 Morning News & Chronicle [BC] 9:45 🍷 Saturday Stretches [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 1:00 🍷 Saturday Sports [BC] 3:15 🍷 Candy Bar Bingo! [BC] 4:15 🍷 Fresh Air, Sunshine & Watering The Garden [BC] 6:00 🍷 Evening Movie: Fever Pitch [BC]
9:30 🍷 Daily Chronicle & Morning News [BC] 9:45 ➡ Weekend Warrior [BC] 10:15 ➡ Sunday Sprints [BC] 10:30 🍷 Piano w/Sanjana [BC] 2:00 🍷 Epiphany Anglican Church Service w/Violin & Piano Music [BC] 2:30 🍷 Word Games: Person, Place or Thing [BC] 3:00 🍷 Sunday Sports [BC] 6:00 🍷 Evening Movie: Brooklyn [BC]	Yom Kippur 9:45 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Moving and Grooving to the Music [BC] 10:30 ➡ Get Up & Walk [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:30 🍷 Melodies That Fill Your Spirit! [BC] 12:45 🍷 Helping Hands! [BC] 1:30 ➡ Card Games: War [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 3:30 🍷 Arts & Crafts w/Susan [BC] 4:30 🍷 Arm Chair Travel [BC] 6:00 🍷 Evening Movie: Big Trouble [BC]	9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Get Fit! [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Balloon Volleyball [BC] 11:30 🍷 Patriotic Sing-alongs [BC] 12:45 🍷 Helping Hands! [BC] 1:15 🍷 Poetry on The Patio [BP] 2:00 🍷 Arts & Crafts with a Purpose: Making Clay Beads [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Piano & Sing-Along w/Jane [BC] 3:45 🍷 Xbox Bowling [BC] 6:00 🍷 Evening Movie: Father of the Bride [BC]	9:30 🍷 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC] 10:00 ➡ Fox Exercise Class [BC] 10:30 ➡ Pet Visits w/Chris & Sawyer [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Word Games: Word Wheel [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Garden Club: Watering Plants [BC] 1:30 🍷 Manicures w/Mae [BC] 2:45 ➡ Afternoon Snack & Hydration [BC] 3:00 🍷 Happy Hour & Live Music [BC] 4:00 🍷 House Visits: 1 on 1 Activities w/Mae [BC] 6:00 🍷 Evening Movie: The Music Man [BC]	9:30 🍷 Good Morning Greetings & Daily Chronicle [BC] 10:00 ➡ Stretch & Tone [BC] 10:30 ➡ Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Mad Ball! [BC] 11:30 🍷 My Favorite Tunes! [BC] 1:00 🍷 Building w/Legos [BC] 2:00 🍷 Music Therapy w/ NeuroSound [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 2:45 🍷 Book Trivia [BC] 3:45 🍷 Art Expression: Learn How to Draw [BC] 6:00 🍷 Evening Movie: Little Miss Broadway [BC]	9:45 🍷 Morning Greetings & The Daily Chronicle [BC] 10:00 ➡ Friday Yoga & Meditation [BC] 10:30 🍷 Get Up and Walk! [BC] 10:45 ➡ Morning Snack & Hydration [BC] 11:00 🍷 Bowling [BC] 12:45 🍷 Helping Hands! [BC] 1:00 🍷 Computer Games w/Susan [BC] 1:30 🍷 Garden Club: Watering Garden [BC] 2:00 ➡ Fresh Air Sunshine & Bubble Fun [BC] 2:30 ➡ Afternoon Snack & Hydration [BC] 3:30 🍷 Painting with a Passion! [BC] 6:00 Evening Movie: The American President	Sukkot 9:30 🍷 Live Piano music w/ Dennis Botzer [BC] 11:15 🍷 Morning News & Chronicle [BC] 11:30 🍷 Saturday Stretches [BC] 1:00 🍷 Saturday Sports [BC] 3:15 🍷 Candy Bar Bingo! [BC] 4:15 🍷 Fresh Air, Sunshine & Watering The Garden [BC] 6:00 🍷 Evening Movie: When Calls The Heart [BC]