

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00am-Community Circle 10:00 - Walkers to Pentagon City Mall 11:00- Chat and Chew 12pm-Lunch 1:00pm-Cognitive Activities 1:30pm Departure	2 9:00am—Wellness Check in 10:30am- Tai Chi 11:00am- Chat and Chew 12pm- Lunch 1:00pm- Cognitive Activities 1:30 Departure	3 9:00am- Community Circle 9:30am- Roses Forestville, MD 12pm- lunch 1:30pm departure	4 9:00am-Wellness Check in 10:00am – Chair Yoga w/ Sharon 10:30am- Journaling 11:00am- concentration games 12pm-Lunch 1:00pm- Cognitive Activities 1:30pm- Departure
7  CENTER CLOSED	8 9:00am- Community Circle 9:30am- Walkers to Pentagon City Mall 11:00am- Card games 12pm-Lunch 1:00pm- Cognitive Activities 1:30pm Departure NATIONAL GRANDPARENTS' DAY Centenarian Celebration 5:30pm Mark Center	9 9:00am- Wellness Check in 10:30am- Tai Chi 11:30am- Bingo 12pm- Lunch 1:00pm- Cognitive Activities 1:30pm Departure	10 9:00-am - Community Circle 10:00am -Amish Market and Millers Farm Upper Marlboro, MD 12PM- Lunch 1:00pm- Cognitive Activities 1:30pm Departure	11 9:00am- Wellness Check in 10:00am- Silver Sneakers Chair yoga 10:30am- Journaling 11:00am- Cards and games 12pm-Lunch 1:00pm- Cognitive Activities 1:30pm- Departure 
14 9:00am- Community Circle 10:00am Chair yoga Sharon 2 11:00am – Health Presentation- Diabetes Foot Care 12pm-Lunch 12:30pm- music therapy 1:00pm- Cognitive Activities 1:30pm-Departure	15 9:00am-- Wellness Check in 10:00am- 54th Senior Center Anniversary Celebration 1:30pm – Departure Hispanic Heritage month begins	16 9:00 am - Community Circle 10:30am- Tai Chi 11:30am- Senior services Presentation 12pm- Lunch 1:00pm- Cognitive Activities 1:30pm- Departure	17 9:00am- Wellness Check in 9 30am- National Harbor Oxon Hill, MD 12pm lunch 1:30pm Departure	18 9:00am- Community Circle 10:00 – Silver Sneaker -Chair Yoga 10:30am-Journaling 11:00am- Trivia games 12pm-Lunch 1:00pm- Cognitive Activities 1:30pm- Departure

21 9:00am- Community Circle 10:00am- Chair Yoga w/ Sharon 11:00am-Word Unscramble 12pm- Lunch 12:30pm- Brain Teaser 1:00pm- Cognitive Activities 1:30pm- Departure	22 9:00am- Wellness Check in 10:00am- Bible Museum Washington DC 11:00am-Board Games 12pm- Lunch 1:00pm- Cognitive Activities 1:30pm- Departure FIRST DAY OF FALL 	23 9:00am- Community Circle 10:30am- Tai Chi 11:30am- Arts and Crafts 12pm- Lunch 12:30pm- Card games 1:00pm- Cognitive Activities 1:30pm- Departure	24 9:00am- Wellness Check in 9:30am- Skyline Shopping Center Falls Church, VA 12pm Lunch  1:30pm- Departure	25 9:00am- 10:00am- Silver Sneaker Chair yoga 11:00am- Landon Wilson – Cherry Blossom 12pm-Lunch 1:00pm- Cognitive Activities 1:30pm- Departure NATIONAL NATIVE AMERICAN DAY 
28 9:00am- Community Circle 10:00am Chair Yoga w/ Sharon 2 11:00am Arts and Crafts 12pm-Lunch 1:00pm- Cognitive Activities 1:30 pm Departure	29 9:00am- Arrival 9:30am – Robust Walkathon Bren Mar Park 12pm- Lunch 12:30pm- Brain Teaser 1:00pm- Cognitive Activities 1:30pm- Departure	30 9:00am- Community Circle 10:30am- Tai Chi 11:00am - Concentration 12pm- Lunch 1:00pm- Cognitive Activities 1:30 pm Departure	 NATIONAL HISPANIC HERITAGE MONTH September 15 to October 15	 NATIONAL SUICIDE PREVENTION AWARENESS SEPTEMBER