

## Delta Towers

808 Bladensburg Rd NE Judy Bond (202) 723–1234 Health Promotions labeled "HP"



October 2024 DACL

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	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM		HP: Stress Relief News Updates Lunch Socialize	HP: Cleaning Tips  Music Hour  Lunch  Lets Dance!	HP: Summer Skin?  Card Games  Lunch  Music Hour	HP: Diabetes Awareness  Movie Hour  Lunch  Movie Hour
	Trip: Walmart 10am-12pm  HP: Breast Cancer Awareness  Lunch  Table Games	HP: Stress Relief 8 Table Games Lunch TV Hour	HP: Emotions & Health 9 Puzzles Lunch Table Games	HP: 30 Min. Recipes News Updates Lunch Lets Socialize!	HP: Diabetes Awareness  Music Channel  Lunch  Music Channel
	Site Closed "Indigenous People's Day"	HP: Stress Relief 15 Arts N Crafts Lunch TV Hour	HP: Emotions & Health  Music Hour  Lunch  Lets Dance!	17 HP: 30 Min. Recipes Board Games Lunch Tic Tac Toe	HP: Diabetes Awareness <sup>18</sup> Let's Get Social Lunch Dance Hour
	Trip: Walmart 10am-12pm 21 HP: Breast Cancer Awareness Lunch Table Games	HP: Stress Relief 22 Table Games Lunch Card Games	HP: Emotions & Health <sup>23</sup> Table Games Lunch Card Games	24 HP: 30 Min. Recipes TV Hour Lunch Tic Tac Toe	HP: Diabetes Awareness <sup>25</sup> Tic Tac Toe Lunch Music Hour
<b>↓</b>	Trip: Discount Mar 10-2PMt  HP: Breast Cancer Awareness  Lunch  Table Games	HP: Stress Relief TV Hour Lunch Arts N Crafts	HP: Emotions & Health <sup>30</sup> Art Lunch Art	HP: 30 Min. Recipes 31 Board Games Lunch Movie Hour	



Edgewood Commons 635 Edgewood St. NE Michelle Washington (202) 723-1234 Health Promotions labeled "HP"



	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM	HP: Breast Cancer Awareness  Lunch  Movie Hour	HP: Stress Relief  Word Search  Lunch  Short Story Contruction  HP: Stress Relief  Tasty Tuesday  Lunch	Trip: Walmart 1pm-3pm 2  HP: Cleaning Tips Arts N Crafts Lunch  Trip: Roses 10am-12PM  HP: Emotions & Health Lets Get Social	HP: Summer Skin? Table Games Lunch Corn Hole  HP: 30 Min. Recipes Table Games Lunch	HP: Diabetes Awareness Card Games Lunch Can You Dance?  HP: Diabetes Awareness Music Hour Lunch
	Trivia  14  Site Closed  "Indigenous People's Day"	Table Games  HP: Stress Relief  Tasty Tuesday  Lunch  Lets Get Social	Lunch  16  Trip: Dollar Tree 1pm-3pm HP: Emotions & Health  Table Games  Lunch	Corn Hole 17 HP: 30 Min. Recipes Lets Make A Deal Lunch Word Search	Can You Dance?  HP: Diabetes Awareness 18  Armchair Vacation  Lunch  Music Hour
	21 HP: Breast Cancer Awareness Mindful Meditation Lunch Movie Hour	HP: Stress Relief 22 Bingo Lunch Table Games	HP: Emotions & Health Movie Hour Lunch	HP: 30 Min. Recipes Table Games Lunch Short Story Construction	HP: Diabetes Awareness <sup>25</sup> Movie Hour Lunch Can You Dance?
↓ ↓	28 HP: Breast Cancer Awareness Arts N Crafts Lunch Mindful Meditation	HP: Stress Relief Trivia Lunch Word Search	Trip: Movie Theater 1-3PM <sup>30</sup> HP: Emotions & Health Chair Yoga Lunch	HP: 30 Min. Recipes  Lets Get Social  Lunch  Can You Dance?	



## Gettysburg Senior Village 3001 Bladensburg Rd NE Geraldine Brooks (813) 777-4049 Health Promotions labeled "HP"



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	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM		HP: Stress Relief  Movie Hour  Lunch  Movie Hour	HP: Cleaning Tips Table Games Lunch Card Games	HP: Summer Skin? Exercise Lunch Bingo	HP: Diabetes Awareness  Movie Hour  Lunch  Movie Hour
	Trip: Walmart 1pm-3pm  HP: Breast Cancer Awareness  Lunch  Arts N Crafts	HP: Stress Relief  Movie Hour  Lunch  Movie Hour	HP: Emotions & Health 9 Puzzles Lunch Table Games	HP: 30 Min. Recipes Exercise Lunch Bingo	HP: Diabetes Awareness  Music Channel  Lunch  Music Channel
	Site Closed "Indigenous People's Day"	Trip: Thrift Store  HP: Stress Relief  Lunch  Movie Hour	HP: Emotions & Health Lets Make Jewelry! Lunch Puzzles	HP: 30 Min. Recipes Exercise Lunch Bingo	HP: Diabetes Awareness <sup>18</sup> Let's Get Social Lunch Dance Hour
	Trip: Walmart 1pm-3pm  HP: Breast Cancer Awareness  Lunch  Arts N Crafts	HP: Stress Relief <sup>22</sup> Movie Hour Lunch Movie Hour		24 HP: 30 Min. Recipes  Exercise  Lunch  Bingo	HP: Diabetes Awareness <sup>25</sup> Tic Tac Toe Lunch Music Hour
<b>↓</b>	Floral Design!  HP: Breast Cancer Awareness  Lunch  Arts N Crafts	HP: Stress Relief  Movie Hour  Lunch  Movie Hour	HP: Emotions & Health <sup>30</sup> TV Hour Lunch Puzzles	HP: 30 Min. Recipes 31 Exercise Lunch Bingo	



Greenleaf Senior Apts 1200 Delaware Ave SW Billy Anderson (202) 716-3898 Health Promotions labeled "HP"



	Monday	Tuesday	Wednesday	Thursday	Friday	
10AM 11AM 12PM 1PM		HP: Stress Relief Word Puzzle Lunch Discussion	HP: Cleaning Tips Board Games Lunch Card Games	HP: Summer Skin? Arts N Crafts Lunch Bingo	Trip: Walmart 10am-12pm 4 HP: Diabetes Awareness Movie Hour Lunch	
	7 HP: Breast Cancer Awareness Weekend News Lunch Table Games	HP: Stress Relief  Word Puzzles  Lunch  Discussion	HP: Emotions & Health 9 Board Games Lunch Card Games	HP: 30 Min. Recipes Arts N Crafts Lunch Bingo	Trip: Flaming Grill 10am-2pm  HP: Diabetes Awareness  Music Channel  Lunch	
	Site Closed "Indigenous People's Day"	HP: Stress Relief 15 Puzzles Lunch Discussion	HP: Emotions & Health Board Games Lunch Card Games	17 HP: 30 Min. Recipes Arts N Crafts Lunch Bingo	Trip: Walmart 10am-12pm <sup>18</sup> HP: Diabetes Awareness Let's Get Social Lunch	
	21 HP: Breast Cancer Awareness Weekend News Lunch Table Games	HP: Stress Relief <sup>22</sup> Puzzles Lunch Discussion	22	HP: 30 Min. Recipes Arts N Crafts Lunch Bingo		
	HP: Breast Cancer Awareness Weekend News Lunch Table Games	HP: Stress Relief  Movie Hour  Lunch  Movie Hour	HP: Emotions & Health <sup>30</sup> Board Games Lunch Card Games	HP: 30 Min. Recipes 31 Arts N Crafts Lunch Bingo		



Green Valley Senior Apts. 2412 Franklin ST NE Sandra Broomfield (771) 200-6667 Health Promotions labeled "HP"



October 2024 DACL

	COUCH A COUNTY OF THE BOLDLY				
	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM		Trip: Walmart 10am-12pm HP: Stress Relief Movie Hour Lunch	HP: Cleaning Tips Arts N Crafts Lunch Movie Hour	HP: Summer Skin?  Movie Hour  Lunch  Movie Hour	HP: Diabetes Awareness Arts N Crafts Movie Hour Lunch
	7 HP: Breast Cancer Awareness Weekend News Lunch Table Games	HP: Stress Relief 8 Movie Hour Lunch Movie Hour	HP: Emotions & Health 9 Board Games Lunch Card Games	HP: 30 Min. Recipes Exercise Lunch Bingo	HP: Diabetes Awareness  Music Channel  Lunch  Music Channel
	Site Closed "Indigenous People's Day"	HP: Stress Relief 15 Movie Hour Lunch Movie Hour	HP: Emotions & Health  Movie Hour  Lunch  Movie Hour	HP: 30 Min. Recipes Arts N Crafts Lunch Bingo	HP: Diabetes Awareness 18 Let's Get Social Lunch Dance Hour
	21 HP: Breast Cancer Awareness Weekend News Lunch Table Games	Trip: Walmart 10am-12pm 22 HP: Stress Relief Movie Hour Lunch	HP: Emotions & Health <sup>23</sup> Word Games Lunch TV Hour	HP: 30 Min. Recipes  Movie Hour  Lunch  Movie Hour	HP: Diabetes Awareness <sup>25</sup> Movie Hour Lunch Can You Dance?
	HP: Breast Cancer Awareness Weekend News Lunch Table Games	Trip: Discount Mar 10-2PM <sup>29</sup> HP: Stress Relief Movie Hour Lunch	HP: Emotions & Health <sup>30</sup> Movie Hour Lunch Movie Hour	HP: 30 Min. Recipes 31 Arts N Crafts Lunch Bingo	



## Kibar Halal Nutrition 100 N St. NW Maryam Saleem (202) 270–2031 Health Promotions labeled "HP"



	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM		HP: Stress Relief Exercise Lunch Music Hour	HP: Cleaning Tips  Bingo  Lunch  Trivia	Trip: Watkins Park 11AM HP: Summer Skin? Lunch Music Hour	4 Kibar is closed on Fridays
	7 HP: Breast Cancer Awareness Lunch Table Games	HP: Stress Relief 8 Exercise Lunch Art	HP: Emotions & Health 9 Fire Prevention Lunch Trivia	Trip: Thrift Sore 11AM 10 HP: 30 Min. Recipes Lunch Music Hour	11 Kibar is closed on Fridays
	Site Closed "Indigenous People's Day"	HP: Stress Relief 15 Exercise Lunch Art	HP: Emotions & Health Financial Planning Lunch Trivia	Trip: Amish Market 11AM HP: 30 Min. Recipes Lunch Music Hour	18 Kibar is closed on Fridays
	21 HP: Breast Cancer Awareness Lunch Table Games	HP: Stress Relief <sup>22</sup> Library Lunch Art	HP: Emotions & Health <sup>23</sup> Nutrition  Lunch  Music Hour	Trip: Amish Market 11AM <sup>24</sup> HP: 30 Min. Recipes Lunch Music Hour	25 Kibar is closed on Fridays
↓ ↓	28 HP: Breast Cancer Awareness Lunch Table Games	HP: Stress Relief Exercise Lunch Art	HP: Emotions & Health <sup>30</sup> Line Dance! Lunch Art	HP: 30 Min. Recipes 31 Movie Hour Lunch Art	



North Capitol ePlymouth 5233 North Capitol St NE Rickey Brown (202) 710-8730 Health Promotions labeled "HP"



	COUCOUT LIVE BOLDLY				
	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM		HP: Stress Relief Arts N Crafts Lunch Bingo	Trip: Walmart 10am-12pm  HP: Cleaning Tips  Lunch  Exercise	HP: Summer Skin?  Movie Hour  Lunch  Movie Hour	HP: Diabetes Awareness Lets Get Social Lunch Music Hour
	7 HP: Breast Cancer Awareness Arts N Crafts Lunch Bingo	HP: Stress Relief  Table Games  Lunch  Exercise	HP: Emotions & Health 9 Word Games Lunch Exercise	HP: 30 Min. Recipes  Movie Hour  Lunch  Movie Hour	HP: Diabetes Awareness  Lets Get Social  Lunch  Music Channel
	Site Closed "Indigenous People's Day"	HP: Stress Relief 15 Table Games Lunch Exercise	Trip: Walmart 10am-12pm 16 HP: Emotions & Health Lunch Exercise	HP: 30 Min. Recipes  Movie Hour  Lunch  Movie Hour	HP: Diabetes Awareness <sup>18</sup> Let's Get Social Lunch Dance Hour
	21 HP: Breast Cancer Awareness Arts N Crafts Lunch Bingo	HP: Stress Relief <sup>22</sup> Table Games Lunch Exercise		HP: 30 Min. Recipes  Movie Hour  Lunch  Movie Hour	HP: Diabetes Awareness <sup>25</sup> Tic Tac Toe Lunch Music Hour
↓ ↓	HP: Breast Cancer Awareness Arts N Crafts Lunch Bingo	HP: Stress Relief  Tasty Tuesday  Lunch  Exercise	HP: Emotions & Health <sup>30</sup> News Update Lunch Exercise		



St. Petersburg Senior Apts.
3298 Ft Lincoln Dr. NE
Regina Ford (301) 367-5409
Health Promotions labeled "HP"



October 2024 SDACL

	LIVE BOLDLY				
	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM		Trip: Walmart 10am-12pm <sup>1</sup> HP: Stress Relief Lunch Music Hour	HP: Cleaning Tips Word Search Lunch Card Game	HP: Summer Skin? Arts N Crafts Lunch Bingo	HP: Diabetes Awareness Can You Dance? Lunch Can You Dance
	, 7 HP: Breast Cancer Awareness Exercise Lunch Bingo	Trip: Trip Day! 8  HP: Stress Relief  Lunch  Hallway Walking	HP: Emotions & Health 9 Music Hour Lunch Lets Get Social	HP: 30 Min. Recipes Arts N Crafts Lunch Bingo	HP: Diabetes Awareness  Can You Dance?  Lunch  Can You Dance
	Site Closed "Indigenous People's Day"	Trip: Walmart 10am-12pm 15  HP: Stress Relief  Love Yourself  Lunch	HP: Emotions & Health  Music Hour  Lunch  Card Game	17 HP: 30 Min. Recipes Lets Get Social Lunch Bingo	HP: Diabetes Awareness  Can You Dance?  Lunch  Can You Dance
	21 HP: Breast Cancer Awareness Chair Yoga Lunch Bingo	Trip: Trip Day! 22  HP: Stress Relief  Lunch  Arts N Crafts	HP: Emotions & Health <sup>23</sup> Music Hour Lunch Jewelry Making	24 HP: 30 Min. Recipes Hallway Walking Lunch Bingo	HP: Diabetes Awareness <sup>25</sup> Can You Dance? Lunch Can You Dance
↓ ↓	28 HP: Breast Cancer Awareness Arts N Crafts Lunch Bingo	29 HP: Stress Relief Lunch Lets Get Social!	HP: Emotions & Health <sup>30</sup> Hallway Walking Lunch Local Park	<b>y</b>	



Sibley Plaza 1140 North Capitol St NW Lavell Ginyard (202) 409-7164 Health Promotions labeled "HP"



	Monday	Tuesday	Wednesday	Thursday	Friday
10AM 11AM 12PM 1PM	7 HP: Breast Cancer Awareness Weekend News Lunch Table Games	HP: Stress Relief  Music Hour  Lunch  Movie Hour  HP: Stress Relief  TV Hour  Lunch  Movie Hour	HP: Cleaning Tips Socialize Lunch Movie Hour  HP: Emotions & Health Tic Tac Toe Lunch Board Games	HP: Summer Skin?  Arts N Crafts  Lunch  Bingo  HP: 30 Min. Recipes  Movie Hour  Lunch	Trip: Walmart 10am-12pm HP: Diabetes Awareness Lunch Movie Hour  Trip: Walmart 10am-12pm 11 HP: Diabetes Awareness Lunch Music Channel
	Site Closed "Indigenous People's Day"	HP: Stress Relief 15 Love Yourself Lunch Card Games		Movie Hour HP: 30 Min. Recipes 17 Hallway Walking Lunch Bingo	HP: Diabetes Awareness 18 Let's Get Social Lunch Dance Hour
	21 HP: Breast Cancer Awareness Weekend News Lunch Table Games	Arts n Crafts Lunch Movie Hour	HP: Emotions & Health <sup>23</sup> Movie Hour Lunch Movie Hour	HP: 30 Min. Recipes  Movie Hour  Lunch  Movie Hour	HP: Diabetes Awareness <sup>25</sup> Can You Dance? Lunch Can You Dance
<b>↓</b>	HP: Breast Cancer Awareness Arts N Crafts Lunch Bingo	HP: Stress Relief  Tasty Tuesday  Lunch  Movie Hour	HP: Emotions & Health <sup>30</sup> Hallway Walking Lunch Local Park	HP: 30 Min. Recipes 31 Movie Hour Lunch Movie Hour	