

January 2025
Chantilly Heights Bridges Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 CHANTILLY HEIGHTS MEMORY CARE			Kwanzaa Ends New Year's Day 9:30 ♥ Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC] 10:00 ↔ Exercise Class [BC] 10:30 ♥ Pet Visits w/Chris & Sawyer [BC] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Crossword Puzzles [BC] 12:45 Action Stations [BC] 1:15 Corn Hole [BC] 2:00 Catholic Rosary, Scripture & Bible Hymns [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Manicures w/Mae [BC] 4:00 Trivia: New Year's Day [BC] 6:00 Evening Movie: Because I Said So [BC]	Hanukkah Ends 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] 12:45 Action Stations [BC] 1:00 Short Stories & Reminiscing in The Sunroom [BC] 2:00 Music Therapy w/ NeuroSound [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Book Trivia [BC] 3:30 Art Expression: Learn How to Draw [BC] 4:15 Make me Laugh: Funny Baby Videos [BC] 6:00 Evening Movie [BC]	9:45 Morning Greetings & The Daily Chronicle [BC] 10:00 ↔ Yoga & Meditation [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Mop Hockey [BC] 11:45 Name That Sound? [BC] 12:45 Helping Hands! [BC] 1:00 Garden Club: Watering Plants [BC] 1:30 Catholic Mass: St. Veronica's Church w/Father Kleinmann [BC] 2:30 ↔ Ice Cream Social: Root Beer Floats [BC] 2:45 Word Games: Can you name 5? [BC] 3:15 Painting with a Passion! [BC] 6:00 Evening Movie	9:30 Live Piano music w/Dennis Botzer [BC] 10:15 Good Morning Greetings, Songs, & Daily Chronicle [BC] 10:30 ↔ Saturday Stretches [BC] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Balloon Volleyball [BC] 12:45 Lego Building [BC] 1:30 Candy Bar Bingo! [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Trivia [BP] 3:30 Saturday Pampering: Manicures & Hand Massage [BC] 6:00 Evening Movie: Mask [BC]
9:30 ↔ Daily Chronicle & Morning News [BC] 9:45 ↔ Fun w/Exercise [BC] 10:15 ↔ Sunday Sprints [BC] 10:30 Piano w/Sanjana [BC] 11:00 ↔ Morning Snack & Hydration [BC] 11:30 Piggy Bankers [BC] 12:45 ↔ Helping Hands: Watering Plants [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Sock Toss [BC] 6:00 Evening Movie: Ray [BC]	10:45 ↔ Morning Snack & Hydration [BC] 11:00 Good Morning Greetings & Daily Chronicle [BC] 11:15 ↔ Moving and Grooving to the Music [BC] 11:45 ↔ Get Up & Walk [BC] 12:45 Piano Concert: Frank Sinatra [BC] 2:15 Candy Bar Bingo [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 ↔ IN2! Trivia [BC] 3:30 Card Games - 7 up [BC] 4:00 Blast From The Past: Hee Haw [BC] 6:00 Evening Movie: You've Got Mail [BC]	9:30 Daily Chronicle & Morning News [BC] 10:00 ↔ Morning Exercise [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Helping Hands: Taking Down Christmas Tree [BC] 12:45 Helping Hands: Taking Down Christmas Tree [BC] 2:00 Candy Bar Bingo [BP] 2:45 ↔ Afternoon Snack & Hydration [BC] 3:30 Afternoon Documentary: The Capitol [BC] 6:00 Evening Movie: Charlie St. Cloud [BC]	Elvis Presley Birthday 9:30 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC] 10:00 ↔ Fox Exercise Class [BC] 10:30 ♥ Pet Visits w/Chris & Sawyer [BC] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Crossword Puzzles [BC] 12:45 Action Stations [BC] 1:15 Parachute Fun! [BC] 2:00 Catholic Rosary, Scripture & Bible Hymns [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Candy Bar Bingo! [BC] 4:00 Small Group Word Puzzles [BC] 6:00 Evening Movie: Sleepless in Seattle [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] 12:45 Action Stations [BC] 1:00 Short Stories & Reminiscing in The Sunroom [BC] 2:00 Music Therapy w/ NeuroSound [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Book Trivia [BC] 3:30 Abstract Art [BC] 4:15 Make me Laugh: Seinfeld [BC] 6:00 Evening Movie: The Banger Sisters [BC]	9:45 Morning Greetings & The Daily Chronicle [BC] 10:00 ↔ Yoga & Meditation [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Creative Crafts [BC] 12:45 Garden Club: Watering Plants [BC] 1:15 Color Me Calm! [BC] 1:45 Candy Bar Bingo [BC] 2:30 ↔ Ice Cream Social: Root Beer Floats [BC] 3:00 Word Games: Can you name 5? [BC] 3:30 Manicures & Hand Massage [BC] 6:00 Evening Movie: Music of The Heart [BC]	9:30 Live Piano music w/Dennis Botzer [BC] 10:15 Good Morning Greetings, Songs, & Daily Chronicle [BC] 10:30 ↔ Saturday Stretches [BC] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Balloon Volleyball [BC] 12:45 Lego Building [BC] 1:30 Candy Bar Bingo! [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Trivia [BP] 3:30 Saturday Pampering: Manicures & Hand Massage [BC] 6:00 Evening Movie: Disney's The Kid [BC]
9:30 ↔ Daily Chronicle & Morning News [BC] 9:45 ↔ Fun w/Exercise [BC] 10:00 Order of the Malta Rosary [BC] 10:15 ↔ Sunday Sprints [BC] 10:30 Piano w/Sanjana [BC] 11:00 ↔ Morning Snack & Hydration [BC] 12:45 Helping Hands: Watering Plants [BC] 2:00 Epiphany Anglican Church Service & Piano Music [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Sock Toss [BC] 3:45 Magazine Collages [BC] 6:00 Evening Movie: Babe Pig in The City [BC]	10:45 ↔ Morning Snack & Hydration [BC] 11:00 Good Morning Greetings & Daily Chronicle [BC] 11:15 ↔ Moving and Grooving to the Music [BC] 11:45 ↔ Get Up & Walk [BC] 12:45 Piano Concert: Frank Sinatra [BC] 2:45 Candy Bar Bingo! [BC] 3:30 ↔ Afternoon Snack & Hydration [BC] 4:00 IN2! Trivia [BC] 6:00 Evening Movie: Father of the Bride [BC]	9:30 Daily Chronicle & Morning News [BC] 10:00 ↔ Morning Exercise [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Tennis Ball [BC] 11:45 Soothing Songs [BC] 12:45 Helping Hands: Watering Plants [BC] 1:00 Word Games: Boggle [BC] 2:00 Candy Bar Bingo [BP] 2:45 ↔ Afternoon Snack & Hydration [BC] 3:00 Word Games: Finish The Phrase [BC] 3:45 Xbox Bowling [BC] 6:00 Evening Movie: Sherlock Holmes [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] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Crossword Puzzles [BC] 12:45 Action Stations [BC] 1:15 Ladder Ball Toss [BC] 2:00 Catholic Rosary, Scripture & Bible Hymns [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Happy Hour: Live Music w/Dreamma [BC] 4:15 Arm Chair Travel: New Orleans [BC] 6:00 Evening Movie: Hotel for Dogs [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] 12:45 Action Stations [BC] 1:00 Short Stories & Reminiscing in The Sunroom [BC] 2:00 Music Therapy w/ NeuroSound [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Finish The Phrase [BC] 3:30 Art Expression: Pinecone Painting [BC] 4:15 Make me Laugh: Full House [BC] 6:00 Evening Movie: What Women Want [BC]	Benjamin Franklin Day 9:45 Morning Greetings & The Daily Chronicle [BC] 10:00 ↔ Yoga & Meditation [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Creative Crafts [BC] 12:45 Helping Hands! [BC] 1:00 Garden Club: Watering Plants [BC] 1:30 Catholic Mass: St. Veronica's Church w/Father Kleinmann [BC] 2:30 ↔ Ice Cream Social: Root Beer Floats [BC] 2:45 Benjamin Franklin Anagram [BC] 3:30 Documentary: Benjamin Franklin [BC] 6:00 Evening Movie: Ferris Bueller's Day Off [BC]	9:30 Live Piano music w/Dennis Botzer [BC] 10:15 Good Morning Greetings, Songs, & Daily Chronicle [BC] 10:30 ↔ Saturday Stretches [BC] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Balloon Volleyball [BC] 12:45 Lego Building [BC] 1:30 Candy Bar Bingo! [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Trivia [BP] 3:30 Saturday Pampering: Manicures & Hand Massage [BC] 6:00 Evening Movie: P.S. I Love You [BC]
9:30 ↔ Daily Chronicle & Morning News [BC] 9:45 ↔ Fun w/Exercise [BC] 10:15 ↔ Sunday Sprints [BC] 10:30 Piano w/Sanjana [BC] 11:00 ↔ Morning Snack & Hydration [BC] 12:45 Helping Hands: Watering Plants [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Sock Toss [BC] 3:45 Magazine Collages [BC] 6:00 Evening Movie: Rudy [BC]	Martin Luther King, Jr. 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 Craft Corner [BC] 12:45 Action Stations [BC] 1:15 Country Cooking [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Martin Luther King Trivia [BC] 3:30 Martin Luther King Jr. - I Have A Dream Speech: August 28, 1963 [BC] 4:00 Blast From The Past: Hee Haw [BC] 6:00 Evening Movie: Cats & Dogs, The Revenge of Kitty Galore [BC]	9:30 Daily Chronicle & Morning News [BC] 10:00 ↔ Morning Exercise [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Noodle Ball [BC] 11:45 Name That Sound? [BC] 12:45 Helping Hands: Watering Plants [BC] 1:00 Word Games: Boggle [BC] 2:00 Candy Bar Bingo [BP] 2:45 ↔ Afternoon Snack & Hydration [BC] 3:00 Piano & Sing-Along w/Jane [BC] 3:45 Xbox Bowling [BC] 6:00 Evening Movie: Larry Crowne [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] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Crossword Puzzles [BC] 12:45 Action Stations [BC] 1:15 Bullseye [BC] 2:00 Catholic Rosary, Scripture & Bible Hymns [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Happy Hour: Live Music w/Tender [BC] 4:00 Blast from the Past: The Waltons [BC] 6:00 Evening Movie: Major League II [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 Mop Hockey [BC] 11:45 Sing along w/Mary Sue [BC] 12:45 Action Stations [BC] 1:00 Short Stories & Reminiscing in The Sunroom [BC] 2:00 Music Therapy w/ NeuroSound [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Book Trivia [BC] 3:30 Art Expression: Learn How to Draw [BC] 4:15 Make me Laugh: Funny Baby Videos [BC] 6:00 Evening Movie: Big Daddy [BC]	Happy Birthday Norma! 9:30 Birthday Celebration: Norma [BC] 9:45 Morning Greetings & The Daily Chronicle [BC] 10:00 ↔ Yoga & Meditation [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Creative Crafts [BC] 12:45 Helping Hands! [BC] 1:00 Garden Club: Watering Plants [BC] 1:15 Scattergories [BC] 2:30 ↔ Ice Cream Social: Root Beer Floats [BC] 3:00 My Favorite Tunes & Reminiscing [BC] 3:30 Painting with a Passion! 6:00 Evening Movie: Kindergarten Cop [BC]	10:15 Good Morning Greetings, Songs, & Daily Chronicle [BC] 10:30 ↔ Saturday Stretches [BC] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Balloon Volleyball [BC] 12:45 Lego Building [BC] 1:30 Candy Bar Bingo! [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Trivia [BP] 3:30 Saturday Pampering: Manicures & Hand Massage [BC] 6:00 Evening Movie: Spanglish [BC]
9:30 ↔ Daily Chronicle & Morning News [BC] 9:45 ↔ Fun w/Exercise [BC] 10:15 ↔ Sunday Sprints [BC] 10:30 Piano w/Sanjana [BC] 11:00 ↔ Morning Snack & Hydration [BC] 12:45 Helping Hands: Watering Plants [BC] 2:00 Epiphany Anglican Church Service & Piano Music [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Sock Toss [BC] 3:45 Magazine Collages [BC] 6:00 Evening Movie: Nanny Diaries [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] 11:00 Craft Corner [BC] 12:45 Action Stations [BC] 1:15 Country Cooking [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Hooray for Hollywood! Who Am I? [BC] 3:30 Songs & Videos That We love! [BC] 4:00 Blast From The Past: I Love Lucy [BC] 6:00 Evening Movie: Dream Girls [BC]	9:30 Daily Chronicle & Morning News [BC] 10:00 ↔ Morning Exercise [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Tennis Ball [BC] 11:45 Patriotic Sing-alongs [BC] 12:45 Helping Hands: Watering Plants [BC] 1:00 Word Games: Boggle [BC] 2:00 Candy Bar Bingo [BP] 2:45 ↔ Afternoon Snack & Hydration [BC] 3:00 Piano & Sing-Along w/Jane [BC] 3:45 Xbox Bowling [BC] 6:00 Evening Movie: Jumanji [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] 11:00 ↔ Morning Snack & Hydration [BC] 11:15 Crossword Puzzles [BC] 12:45 Action Stations [BC] 1:15 Parachute Fun! [BC] 2:00 Catholic Rosary, Scripture & Bible Hymns [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 3:00 Happy Hour: Live Music w/Rob [BC] 4:00 Small Group Word Puzzles [BC] 6:00 Evening Movie: Fiddler on The Roof [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] 12:45 Action Stations [BC] 1:00 Short Stories & Reminiscing in The Sunroom [BC] 2:00 Music Therapy w/ NeuroSound [BC] 2:30 ↔ Afternoon Snack & Hydration [BC] 2:45 Book Trivia [BC] 3:30 Art Expression: Abstract Art [BC] 4:15 Make me Laugh: The Carol Burnett Show [BC] 6:00 Evening Movie: A Walk To Remember [BC]	Happy Birthday Carlisle! National Zebra Day 9:45 Morning Greetings & The Daily Chronicle [BC] 10:00 ↔ Yoga & Meditation [BC] 10:30 ↔ Get Up and Walk! [BC] 10:45 ↔ Morning Snack & Hydration [BC] 11:00 Creative Crafts [BC] 12:00 Birthday Celebration: Carlisle [BC] 12:45 Helping Hands! [BC] 1:00 Garden Club: Watering Plants [BC] 1:15 Zebra Painting [BC] 2:30 ↔ Ice Cream Social: Root Beer Floats [BC] 3:00 Rodgers & Hammerstein Musicals Songs [BC] 3:30 Trivia [BC] 4:00 Afternoon Concert: Shania Twain [BC] 6:00 Evening Movie: Pay it Forward [BC]	