

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Genevieve N Johnson Senior Day Care Program Lisa Thomas, Project Manager 4817 Blagden Avenue, N.W. Washington, DC 20011 (202) 723 – 8537 – Main Number (202) 726 -1474 – Fax</p>			<p>1 <i>Center Closed</i></p> 	<p>2 10:00 A.M. Coffee, Tea & News 10:30 A.M. Poetry Reading 11:00 A.M. Sit & Fit w/Dion 12:00 P.M. Chat/Chew 1:00 P.M. Basketball Activity</p>	<p>3 10:00 A.M. Coffee, Tea & News 10:30 A.M. Stroll Hallway 11:00 A.M. Fruit Cake Toss 12:00 P.M. Chat/Chew 1:00 P.M. Art for the Aging (AFTA)</p>	<p>4</p> 
<p>5</p> 	<p>6 10:00 A.M. Coffee, Tea & News 10:30 A.M. Word Games 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Bowling Teams</p>	<p>7 10:00 A.M. Coffee, Tea & News 10:30 A.M. Warm Up 11:00 A.M. Band Exercises w/Dion 11:00 A.M. Hand Massages 12:00 P.M. Chat/Chew 1:00 P.M. Movie & Popcorn</p>	<p>8 10:00 A.M. Coffee, Tea & News 10:30 A.M. Health Promotion w/ Nurse Padgett 11:00 A.M. YMCA Exercise/Nadine 12:00 P.M. Chat/Chew 1:00 Jewelry Design w/ Creative Couture 1:00 P.M. Seniors Show & Tell</p>	<p>9 10:00 A.M. Coffee, Tea & News 10:30 A.M. Dollar Tree 11:00 A.M. Sit & Fit w/staff 12:00 P.M. Chat/Chew 1:00 P.M. Basketball Activity</p>	<p>10 10:00 A.M. Coffee, Tea & News 10:30 A.M. Stroll Hallway 11:00 A.M. Art Therapy w/ Dominique 12:00 P.M. Chat/Chew 1:00 P.M. Yoga w/Elena</p>	<p>11</p> 
<p>12</p> 	<p>13 10:00 A.M. Coffee, Tea & News 10:30 A.M. Word Games 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Bowling Teams 1:00 P.M. Circle of Friends w/Lillian</p>	<p>14 10:00 A.M. Coffee, Tea & News 10:30 A.M. Warm Up 11:00 A.M. Band Exercises w/Dion 11:00 A.M. Aroma Therapy 12:00 P.M. Chat/Chew 1:00 P.M. Men's Group w/Dexter</p>	<p>15 10:00 A.M. Coffee, Tea & News 10:30 A.M. Health Promotion w/ Dion (AARP Article Reading) 11:00 A.M. YMCA Exercise/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Jewelry Design w/ Creative Couture</p>	<p>16 10:00 A.M. Coffee, Tea & News 10:30 A.M. Brookside Gardens (Trains) 11:00 A.M. Chair Exercise w/Andrain 12:00 P.M. Chat/Chew 1:00 P.M. Basketball Activity</p>	<p>17 10:00 A.M. Coffee, Tea & News 10:30 A.M. Stroll Hallway 11:00 A.M. Women Manicure 12:00 P.M. Chat/Chew 1:00 P.M. Movie & Popcorn "I have a Dream" Speech</p>	<p>18 11:00 A.M. - 1:00 P.M. Caregivers Support Group Conference Call Only 1-425-436-6355 Passcode: 799162</p>
<p>19 National Professional Activity Week! "Shaping the Future" January 19-25, 2025</p>	<p>20 <i>Center Closed</i> Martin L King Jr Day</p> 	<p>21 10:00 A.M. Coffee, Tea & News 10:30 A.M. Warm Up 11:00 A.M. Band Exercises w/Dion 11:00 A.M. Aroma Therapy 12:00 P.M. Chat/Chew 1:00 P.M. Monthly Birthday Party</p>	<p>22 10:00 A.M. Coffee, Tea & News 10:30 A.M. Health Promotion w/ Eloise (AARP Article Reading) 11:00 A.M. Discuss Current Affairs 12:00 P.M. Chat/Chew 1:00 Psychosocial Group w/Lillian and Dexter</p>	<p>23 10:00 A.M. Coffee, Tea & News 11:00 A.M. Nutrition Education w/Laura 12:00 P.M. Chat/Chew 1:00 P.M. Banana Split Social Celebrating National Activity Week and Activity Presentations</p>	<p>24 10:00 A.M. Coffee, Tea & News 10:30 A.M. Stroll Hallway 11:00 A.M. Nail Parlor 11:00 A.M. Barber Shop Talk w/Dion 12:00 P.M. Chat/Chew 1:00 P.M. Pokeno</p>	<p>25</p> 
<p>26</p> 	<p>27 10:00 A.M. Coffee, Tea & News 10:30 A.M. Word Games 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Red Hat Ladies Club 1:00 P.M. Men's Group w/Dion</p>	<p>28 10:00 A.M. Coffee, Tea & News 10:30 A.M. Warm Up 11:00 A.M. Band Exercises w/Dion 11:00 A.M. Aroma Therapy 12:00 P.M. Chat/Chew 1:00 P.M. Karaoke w/Dion</p>	<p>29 10:00 A.M. Coffee, Tea & News 10:30 A.M. Arts & Craft 12:00 P.M. Chat/Chew 1:00 P.M. Bingo</p>	<p>30 10:00 A.M. Coffee, Tea & News 10:30 A.M. Sight Seeing Trip 11:00 A.M. Bend & Stretch w/staff 12:00 P.M. Chat/Chew 1:00 P.M. Basketball Activity</p>	<p>31 10:00 A.M. Coffee, Tea & News 10:30 A.M. Stroll Hallway 11:00 A.M. Nail Parlor 11:00 A.M. Barber Shop Talk w/Dion 12:00 P.M. Chat/Chew 1:00 P.M. Happy Hour w/Dion</p>	<p>31</p> 