

# DECEMBER 2024

# CALENDAR OF EVENTS

Activity Coordinator: *ELOUISE HOOKER*

| Sunday                                                                                        | Monday                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                     | Saturday                                                                                                                                            |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p>     | <p>2</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Senior Trivia<br/>11:00 A.M. YMCA Exercise w/Nadine<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Bowling Teams</p>                                         | <p>3</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Dollar Store Trip<br/>11:00 A.M. Seated Stretches<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Trivia</p>                                                      | <p>4</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Health Promotion w/ Nurse Padgett, RN<br/>11:00 A.M. YMCA Exercise/Nadine<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Jewelry Design w/Creative Couture<br/>1:00 P.M. Circle of Friends w/Lillian</p> | <p>5</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Tree Trimming<br/>11:00 A.M. Nutrition Education Talk w/Laura Otolski<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. In-house Bowling</p>                                  | <p>6</p> <p><b>St. Nicholas Day</b><br/>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. National Cotton Candy Day<br/>11:00 A.M. Arts for the Aging w/Jael Patterson<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Bingo</p>  |                                                                                                                                                     |
| <p>8</p>     | <p>9</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Christmas Poetry<br/>11:00 A.M. YMCA Exercise w/Nadine<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Bowling Teams</p>                                      | <p>10</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Warm Up<br/>11:00 A.M. Seated Stretches<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Decorate Stockings<br/>1:00 P.M. Men's Group w/Dexter</p>                | <p>11</p> <p><b>Mayor Muriel Browser Presents</b><br/><b>The 26<sup>th</sup> Annual Senior Holiday Celebration</b><br/>At the DC Armory<br/><b>10:00 A.M.</b></p>                                                                                             | <p>12</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. In House Shopping<br/>11:30 A.M. Bend &amp; Stretch w/staff<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Christmas Cookie Decoration</p>                                | <p>13</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Brookside Gardens Trip (Train Display)<br/>11:00 A.M. Art Therapy w/ Dominique<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Yoga w/Beth</p>                     | <p>14</p>                                                                                                                                           |
| <p>15</p>    | <p>16</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Senior Trivia<br/>11:00 A.M. YMCA Exercise w/Nadine<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Psychosocial w/Lillian</p>                               | <p>17</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Seated Stretches<br/>11:30 A.M. Smoothies w/Andrain<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Bingo w/ Senior Medicare Patrol</p>                          | <p>18</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Health Promotion w/Nurse Padgett, RN<br/>11:00 A.M. YMCA Exercise/Nadine<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Jewelry Design w/Creative Couture</p>                                           | <p>19</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Sightseeing Trip<br/>11:00 A.M. Movie &amp; Popcorn<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. In-house Bowling</p>                                                   | <p>20</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Christmas Crafts<br/>11:00 A.M. Arts for the Aging w/Jael Patterson<br/>12:00 P.M. GNJ Christmas Party</p>                                                                                                                                   | <p>21</p> <p><b>11:00 A.M. - 1:00 P.M.</b><br/><b>Caregivers Support Group</b><br/>Conference Call Only<br/>1-425-436-6355<br/>Passcode: 799162</p> |
| <p>22</p>  | <p>23</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Senior Trivia<br/>11:00 A.M. YMCA Exercise w/Nadine<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Red Hat Ladies Club<br/>1:00 P.M. Men's Group w/Dion</p> | <p>24</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Seated Stretches<br/>11:00 A.M. Senior Trivia Books<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Monthly Birthday Party</p>                                   | <p>25</p> <p><b>Center Closed</b></p>  <p>Merry Christmas!</p>                                                                                                           | <p>26</p> <p>10:00 A.M. Coffee, Tea &amp; Cookies<br/>10:30 A.M. Christmas Memories<br/>11:00 A.M. Bend &amp; Stretch w/staff<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. In-House Bowling</p>                                       | <p>27</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Musical Notes<br/>11:00 A.M. Nail Parlor<br/>11:00 A.M. Barber Shop Talk w/Dion<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Yoga w/Beth</p>                                                                                                       | <p>28</p>                                                      |
| <p>29</p>  | <p>30</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. Senior Trivia<br/>11:00 A.M. YMCA Exercise w/Nadine<br/>12:00 P.M. Chat/Chew<br/>1:00 P.M. Bowling Teams</p>                                        | <p>31</p> <p>10:00 A.M. Coffee, Tea &amp; News<br/>10:30 A.M. New Year's Resolutions<br/><b>GNJ New Year's Eve Party</b><br/></p> |                                                                                                                                                                          | <p style="text-align: center;">Genevieve N Johnson Senior Day Care Program<br/>Lisa Thomas, Project Manager<br/>4817 Blagden Avenue, N.W.<br/>Washington, DC 20011<br/>(202) 723 - 8537 - Main Number (202) 726 -1474 - Fax</p> |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                     |