



703.834.9800
www.TallOaksAL.com
12052 N Shore Drive
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 1961.

RG Rose Garden
DR Dining Room (Rose Garden)

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Seated Stretches 1:30 RG Balloon Volleyball 2:30 DR Snacks & Chat 3:00 RG Movie Matinee (Resident Choice)	2 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Pool Noodle Seated Exercise 1:30 RG Design Hour 2:30 DR Snacks & Chat 3:00 RG Sing-A-Long with Mickie	3 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Group Puzzle 2:00 RG Hobby Day: Clothes Folding 2:30 DR Snacks & Chat 3:00 RG Comedy Show (Virtual)	4 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 11:00 RG PAL Pet Therapy 1:00 RG Live Music: Billy Sarkis 2:00 RG Live Music: Nashville Standard with Adam Melia 2:30 DR Snack & Chat 3:00 RG Movie Matinee (Series)
5 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Balloon Volleyball 2:00 DR Snack & Chat 2:30 RG Sunday Worship Service 3:00 RG Sing-A-Long	6 10:30 RG Morning Virtual Mass 11:00 RG Balloon Volleyball 1:00 RG Color Corner 1:30 RG "You've Got Mail" 2:00 RG Sit Back and Reminisce 2:30 DR Snacks & Chat 3:00 RG Throwback Movie	7 10:30 RG Morning Virtual Mass 11:00 RG Chronicles Reading 1:00 RG Make Your Own ... Hands-on Activity 2:00 RG Trivia with Life Enrichment 2:30 DR Snacks & Chat 3:00 RG B.I.N.G.O.	8 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Seated Stretches 1:30 RG Balloon Volleyball 2:30 DR Snacks & Chat 3:00 RG Movie Matinee (Resident Choice)	9 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Pool Noodle Seated Exercise 1:30 RG Design Hour 2:30 DR Snacks & Chat 3:00 RG Sing-A-Long with Mickie	10 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Group Puzzle 2:00 RG Hobby Day: Clothes Folding 2:30 DR Snacks & Chat 3:00 RG Comedy Show (Virtual)	11 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Balloon Volleyball 2:00 RG Beautiful Flower Arrangements 2:30 DR Snack & Chat 3:00 RG Movie Matinee (Series)
12 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Balloon Volleyball 2:00 DR Snack & Chat 2:30 RG Sunday Worship Service 3:00 RG Sing-A-Long	13 10:30 RG Morning Virtual Mass 11:00 RG Balloon Volleyball 1:00 RG Color Corner 1:30 RG "You've Got Mail" 2:00 RG Sit Back and Reminisce 2:30 DR Snacks & Chat 3:00 RG Throwback Movie	14 10:30 RG Morning Virtual Mass 11:00 RG Chronicles Reading 1:00 RG Make Your Own ... Hands-on Activity 2:00 RG Trivia with Life Enrichment 2:30 DR Snacks & Chat 3:00 RG B.I.N.G.O.	15 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Seated Stretches 1:30 RG Balloon Volleyball 2:30 DR Snacks & Chat 3:00 RG Movie Matinee (Resident Choice)	16 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Pool Noodle Seated Exercise 1:30 RG Design Hour 2:30 DR Snacks & Chat 3:00 RG Sing-A-Long with Mickie	17 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Group Puzzle 2:00 RG Hobby Day: Clothes Folding 2:30 DR Snacks & Chat 3:00 RG Comedy Show (Virtual)	18 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Balloon Volleyball 2:00 RG Beautiful Flower Arrangements 2:30 DR Snack & Chat 3:00 RG Movie Matinee (Series)
19 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Balloon Volleyball 2:00 DR Snack & Chat 2:30 RG Sunday Worship Service 3:00 RG Sing-A-Long	Martin Luther King Jr. Day 20 10:30 RG Morning Virtual Mass 11:00 RG Balloon Volleyball 1:00 RG Color Corner 1:30 RG "You've Got Mail" 2:00 RG Sit Back and Reminisce 2:30 DR Snacks & Chat 3:00 RG Throwback Movie	21 10:30 RG Morning Virtual Mass 11:00 RG Chronicles Reading 1:00 RG Make Your Own ... Hands-on Activity 1:30 RG Trivia with Life Enrichment 2:30 DR Snacks & Chat 3:00 RG B.I.N.G.O.	22 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Seated Stretches 1:30 RG Balloon Volleyball 2:30 DR Snacks & Chat 3:00 RG Movie Matinee (Resident Choice)	23 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Pool Noodle Seated Exercise 1:30 RG Design Hour 2:30 DR Snacks & Chat 3:00 RG Sing-A-Long with Mickie	24 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Group Puzzle 2:00 RG Hobby Day: Clothes Folding 2:30 DR Snacks & Chat 3:00 RG Comedy Show (Virtual)	25 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Balloon Volleyball 2:00 RG Beautiful Flower Arrangements 2:30 DR Snack & Chat 3:00 RG Movie Matinee (Series)
26 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Balloon Volleyball 2:00 DR Snack & Chat 2:30 RG Sunday Worship Service 3:00 RG Sing-A-Long	27 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Color Corner 1:30 RG "You've Got Mail" 2:00 RG Sit Back and Reminisce 2:30 DR Snack & Chat 3:00 RG Throwback Movie	28 10:30 RG Morning Virtual Mass 11:00 RG Chronicles Reading 1:00 RG Make Your Own ... Hands-on Activity 2:00 RG Trivia with Life Enrichment 2:30 DR Snack & Chat 3:00 RG B.I.N.G.O.	29 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Seated Stretches 1:30 RG Balloon Volleyball 2:30 DR Snack & Chat 3:00 RG Movie Matinee (Resident Choice)	30 10:30 RG Morning Virtual Mass 11:00 RG Daily Chronicles Reading 1:00 RG Pool Noodle Seated Exercise 1:30 RG Design Hour 2:30 DR Snack & Chat 3:00 RG Sing-A-Long with Mickie	31 10:30 RG Morning Virtual Mass 11:00 RG Chronicle Read Along 1:00 RG Group Puzzle 2:00 RG Hobby Day: Clothes Folding 2:30 DR Snacks & Chat 3:00 RG Comedy Show (Virtual)	Please Note: All activities, events, outings and times are subject to change. Please see the daily activity sheet for any updates. Thank you.