



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.

# February 2025

AR Activity Room 1 1st Floor Atrium  
TS Terrace Solarium BS Bus Outing  
MT Movie Theater LB Lunch Bunch  
CH Chapel † CH  
SH Shopping

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Sunday Stretches 1:00 TS Trivia <b>1:30 CH Praise &amp; Worship with Gary †</b> 2:30 TS Sing-A-long with Mickie 3:00 TS Comedy Show (Virtual)	 3 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 1:00 TS A Poppy to Remember 1:30 TS Armchair Travels: Virtual Vacation Tour <b>1:30 AR Cooking Demo with Cheryl</b> 2:00 TS Craft Corner: Weekly Flower Arrangements <b>3:00 MT Monday Movie Resident Choice</b>	 4 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Balloon Brain Game: Categories <b>1:00 SH Bus Trip: Target</b> 1:00 TS DIY Crafts: Simple Jewelry 2:00 TS Fancy Floral Arrangements 3:30 TS B.I.N.G.O.	 5 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Mindful Music of years Past 11:00 TS Seated Yoga 1:00 TS Brain Games: Jeopardy <b>2:00 TS Wine Down Wednesday</b> 3:30 1 Fact or Fiction	 6 10:00 CH Daily Mass (Virtual) † 10:30 MT Mass with Father Dyer 10:30 1 What's Happening 11:00 TS Seated Cycling & Virtual Trail 11:30 LB Lunch Bunch Outing 2:00 TS Valentine's Jewelry 3:00 TS Bowling <b>6:30 CH Bible Study</b>	 7 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Morning Chair Stretches 1:00 TS Balloon Volleyball <b>2:30 TS Live Music: Guitar with Eric Highsmith</b> 3:00 1 B.I.N.G.O.	 8 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Seated Good Morning Exercise 1:00 TS Music & Relaxation 1:00 1 Spa Time- Hand Care & Nail Painting 2:00 TS Cognition Table: Resident Choice <b>3:00 MT Saturday Cinema</b>
9 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Sunday Stretches 1:00 TS Trivia <b>1:30 CH Praise &amp; Worship with Gary †</b> 2:00 TS Sing-A-long (Virtual) 3:00 TS Comedy Show (Virtual)	10 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 1:00 TS A Poppy to Remember 1:30 TS Armchair Travels: Virtual Vacation Tour <b>1:30 AR Cooking Demo with Cheryl</b> 2:00 TS Craft Corner: Weekly Flower Arrangements <b>3:00 MT Monday Movie Resident Choice</b>	11 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Balloon Fitness 1:00 TS DIY Crafts: Simple Jewelry <b>1:00 BS Outing: Wegmans</b> 2:00 TS Fancy Floral Arrangements <b>2:30 TS Live Music: Jazz with Caleb Nei</b> 3:30 TS Comedy Show (Virtual)	12 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Mindful Music of years Past 11:00 TS Seated Yoga 1:00 TS Brain Games: Jeopardy <b>2:00 TS Wine Down Wednesday</b> <b>2:30 TS Live Music: Singing with Vince Borrelli</b> 3:30 TS Fact or Fiction	13 10:00 CH Daily Mass (Virtual) † 10:30 MT Mass with Father Dyer 10:30 1 What's Happening 11:00 TS Seated Cycling & Virtual Trail 11:30 LB Lunch Bunch Outing 3:00 TS Bowling 3:30 TS Brain Games: Chalk Words <b>6:30 CH Bible Study</b>	14 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Morning Chair Stretches 1:00 TS Balloon Volleyball 2:00 TS Mix & Mingle Snack Social 2:30 TS Patriotic Sing Along (Virtual) 3:00 1 B.I.N.G.O.	15 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Seated Good Morning Exercise 1:00 TS Music & Relaxation 1:00 1 Spa Time- Hand Care & Nail Painting 2:00 TS Cognition Table: Resident Choice <b>3:00 MT Saturday Cinema</b>
16 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Sunday Stretches 1:00 TS Trivia <b>1:30 CH Praise &amp; Worship with Gary †</b> 2:00 TS Sing-A-long with Mickie 3:00 TS Comedy Show (Virtual)	<b>Presidents Day</b> 17 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 1:00 TS A Poppy to Remember 1:30 TS Armchair Travels: Virtual Vacation Tour <b>1:30 AR Cooking Demo with Cheryl</b> 2:00 TS Craft Corner: Weekly Flower Arrangements <b>3:00 MT Monday Movie Resident Choice</b>	18 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Balloon Brain Game: Categories <b>1:00 SH Bus Trip: Dollar Tree</b> 1:00 TS DIY Crafts: Simple Jewelry 2:00 TS Fancy Floral Arrangements 3:30 TS B.I.N.G.O.	19 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Mindful Music of years Past 11:00 TS Seated Yoga 1:00 TS Brain Games: Jeopardy <b>2:00 TS Wine Down Wednesday</b> 3:30 1 Fact or Fiction	20 10:00 CH Daily Mass (Virtual) † 10:30 MT Mass with Father Dyer 10:30 1 What's Happening 11:00 TS Seated Cycling & Virtual Trail 11:30 LB Lunch Bunch Outing 3:00 TS Bowling 3:30 TS Brain Games: Chalk Words <b>6:30 CH Bible Study</b>	21 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Morning Chair Stretches 1:00 TS Balloon Volleyball 2:00 TS Mix & Mingle Snack Social 2:30 TS Patriotic Sing Along (Virtual) 3:00 1 B.I.N.G.O.	22 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Seated Good Morning Exercise 1:00 TS Music & Relaxation 1:00 1 Spa Time- Hand Care & Nail Painting 2:00 TS Cognition Table: Resident Choice <b>3:00 MT Saturday Cinema</b>
23 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Sunday Stretches 1:00 TS Trivia <b>1:30 CH Praise &amp; Worship with Gary †</b> 3:00 TS Comedy Show (Virtual)	24 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 1:00 TS A Poppy to Remember 1:30 TS Armchair Travels: Virtual Vacation Tour <b>1:30 AR Cooking Demo with Cheryl</b> 2:30 TS Monthly Birthday Celebration <b>3:00 MT Monday Movie Resident Choice</b>	25 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 TS Balloon Brain Game: Categories <b>1:00 SH Bus Trip: Target</b> 1:00 TS DIY Crafts: Simple Jewelry 2:00 TS Fancy Floral Arrangements 3:30 TS B.I.N.G.O.	26 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Mindful Music of years Past 11:00 TS Seated Yoga 1:00 TS Brain Games: Jeopardy <b>2:00 TS Wine Down Wednesday</b> 3:30 1 Fact or Fiction	27 10:00 CH Daily Mass (Virtual) † 10:30 MT Mass with Father Dyer 10:30 1 What's Happening 11:00 TS Seated Cycling & Virtual Trail 11:30 LB Lunch Bunch Outing <b>1:00 TS Live Music: Guitar with Laurie Blue</b> 3:00 TS Bowling 3:30 TS Brain Games: Chalk Words <b>6:30 CH Bible Study</b>	28 10:00 CH Daily Mass (Virtual) † 10:30 1 What's Happening 11:00 1 Morning Chair Stretches 1:00 TS Balloon Volleyball 2:00 TS Mix & Mingle Snack Social 2:30 TS Patriotic Sing Along (Virtual) 3:00 1 B.I.N.G.O.	<b>Please Note:</b> All activities, events, outings and times are subject to change. Please see the daily activity sheet for any updates. Thank you.