

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 	2 10:00 A.M. Coffee, Tea & News 10:30 A.M. Senior Trivia 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Team Soccer	3 10:00 A.M. Coffee, Tea & News 10:30 A.M. Wordle 11:00 A.M. Movie and Popcorn 12:00 P.M. Chat/Chew 1:00 P.M. Scattergories	4 10:00 A.M. Coffee, Tea & News 10:30 A.M. Intro to Nat'l Nutrition Month w/Dion 11:00 A.M. YMCA Exercise/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Jewelry Design w/Creative Couture 1:00 P.M. Pokeno w/HU Students	5 10:00 A.M. Coffee, Tea & News 10:30 A.M. Sip 'n Paint 12:00 P.M. Chat/Chew 1:00 P.M. Music Memory Café w/Poetry	6 10:00 A.M. Coffee, Tea & News 10:30 A.M. Walk & Stroll 11:00 A.M. Arts for the Aging 12:00 P.M. Chat/Chew 1:00 P.M. Yoga w/Pat	7 	
8 	9 10:00 A.M. Coffee, Tea & News 10:30 A.M. Poetry Reading 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Pokeno	10 10:00 A.M. Coffee, Tea & News 10:30 A.M. Dollar Store Trip 11:00 A.M. Band Exercise 12:00 P.M. Chat/Chew 1:00 P.M. Bingo	11 10:00 A.M. Coffee, Tea & News 10:30 A.M. Anagrams 11:00 A.M. YMCA Exercise/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Travel the World to Ireland-Documentary	12 10:00 A.M. Coffee, Tea & News 10:30 A.M. Poetry Reading 11:30 A.M. Bend & Stretch 12:00 P.M. Chat/Chew 1:00 P.M. Occupational Therapy w/Lyric (Spring Wreath)	13 10:00 A.M. Coffee, Tea & News 10:30 A.M. Mind Joggers 11:00 A.M. Art Therapy 12:00 P.M. Chat/Chew 1:00 P.M. Yoga w/Pat	14 	
15 	16 10:00 A.M. Coffee, Tea & News 10:30 A.M. Walk n Stroll 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Psychosocial w/Lillian	17 10:00 A.M. Coffee, Tea & News 10:30 A.M. Seated Stretches 11:00 A.M. Smoothies w/Andrain 12:00 P.M. Chat/Chew 1:00 P.M. St Patrick's Day Party w/Anthony Hyatt	18 10:00 A.M. Coffee, Tea & News 10:30 A.M. Family Feud 11:00 A.M. YMCA Exercise/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Jewelry Design w/Creative Couture 1:00 P.M. Circle of Friends w/Lillian Caregivers Lounge 5-7pm	19 10:00 A.M. Coffee, Tea & News 10:30 A.M. Nutrition Trivia 11:00 A.M. Nutrition Talk w/Laura 12:00 P.M. Chat/Chew 1:00 P.M. Occupational Therapy w/Lyric (Bathroom Safety)	20 First Day of Spring 10:00 A.M. Coffee, Tea & News 10:30 A.M. Reading w/Red Noses 11:00 A.M. Arts for the Aging 12:00 P.M. Chat/Chew 1:00 P.M. Spring Fling w/Live Entertainment	21 11:00 A.M. - 1:00 P.M. Caregivers Support Group Conference Call Only 1-425-436-6335 Passcode: 799162	
22 	23 10:00 A.M. Coffee, Tea & News 10:30 A.M. Senior Trivia 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Red Hat Ladies' Social 1:00 P.M. Men's Club w/Dion	24 10:00 A.M. Coffee, Tea & News 10:30 A.M. Cupcake Decorating 11:00 A.M. Band Exercise w/Dion 12:00 P.M. Chat/Chew 1:00 P.M. Monthly Birthday Party Karaoke Style	25 10:00 A.M. Coffee, Tea & News 10:30 A.M. Warm up Stretch 11:00 A.M. YMCA Exercise/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Plants & Bloom w/Kaifa	26 10:00 A.M. Coffee, Tea & News 10:30 A.M. Lunch Out Trip 10:30 A.M. Word Finder 11:00 A.M. Bend & Stretch 12:00 P.M. Chat/Chew 1:00 P.M. Bingo	27 10:00 A.M. Coffee, Tea & News 10:30 A.M. Morning Walk Around 11:00 A.M. Arts for the Aging 12:00 P.M. Chat/Chew 1:00 P.M. Yoga w/Pat	28 	
29 	30 10:00 A.M. Coffee, Tea & News 10:30 A.M. Riddles and Giggles 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat/Chew 1:00 P.M. Women's History	31 10:00 A.M. Coffee, Tea & News 10:30 A.M. Senior Trivia 11:00 A.M. Band Exercise w/Dion 12:00 P.M. Chat/Chew 1:00 P.M. Jeopardy		Genevieve N. Johnson Senior Day Care Center Lisa Thomas, Project Manager 4817 Blagden Avenue, N.W. Washington, DC 20011 (202) 723 – 8537 – Main Number (202) 726 -1474 – Fax			