

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|--|
| <p>Genevieve N. Johnson Senior Day Care Program 4817 Blagden Avenue, N.W. Washington, DC 20011 Lisa Thomas, Project Manager (202) 723-8537 - Main Number (202) 726-1474 - Fax</p> | | | |  <p>OLDER AMERICANS MONTH CHAMPION YOUR HEALTH: MAY 2026</p> | <p>1</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Current Events 10:30 A.M. Turkey Thicket WALK, STROLL, AND RUN 11:00 A.M. Down Memory Lane 12:00 P.M. Chat & Chew 1:00 P.M. Happy Hour (Boots on the ground)</p>  | <p>2</p> |
| <p>3</p>  | <p>4</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Mind Beggles 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat & Chew 1:00 P.M. Team Soccer</p> | <p>5</p> <p>Cinco de Mayo Day</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Outside Walk & Stroll 11:00 A.M. Bands & Weight Training w/Dion 12:00 P.M. Chat & Chew 1:00 P.M. Cinco de Mayo Party</p> | <p>6</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Health Checks w/Elouise 10:30 A.M. Bend & Stretch w/Andrain 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat & Chew 1:00 P.M. Jewelry Design w/Creative Couture</p> | <p>7</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Outside Walk & Stroll 11:00 A.M. Arts for The Aging (AFTA) 12:00 P.M. Chat & Chew 1:00 P.M. Mother's Day Crafts (Card Making)</p> | <p>8</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Music Memories 11:00 A.M. Bend and Stretch w/Dion 12:00 P.M. Chat & Chew 1:00 P.M. Mother's Day Celebration w/Elouise & Staff</p>  | <p>9</p> |
| <p>10</p>  | <p>11</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. News and Views 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat & Chew 1:00 P.M. Circle of Friends w/Lillian</p> | <p>12</p> <p>10:00 A.M. Coffee Cafe w/ Hot Topics 10:30 A.M. Dollar Tree 11:00 A.M. Outside Walk & Stroll 12:00 P.M. Chat & Chew 1:00 P.M. Pokeno</p> | <p>13</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Health Checks w/Elouise 10:30 A.M. Bend & Stretch /Andrain 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat & Chew 1:00 P.M. Men's Group w/Dion 1:00 P.M. Ladies Red Hat Club</p> | <p>14</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Legislative Day Event 10:30 A.M. Poetry Reading 11:00 A.M. Chair Exercise w/Andrain 12:00 P.M. Chat & Chew 1:00 P.M. Pokeno</p> | <p>15</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Poetry Reading w/ Grace 11:00 A.M. What's Cooking 12:00 P.M. Chat & Chew 1:00 P.M. Yoga w/Pat</p> | <p>16</p> <p>CAREGIVERS SUPPORT GROUP</p> <p>11:00 A.M. - 1:00 P.M. Caregivers Support Group Conference Call Only 1-425-436-6335 Passcode: 799162</p> |
| <p>17</p>  | <p>18</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Mind Beggles 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat & Chew 1:00 P.M. Psychosocial Group w/Lillian</p> | <p>19</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Senior Trivia 11:00 A.M. Outside Walk & Stroll 12:00 P.M. Chat & Chew 1:00 P.M. Scattergories w/ Dion</p> | <p>20</p> <p>DPR Senior Fest Block Party at the Gateway Pavillion 10:00 A.M. – 2:00 P.M.</p> <p>Caregivers Lounge 5-7pm</p> | <p>21</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Health Trivia 11:00 A.M. Plants & Bloom</p> <p>12:00-2:00 P.M. GNJ 44th Anniversary Celebration</p> | <p>22</p> <p>GNJ SENIOR CENTER CLOSED</p>  | <p>23</p> |
| <p>24</p> <p>GNJ Day Zion Baptist Church 11:00 A.M. Service</p> | <p>25</p> <p>GNJ CLOSED IN OBSERVANCE OF MEMORIAL DAY</p> | <p>26</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Name that Tune 11:00 A.M. Exercise w/Elouise 12:00 P.M. Chat & Chew 1:00 P.M. Monthly Birthday Party Karaoke Style w/Dion</p> | <p>27</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Health Checks w/Elouise 11:00 A.M. YMCA Exercise w/Nadine 12:00 P.M. Chat & Chew 1:00 P.M. Bingo 1:00 P.M. Jewelry Design w/Creative Couture</p> | <p>28</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Senior Olympics-Iona 11:00 A.M. GNJ Mini Olympics 12:00 P.M. Chat & Chew 1:00 P.M. Pokeno</p> | <p>29</p> <p>10:00 A.M. Coffee Cafe 10:30 A.M. Sing-Along 11:00 A.M. Arts for The Aging (AFTA) Older Americans Celebration 12:00 P.M. Chat & Chew 1:00 P.M. Yoga w/Pat</p>  | <p>30</p> |