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Reston, VA 20190

Tall Oaks
ASSISTED LIVING
WHERE YOUR FAMILY IS OUR FAMILY

A Family Company Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981.

March 2026

- RG Rose Garden
- PT Patio
- SR Sunroom
- DR Dining Room (Rose Garden)
- 1st Floor Atrium
- TS Terrace Solarium
- BR Bus Ride

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
<p>10:30 RG Sunday Mass (Virtual)</p> <p>11:00 1st Floor Atrium Moving and Grooving</p> <p>1:00 DR Color Corner</p> <p>2:00 DR Tasty Talk Time</p> <p>2:30 RG Sunday Worship Service</p> <p>3:00 SR Brain Boost Hour</p> <p>4:00 DR Sing-A-long with Mickie</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 DR Daily Chronicles & Morning News</p> <p>1:00 DR Matching Cards</p> <p>2:00 DR Fancy Floral Arrangements</p> <p>2:30 1st Floor Atrium Live Music: Nashville Standard with Adam Melia</p> <p>2:30 DR Treat & Talk Time</p> <p>3:00 RG Easy Stretch</p> <p>3:30 RG Classic TV Hour</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Morning News Chat</p> <p>1:00 DR Easy Puzzles</p> <p>2:00 PT Calming + Sensory engagement</p> <p>2:30 DR Sweet Break Social</p> <p>3:00 RG Nail Polish & Pamper</p> <p>3:30 RG Nature Video</p> <p>4:00 DR Evening Melodies</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Daily Chronicles Reading & Morning News</p> <p>11:30 RG Morning Motion</p> <p>1:00 DR Reminiscence Chat</p> <p>2:00 DR Sticker Art</p> <p>2:30 DR Cozy Snack Time</p> <p>3:00 RG Resident Choice Show</p> <p>4:30 RG Gentle Dinner Music</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Seated Marching</p> <p>11:30 RG Daily Chronicles Reading</p> <p>1:30 DR Seasonal Craft</p> <p>2:00 DR Paper Folding</p> <p>2:30 DR Relax & Refresh</p> <p>3:00 SR Stretch Circle</p> <p>3:30 RG TV Favorites</p> <p>4:30 DR Dinner Harmony</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Balloon Tap</p> <p>11:30 RG Daily Chronicles Reading & Morning News</p> <p>1:30 RG Live Music: Guitar with Eric Highsmith</p> <p>2:30 DR Snack & Smile</p> <p>3:00 SR Afternoon Stretch</p> <p>3:30 RG Comedy Show (Virtual)</p> <p>4:30 DR Calm Talk Time</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG PAL Pet Therapy</p> <p>11:00 RG Sit and Get Fit!</p> <p>1:00 RG Live Music: Billy Sarkis</p> <p>2:00 SR Hand Massage & Relaxing</p> <p>2:30 DR Afternoon Treat Time</p> <p>3:00 RG Comedy Show (Virtual)</p> <p>4:00 DR Musical Moments</p>	
8	9	10	11	12	13	14	
<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 1st Floor Atrium Moving and Grooving</p> <p>1:00 DR Color Corner</p> <p>2:00 DR Tasty Talk Time</p> <p>2:30 RG Sunday Worship Service</p> <p>3:00 SR Brain Boost Hour</p> <p>4:00 DR Sing-A-long with Mickie</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 DR Daily Chronicles & Morning News</p> <p>1:00 DR Matching Cards</p> <p>2:00 DR Fancy Floral Arrangements</p> <p>2:30 DR Treat & Talk Time</p> <p>3:00 RG Easy Stretch</p> <p>3:30 RG Classic TV Hour</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Morning News Chat</p> <p>1:00 DR Easy Puzzles</p> <p>1:30 RG Live Music: Jazz with Caleb Nei</p> <p>2:30 BR Scenic Drive with Shonta</p> <p>2:30 DR Sweet Break Social</p> <p>3:00 RG Nail Polish & Pamper</p> <p>3:30 RG Nature Video</p> <p>4:00 DR Evening Melodies</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Daily Chronicles Reading & Morning News</p> <p>11:30 RG Morning Motion</p> <p>1:00 DR Reminiscence Chat</p> <p>2:00 DR Sticker Art</p> <p>2:30 DR Cozy Snack Time</p> <p>2:30 1st Floor Atrium Live Music: Singing with Vince Borrelli</p> <p>3:00 RG Resident Choice Show</p> <p>4:30 RG Gentle Dinner Music</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Seated Marching</p> <p>11:30 RG Daily Chronicles Reading</p> <p>1:30 DR Seasonal Craft</p> <p>2:00 DR Paper Folding</p> <p>2:30 DR Relax & Refresh</p> <p>3:00 SR Stretch Circle</p> <p>3:30 RG TV Favorites</p> <p>4:30 DR Dinner Harmony</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Balloon Tap</p> <p>11:30 RG Daily Chronicles Reading & Morning News</p> <p>1:00 RG Group Puzzle</p> <p>2:30 DR Snack & Smile</p> <p>3:00 SR Afternoon Stretch</p> <p>3:30 RG Comedy Show (Virtual)</p> <p>4:30 DR Calm Talk Time</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Sit and Get Fit!</p> <p>1:00 DR Color & Create Club</p> <p>2:00 SR Hand Massage & Relaxing</p> <p>2:30 DR Afternoon Treat Time</p> <p>3:00 RG Comedy Show (Virtual)</p> <p>4:00 DR Musical Moments</p>	
15	16	17	18	19	20	21	
<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 1st Floor Atrium Moving and Grooving</p> <p>1:00 DR Color Corner</p> <p>2:00 DR Tasty Talk Time</p> <p>2:30 RG Sunday Worship Service</p> <p>3:00 SR Brain Boost Hour</p> <p>4:00 DR Sing-A-long with Mickie</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 DR Daily Chronicles & Morning News</p> <p>1:00 DR Matching Cards</p> <p>2:00 DR Fancy Floral Arrangements</p> <p>2:30 DR Treat & Talk Time</p> <p>3:00 RG Easy Stretch</p> <p>3:30 RG Classic TV Hour</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Morning News Chat</p> <p>1:00 DR Easy Puzzles</p> <p>2:00 PT Calming + Sensory engagement</p> <p>2:30 DR Resident Birthday Party</p> <p>3:00 RG Nail Polish & Pamper</p> <p>3:30 RG Nature Video</p> <p>4:00 DR Evening Melodies</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Daily Chronicles Reading & Morning News</p> <p>11:30 RG Morning Motion</p> <p>1:00 DR Reminiscence Chat</p> <p>2:00 DR Sticker Art</p> <p>2:30 DR Cozy Snack Time</p> <p>3:00 RG Resident Choice Show</p> <p>4:30 RG Gentle Dinner Music</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Seated Marching</p> <p>11:30 RG Daily Chronicles Reading</p> <p>1:30 DR Seasonal Craft</p> <p>2:00 DR Paper Folding</p> <p>2:30 DR Relax & Refresh</p> <p>3:00 SR Stretch Circle</p> <p>3:30 RG TV Favorites</p> <p>4:30 DR Dinner Harmony</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Balloon Tap</p> <p>11:30 RG Daily Chronicles Reading & Morning News</p> <p>1:00 RG Group Puzzle</p> <p>1:30 TS Live Music: Guitar with Laurie Blue</p> <p>2:30 DR Snack & Smile</p> <p>3:00 SR Afternoon Stretch</p> <p>3:30 RG Comedy Show (Virtual)</p> <p>4:30 DR Calm Talk Time</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Sit and Get Fit!</p> <p>1:00 DR Color & Create Club</p> <p>2:00 SR Hand Massage & Relaxing</p> <p>2:30 DR Afternoon Treat Time</p> <p>3:00 RG Comedy Show (Virtual)</p> <p>4:00 DR Musical Moments</p>	
22	23	24	25	26	27	28	
<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 1st Floor Atrium Moving and Grooving</p> <p>1:00 DR Color Corner</p> <p>2:00 DR Tasty Talk Time</p> <p>2:30 RG Sunday Worship Service</p> <p>3:00 SR Brain Boost Hour</p> <p>4:00 DR Sing-A-long with Mickie</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 DR Daily Chronicles & Morning News</p> <p>1:00 DR Matching Cards</p> <p>1:30 TS Live Music: Singing with Empty Ecstasy</p> <p>2:00 DR Fancy Floral Arrangements</p> <p>2:30 DR Treat & Talk Time</p> <p>3:00 RG Easy Stretch</p> <p>3:30 RG Classic TV Hour</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Morning News Chat</p> <p>1:00 DR Easy Puzzles</p> <p>2:00 PT Calming + Sensory engagement</p> <p>2:30 DR Sweet Break Social</p> <p>3:00 RG Nail Polish & Pamper</p> <p>3:30 RG Nature Video</p> <p>4:00 DR Evening Melodies</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Daily Chronicles Reading & Morning News</p> <p>11:30 RG Morning Motion</p> <p>1:00 DR Reminiscence Chat</p> <p>2:00 DR Sticker Art</p> <p>2:30 DR Cozy Snack Time</p> <p>3:00 RG Resident Choice Show</p> <p>4:30 RG Gentle Dinner Music</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Seated Marching</p> <p>11:30 RG Daily Chronicles Reading</p> <p>1:30 DR Seasonal Craft</p> <p>2:00 DR Paper Folding</p> <p>2:30 DR Relax & Refresh</p> <p>3:00 SR Stretch Circle</p> <p>3:30 RG TV Favorites</p> <p>4:30 DR Dinner Harmony</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Balloon Tap</p> <p>11:30 RG Daily Chronicles Reading & Morning News</p> <p>1:00 RG Group Puzzle</p> <p>2:30 DR Snack & Smile</p> <p>3:00 SR Afternoon Stretch</p> <p>3:30 RG Comedy Show (Virtual)</p> <p>4:30 DR Calm Talk Time</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Sit and Get Fit!</p> <p>1:00 DR Color & Create Club</p> <p>2:00 SR Hand Massage & Relaxing</p> <p>2:30 DR Afternoon Treat Time</p> <p>3:00 RG Comedy Show (Virtual)</p> <p>4:00 DR Musical Moments</p>	
29	30	31					
<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 1st Floor Atrium Moving and Grooving</p> <p>1:00 DR Color Corner</p> <p>2:00 DR Tasty Talk Time</p> <p>2:30 RG Sunday Worship Service</p> <p>3:00 SR Brain Boost Hour</p> <p>4:00 DR Sing-A-long with Mickie</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 DR Daily Chronicles & Morning News</p> <p>1:00 DR Matching Cards</p> <p>2:00 DR Fancy Floral Arrangements</p> <p>2:30 DR Treat & Talk Time</p> <p>3:00 RG Easy Stretch</p> <p>3:30 RG Classic TV Hour</p>	<p>10:30 RG Daily Mass (Virtual)</p> <p>11:00 RG Morning News Chat</p> <p>1:00 DR Easy Puzzles</p> <p>2:00 PT Calming + Sensory engagement</p> <p>2:30 DR Sweet Break Social</p> <p>3:00 RG Nail Polish & Pamper</p> <p>3:30 RG Nature Video</p> <p>4:00 DR Evening Melodies</p>					<p>Please Note: All Activities, events, outings and times are subject to change. Please see the daily activity sheet for any updates. Thank you.</p>