

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00am- Wellness Check in 9:00am – The loop; Walmart; dollar tree and Shoppers 12:00pm- Lunch 1:30pm- Departure	2 9:00 am-Community Circle 10:00am – Chair Yoga Silver Sneaker 11:00am – White Board Games 11:00am-Wii bowling 12:00pm – Lunch 1:30pm - Departure
5 9:00am- Wellness Check in 10:00am- Chair Yoga class/ Sharon 11:00am- Chat and Chew 12:00pm- Lunch 12:30pm- music therapy 1:30pm-Departure	6 9:00am - Community Circle Walking- Pentagon Mall 11:00am- White Board Games 12:00 pm-Lunch 12:30 pm- Music Therapy 1:30 pm- Departure NATIONAL TACO DAY	7 9:00am- Wellness Check in 10:30 am- Tai Chi Class 11:00am – Cards and Board Games 11:30am- Wii Bowling 12 pm -Lunch 1:30 pm Departure	8 9:00 am- Community Circle 9:30 am– Amish Market and Miller’s Farm Upper Marlboro, MD 12:00 pm- lunch 1:30 pm Departure 	9 9:00 am- Wellness Check in 10:00am – Chair Yoga Silver Sneaker 11:00am – White Board Games 11:30am- Chat and chew 12:00pm – Lunch 1:30pm - Departure WEAR YOUR FAVORITE NFL TEAM!!
12  CENTER CLOSED	13 9:00am- Community Circle 9:30am- Walking - Pentagon Mall 11:00am- Understanding & protecting your income in retirement presented by Dr. Laurel Breedon 12:00pm lunch 1:30pm Departure	14 9:00am - Wellness Check in 10:30am-Tai Chi 11:00am- Brain Teaser/Triva 11:30am- Music therapy 12:00pm Lunch 1:30pm –Departure National Dessert Day WEAR PINK FOR BREAST CANCER AWARENESS	15 9:00am – Community Circle 9:30am-Thurmont Pumpkin Patch Middletown, MD 12:00pm- Lunch 1:30pm- Departure	16 9:00am- Wellness Check in 10:00am- Chair Yoga/ Silver sneaker 11:00am- Hispanic Heritage Celebration 11:30am – Music Therapy 12:00pm -Lunch 1:30pm Departure

19 9:00am- - Wellness Check in 10:00am- Chair Yoga class/Sharon 11:00am- Brain teaser/ Trivia 12:00pm- Lunch 12:30pm- music therapy 1:30pm-Departure Evaluate your life day!	20 9:00am - Community Circle 9:30am- Walking - Pentagon Mall 11:00am-Remember The Titans Remembrance 11:30am – riddles and quote of the day 12:00pm lunch 1:30pm Departure	21 9:00am- - Wellness Check in 10:30am- Tai Chi Class 11:00am -BINGO 11:30pm- Brain Teaser worksheets 12:00pm- Lunch 1:30pm- Departure	22 9:00am – Community Circle 9:30 am– African Art Museum Washington DC 12:00pm- Lunch 1:30pm - Departure	23 9:00 am- Community Circle 10:00am – Cards and table games 10:00am– Chair Yoga- Silver sneaker 11:00am - Wii 12:00pm – Lunch 1:30pm – Departure
26 9:00am- - Wellness Check in 10:00am- Chair Yoga class/ Sharon 11:00am- Brain teaser/ Trivia 12:00pm- Lunch 12:30pm- music therapy 1:30pm-Departure	27 9:00am - Community Circle 9:30am- Walking - Pentagon Mall 11:00am – Card games and trivia 11:30am-music therapy 12:00pm – Lunch 1:30pm - Departure 	28 9:00am -- Wellness Check in 10:30am – Tai Chi class 11:00am- White board games 11:30am – Word Search/Concentration 12:00pm – Lunch 1:30pm - Departure NATIONAL CHOCOLATE DAY	29 9:00am – Community Circle 9:30 am–Overdue Recognition Art Gallery Bowie, MD 12:00pm- Lunch 1:30pm - Departure	30 9:00 am- Community Circle 10:00am– Masquerade Ball- Lee Center 12:00pm – Lunch 1:30pm – Departure 