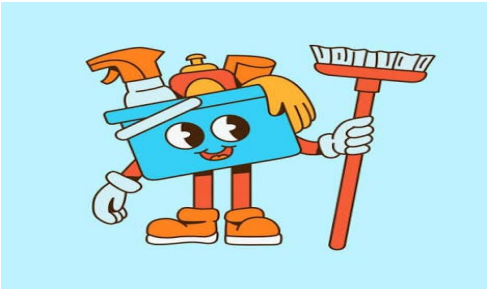


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00am- Arrival 10:00am- Stretching exercise Class 11:00am- Cards and Game Table 12:pm- Lunch 12:30pm- music therapy 1:30pm-Departure National Watermelon Day	4 9:00am -Arrival 10:00am – 10:00am – Walking at the Pentagon Mall (transportation Permitted 12 pm-Lunch 1:30 pm- Departure Chocolate Chip Cookie Day National Night Out @ CH	5 9:00am – Arrival 10:00am – Tai Chi 11:00am- Water Aerobics 11:30am – Word Search/Concentration 12:pm – Lunch 1:30pm - Departure	6 9:00 am Arrival 9:30 am– Kingstowne Shopping Center Alexandria, VA 12:00 pm- lunch 1:30 pm Departure	7 9:00 am- Arrival 10:00am – Stretching Exercise Class 11:30am – Wii Bowling 12:pm – Lunch 1:30pm Departure POP UP FARMERS MARKET ANNIE B. ROSE
10 9:00am- Arrival 10:00am- Bingocize Exercise class 11:00am- Chat and Chew 12:pm- Lunch 12:30pm- music therapy 1:30pm-Departure National Lazy day	11 9:00am -Arrival 10:00am – Walking at the Pentagon Mall (transportation Permitted 12 pm-Lunch 1:30 pm- Departure National Presidential Joke Day	12 9:00am – Arrival 10:00am – Tai Chi 11:00am- Cooking Demo w/ Sammie and Brian 11:30am – Word Search/Concentration 12:pm – Lunch 1:30pm - Departure	13 9:00 am Arrival 9:30 am– Amish Market and Miller Farm Upper Marlboro, MD 12:00 pm- lunch 1:30 pm Departure	14 9:00 am- Arrival 10:00am – Bingocize Exercise Class 11:30am – Wii Bowling 12:pm – Lunch 1:30pm Departure National Navajo Code Talkers Day POP UP FARMERS MARKET CLARIDGE HOUSE
17 	18 CENTER CLOSED AUGUST 17-21	19 	20 CENTER CLOSED AUGUST 17-21 Boat Cruise: Spirit of Washington	21 

24 9:00am- Arrival 10:00am- Bingocize Exercise class 11:00am- Brain teaser/ Trivia 12:pm- Lunch 12:30pm- music therapy 1:30pm-Departure	25 9:00am Arrival 9:30am-10:00am – Walking at the Pentagon Mall (transportation Permitted 11:00am- Arts and Crafts 12:pm lunch 1:30pm Departure	26 9:00am – Arrival 10:00am – Tai Chi 11:00am- Water Aerobics 11:30am – Word Search/Concentration 12:pm – Lunch 1:30pm - Departure	27 9:00 am Arrival 9:30 am– Potomac Mills Outlet Woodbridge, VA 12:00 pm- lunch 1:30 pm Departure	28 9:00 am- Arrival 10:00am – Bingocize Exercise Class 11:30am – Wii Bowling 12:pm – Lunch 1:30pm Departure
National Waffle Day	National Kiss and Make up Day			NATIONAL MATCHMAKER DAY
31 9:00am- Arrival 10:00am- Bingocize Exercise class 11:00am- Brain teaser/ Trivia 12:pm- Lunch 12:30pm- music therapy 1:30pm-Departure				