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Calendar of Events

Activity Coordinator: Elouise Hooker

Octobel	2023	Calellual Of	Activity Coordinator. Elouise Hooker			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	vieve N. Johnson Senior Day Ca Lisa Thomas, Project Manag 4817 Blagden Avenue, N.W Washington, DC 20011 8537 — Main Number (20	er	1 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Brainstorming 11:00 A.M. Exercise w/YMCA 12:00 PM. Chat/Chew 1:00 P.M. Team Building (Hoop It Up-Basketball)	2 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Spelling Bee 11:00 A.M. Ward 4 Senior Jubilee Trip /Exercise w/Andrain 12:00 PM. Chat/Chew 1:00 P.M. Bingo	3 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Senior Trivia 11:00 A.M. Arts for the Aging 12:00 PM. Chat/Chew 1:00 P.M. Yoga w/ Pat JERSEY DAY!!	4
The second secon	10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Treasured Memories w/UDC Students 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. HU Students/OTD 1:00 P.M. Circle of Friends w/ Lillian Ingram	7 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Bend & Stretch 11:00 A.M. Healthy Smoothies w/Elouise 12:00 A.M. Chat/Chew 1:00 P.M. Men's Group w/Dexter 1:00 P.M. Ladies Nail Salon w/Elouise	8 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Poetry Reading 11:00 A.M. Exercise w/YMCA 12:00 PM. Chat/Chew 1:00 P.M. Jewelry Design w/Creative Couture 1:00 P.M. Picture Frame Bingo w/Andrain	9 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Dollar Tree Trip 11:00 A.M. Chair Exercise w/Andrain 12:00 P.M. Chat/Chew 1:00 P.M. Karaoke w/Dion	10 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Breast Cancer Awareness Walk 11:00 A.M. Band Exercise w/Dion 12:00 PM. Chat/Chew 1:00 P.M. Team Building (A Hole in One) JERSEY DAY!!	THE STRONG
12	COLUMBUS DAY GNJ Closed Columbus Day	14 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Bend & Stretch 11:00 A.M. Exercise w/Andrain 12:00 PM. Chat/Chew 1:00 P.M. Team Building (Bowling for Dollars)	15 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Poetry Reading 11:00 A.M Exercise w/YMCA 12:00 PM. Chat/Chew 1:00 P.M. Psychosocial Group w/Lillian Caregivers Lounge 5-7pm	Happy Boss's Day 16 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. What Makes a Good Leader 11:00 A.M. Nutrition Talk w/Laura 12:00 P.M. Chat/Chew 1:00 P.M. Team Building (Jeopardy w/Dion)	17 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Current Event 11:00 A.M. Family Feud w/Dion 12:00 PM. Chat/Chew 1:00 P.M. Yoga w/ Pat JERSEY DAY!!	18 11:00 A.M. – 1:00 P.M. Caregivers Support Group Conference Call Only 1-425-436-6355 Passcode: 799162
19	10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Treasured Memories w/UDC Students 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Buy Pumpkin Trip 1:00 P.M. HU Students/OTD	10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Brain Game 11:00 A.M. Pumpkin Decorating 12:00 P.M. Chat/Chew 1:00 P.M. Monthly Birthday Party	10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Poetry Reading 11:00 A.M. Exercise w/YMCA 12:00 PM. Chat/Chew 1:00 P.M. Jewelry Design w/ Creative Couture 1:00 P.M. Legal Counsel for the Elderly	23 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Senior Trivia 11:00 A.M. Bend & Stretch w/Dion 12:00 PM. Chat/Chew 1:00 P.M. Bingo w/Grace	24 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Walk and Stroll 11:00 A.M. Arts for the Aging 12:00 P.M. Chat/Chew 1:00 P.M. Movie & Popcorn (A City of Hope) JERSEY DAY!!	25
Worldwide Howl at the Moon Night	10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Treasured Memories w/UDC Students 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Pumpkin Decorating Contest w/ HU Students/OTD	28 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Cultural Enrichment 11:00 A.M. Exercise w/Elouise 12:00 PM. Chat/Chew 1:00 P.M. Red Hat Ladies Club w/ Elouise	10:00 A.M. Coffee, Tea & Talk 10:30A.M. Word Scrambler 11:00 A.M. Exercise/YMCA 12:00 P.M. Chew/ Chat 1:00 P.M. Plants & Blooms Reimagine w/Kaifa	30 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Spelling Bee 11:00 A.M. Bend Stretch w/Dion 12:00 P.M. Chat/Chew 1:00 P.M. Decorate Cookies w/ Elouise & Staff	Happy Halloween 31 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Walk and Stroll 11:00 A.M. Halloween Cookies 12:00 P.M. Chat/Chew 1:00 P.M. Halloween/Costume Contest	OCTOBER 2