






703.834.9800
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Tall Oaks
ASSISTED LIVING
WHERE YOUR FAMILY IS OUR FAMILY

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

January 2025

- TS Terrace Solarium
- MT Movie Theater
- CH Chapel
- 1 1st Floor Atrium
- BS Bus Outing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day			
4	5	6	7	8	9	10
10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Balloon Volleyball 1:30 CH Sunday Worship Service With Gary 2:00 TS Fruitcake Toss Day 3:30 TS Live Music: The Sapphires	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Monday Stretch Break 1:00 TS Trivia Hour 2:00 TS Hot Cocoa Bar 3:00 TS Afternoon Movie	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tuesday Thrills: Yoga 1:00 TS Asian Cuisine Documentary 1:00 BS Outing: Wegmans 1:30 TS Cooking Demo - Tempura 2:30 TS Bowling 3:30 TS B.I.N.G.O.	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening : Career Day 11:00 TS Chair Aerobics 1:00 TS Card Game Hour 2:00 1 Wednesday Wine Day 3:00 TS Golf	10:00 CH Daily Mass (Virtual) 10:30 TS Static Electricity Day 11:00 TS Balloon Volleyball 1:00 TS Game Time: Jeopardy 2:00 TS Yarn Craft 3:00 TS B.I.N.G.O.	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tai Chi Friday 1:00 TS Trivia Hour 2:00 1 Fabulous Friday Nibbles 3:00 TS Indoor Gardening	10:00 CH Daily Mass (Virtual) 10:30 1 P.A.L.s Pet Therapy 11:00 TS Virtual Bike Trail 1:00 TS Spa Day: Nail Painting 2:00 TS Puzzles and Chats 3:00 MT Movie Musicals 3:30 TS Live Music: Nashville Standard with Adam Melia
11	12	13	14	15	16	17
10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Balloon Volleyball 1:30 CH Sunday Worship Service With Gary 2:00 TS Evening Exercises 4:30 TS Sunday Supper	10:00 CH Daily Mass (Virtual) 10:30 1 Rubber Ducky Day 11:00 TS Monday Stretch Break 1:00 TS Trivia Hour 2:00 TS Hot Cocoa Bar 3:00 TS Sing Along with Micki	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tuesday Thrills: Yoga 1:00 TS Game Time: Jeopardy 2:00 TS Bowling 3:00 TS Bingo	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Chair Aerobics 1:00 TS Card Game Hour 2:00 TS Moonlight Cabaret live with Jerry Katz 3:30 TS Golf	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Balloon Volleyball 1:00 TS Game Time: Jeopardy 1:00 BS Lunch Outing: Sliver Diner 2:00 TS Yarn Craft 3:00 TS B.I.N.G.O.	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tai Chi Friday 1:00 TS Trivia Hour 2:00 1 Fabulous Friday Nibbles 3:00 TS Craft Corner: Decorate Walkers, Wheelchairs and Canes	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Virtual Bike Trail 1:00 TS Spa Day: Nail Painting 3:00 MT Movie Musicals
18	19	20	21	22	23	24
10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Balloon Volleyball 1:30 CH Sunday Worship Service With Gary 2:00 TS Evening Exercises 3:00 MT Movie with Popcorn Flavors	10:00 CH Daily Mass (Virtual) 10:30 TS MLK Day 11:00 TS Monday Stretch Break 1:30 TS Cheese Tasting 2:00 1 Monday Music & Chats 3:00 TS Sing Along with Micki	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tuesday Thrills: Yoga 1:00 TS Game Time: Jeopardy 1:00 BS Outing: Target 2:00 TS Bowling 3:00 TS Bingo	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Chair Aerobics 1:00 TS Card Game Hour 2:00 1 Wednesday Wine Day 3:00 TS Golf	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Balloon Volleyball 1:30 TS Pie Making 2:30 TS Yarn Craft 3:30 TS B.I.N.G.O.	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tai Chi Friday 1:00 TS Trivia Hour 2:00 1 Fabulous Friday Nibbles 3:00 TS Craft Corner: Painting	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Virtual Bike Trail 1:00 TS Spa Day: Nail Painting 3:00 MT Movie Musicals
25	26	27	28	29	30	31
10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Balloon Volleyball 1:30 CH Sunday Worship Service With Gary 2:00 TS Evening Exercises 3:00 TS Virtual Classical Music Concert	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Monday Stretch Break 1:00 TS Trivia Hour 2:00 TS Hot Cocoa Bar 3:00 TS Sing Along with Micki	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tuesday Thrills: Yoga 1:30 TS Cooking Demo - Pancakes 2:30 TS Bowling 3:00 TS B.I.N.G.O.	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Chair Aerobics 1:00 TS Card Game Hour 2:00 1 Wednesday Wine Day 3:00 TS Golf	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Balloon Volleyball 1:00 TS Game Time: Jeopardy 2:00 TS Yarn Craft 3:00 TS B.I.N.G.O.	10:00 CH Daily Mass (Virtual) 10:30 1 What's Happening 11:00 TS Tai Chi Friday 1:00 TS Trivia Hour 2:00 1 Fabulous Friday Nibbles 3:00 TS Craft Corner: Painting	Please Note: All activities, events, outings and times are subject to change. Please see the daily activity sheet for any updates. Thank you.