

Delta Towers

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



October 2024

10AM
 11AM
 12PM
 1PM

	Monday	Tuesday	Wednesday	Thursday	Friday
		HP: Stress Relief ¹ News Updates Lunch Socialize	HP: Cleaning Tips ² Music Hour Lunch Lets Dance!	HP: Summer Skin? ³ Card Games Lunch Music Hour	HP: Diabetes Awareness ⁴ Movie Hour Lunch Movie Hour
	Trip: Walmart 10am-12pm ⁷ 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 ¹⁰ News Updates Lunch Lets Socialize!	HP: Diabetes Awareness ¹¹ Music Channel Lunch Music Channel
	Site Closed "Indigenous People's Day" ¹⁴	HP: Stress Relief ¹⁵ Arts N Crafts Lunch TV Hour	HP: Emotions & Health ¹⁶ Music Hour Lunch Lets Dance!	HP: 30 Min. Recipes ¹⁷ Board Games Lunch Tic Tac Toe	HP: Diabetes Awareness ¹⁸ 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 ²³ Table Games Lunch Card Games	HP: 30 Min. Recipes ²⁴ TV Hour Lunch Tic Tac Toe	HP: Diabetes Awareness ²⁵ Tic Tac Toe Lunch Music Hour
	Trip: Discount Mar 10-2PM ²⁸ HP: Breast Cancer Awareness Lunch Table Games	HP: Stress Relief ²⁹ TV Hour Lunch Arts N Crafts	HP: Emotions & Health ³⁰ Art Lunch Art	HP: 30 Min. Recipes ³¹ Board Games Lunch Movie Hour	



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

October 2024  LIVE BOLDLY

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	Monday	Tuesday	Wednesday	Thursday	Friday
		HP: Stress Relief ¹ Movie Hour Lunch Movie Hour	HP: Cleaning Tips ² Table Games Lunch Card Games	HP: Summer Skin? ³ Exercise Lunch Bingo	HP: Diabetes Awareness ⁴ Movie Hour Lunch Movie Hour
	Trip: Walmart 1pm-3pm ⁷ HP: Breast Cancer Awareness Lunch Arts N Crafts	HP: Stress Relief ⁸ Movie Hour Lunch Movie Hour	HP: Emotions & Health ⁹ Puzzles Lunch Table Games	HP: 30 Min. Recipes ¹⁰ Exercise Lunch Bingo	HP: Diabetes Awareness ¹¹ Music Channel Lunch Music Channel
	Site Closed "Indigenous People's Day" ¹⁴	Trip: Thrift Store ¹⁵ HP: Stress Relief Lunch Movie Hour	HP: Emotions & Health ¹⁶ Lets Make Jewelry! Lunch Puzzles	HP: 30 Min. Recipes ¹⁷ Exercise Lunch Bingo	HP: Diabetes Awareness ¹⁸ Let's Get Social Lunch Dance Hour
	Trip: Walmart 1pm-3pm ²¹ HP: Breast Cancer Awareness Lunch Arts N Crafts	HP: Stress Relief ²² Movie Hour Lunch Movie Hour	HP: Emotions & Health ²³ Word Games Lunch TV Hour	HP: 30 Min. Recipes ²⁴ Exercise Lunch Bingo	HP: Diabetes Awareness ²⁵ Tic Tac Toe Lunch Music Hour
	Floral Design! ²⁸ HP: Breast Cancer Awareness Lunch Arts N Crafts	HP: Stress Relief ²⁹ Movie Hour Lunch Movie Hour	HP: Emotions & Health ³⁰ 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"

October 2024  LIVE BOLDLY

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	Monday	Tuesday	Wednesday	Thursday	Friday
		HP: Stress Relief ¹ Word Puzzle Lunch Discussion	HP: Cleaning Tips ² Board Games Lunch Card Games	HP: Summer Skin? ³ Arts N Crafts Lunch Bingo	Trip: Walmart 10am-12pm ⁴ HP: Diabetes Awareness Movie Hour Lunch
	HP: Breast Cancer Awareness ⁷ Weekend News Lunch Table Games	HP: Stress Relief ⁸ Word Puzzles Lunch Discussion	HP: Emotions & Health ⁹ Board Games Lunch Card Games	HP: 30 Min. Recipes ¹⁰ Arts N Crafts Lunch Bingo	Trip: Flaming Grill 10am-2pm ¹¹ HP: Diabetes Awareness Music Channel Lunch
	Site Closed "Indigenous People's Day" ¹⁴	HP: Stress Relief ¹⁵ Puzzles Lunch Discussion	HP: Emotions & Health ¹⁶ Board Games Lunch Card Games	HP: 30 Min. Recipes ¹⁷ Arts N Crafts Lunch Bingo	Trip: Walmart 10am-12pm ¹⁸ HP: Diabetes Awareness Let's Get Social Lunch
	HP: Breast Cancer Awareness ²¹ Weekend News Lunch Table Games	HP: Stress Relief ²² Puzzles Lunch Discussion	HP: Emotions & Health ²³ Board Games Lunch Card Games	HP: 30 Min. Recipes ²⁴ Arts N Crafts Lunch Bingo	Trip: Discount Mar 10-2PM ²⁵ HP: Diabetes Awareness Tic Tac Toe Lunch
	HP: Breast Cancer Awareness ²⁸ Weekend News Lunch Table Games	HP: Stress Relief ²⁹ Movie Hour Lunch Movie Hour	HP: Emotions & Health ³⁰ Board Games Lunch Card Games	HP: 30 Min. Recipes ³¹ Arts N Crafts Lunch Bingo	

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	Monday	Tuesday	Wednesday	Thursday	Friday
		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
	HP: Breast Cancer Awareness Weekend News Lunch Table Games	HP: Stress Relief Movie Hour Lunch Movie Hour	HP: Emotions & Health 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 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 Let's Get Social Lunch Dance Hour
	HP: Breast Cancer Awareness Weekend News Lunch Table Games	Trip: Walmart 10am-12pm HP: Stress Relief Movie Hour Lunch	HP: Emotions & Health Word Games Lunch TV Hour	HP: 30 Min. Recipes Movie Hour Lunch Movie Hour	HP: Diabetes Awareness Movie Hour Lunch Can You Dance?
	HP: Breast Cancer Awareness Weekend News Lunch Table Games	Trip: Discount Mar 10-2PM HP: Stress Relief Movie Hour Lunch	HP: Emotions & Health Movie Hour Lunch Movie Hour	HP: 30 Min. Recipes Arts N Crafts Lunch Bingo	



St. Petersburg Senior Apts.

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



October 2024

10AM
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 1PM

	Monday	Tuesday	Wednesday	Thursday	Friday
		Trip: Walmart 10am-12pm ¹ HP: Stress Relief Lunch Music Hour	HP: Cleaning Tips ² Word Search Lunch Card Game	HP: Summer Skin? ³ Arts N Crafts Lunch Bingo	HP: Diabetes Awareness ⁴ Can You Dance? Lunch Can You Dance
	HP: Breast Cancer Awareness ⁷ 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 ¹⁰ Arts N Crafts Lunch Bingo	HP: Diabetes Awareness ¹¹ Can You Dance? Lunch Can You Dance
	Site Closed "Indigenous People's Day" ¹⁴	Trip: Walmart 10am-12pm ¹⁵ HP: Stress Relief Love Yourself Lunch	HP: Emotions & Health ¹⁶ Music Hour Lunch Card Game	HP: 30 Min. Recipes ¹⁷ Lets Get Social Lunch Bingo	HP: Diabetes Awareness ¹⁸ Can You Dance? Lunch Can You Dance
	HP: Breast Cancer Awareness ²¹ Chair Yoga Lunch Bingo	Trip: Trip Day! ²² HP: Stress Relief Lunch Arts N Crafts	HP: Emotions & Health ²³ Music Hour Lunch Jewelry Making	HP: 30 Min. Recipes ²⁴ Hallway Walking Lunch Bingo	HP: Diabetes Awareness ²⁵ Can You Dance? Lunch Can You Dance
	HP: Breast Cancer Awareness ²⁸ Arts N Crafts Lunch Bingo	²⁹ HP: Stress Relief Lunch Lets Get Social!	HP: Emotions & Health ³⁰ Hallway Walking Lunch Local Park	HP: 30 Min. Recipes ³¹ Hallway Walking Lunch Bingo	



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

October 2024 

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 12PM
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	Monday	Tuesday	Wednesday	Thursday	Friday
		HP: Stress Relief ¹ Music Hour Lunch Movie Hour	HP: Cleaning Tips ² Socialize Lunch Movie Hour	HP: Summer Skin? ³ Arts N Crafts Lunch Bingo	Trip: Walmart 10am-12pm ⁴ HP: Diabetes Awareness Lunch Movie Hour
	HP: Breast Cancer Awareness ⁷ Weekend News Lunch Table Games	HP: Stress Relief ⁸ TV Hour Lunch Movie Hour	HP: Emotions & Health ⁹ Tic Tac Toe Lunch Board Games	HP: 30 Min. Recipes ¹⁰ Movie Hour Lunch Movie Hour	Trip: Walmart 10am-12pm ¹¹ HP: Diabetes Awareness Lunch Music Channel
	Site Closed "Indigenous People's Day" ¹⁴	HP: Stress Relief ¹⁵ Love Yourself Lunch Card Games	HP: Emotions & Health ¹⁶ Word Puzzles Lunch Short Story Construction	HP: 30 Min. Recipes ¹⁷ Hallway Walking Lunch Bingo	HP: Diabetes Awareness ¹⁸ Let's Get Social Lunch Dance Hour
	HP: Breast Cancer Awareness ²¹ Weekend News Lunch Table Games	HP: Stress Relief ²² Arts n Crafts Lunch Movie Hour	HP: Emotions & Health ²³ Movie Hour Lunch Movie Hour	HP: 30 Min. Recipes ²⁴ Movie Hour Lunch Movie Hour	HP: Diabetes Awareness ²⁵ Can You Dance? Lunch Can You Dance
	HP: Breast Cancer Awareness ²⁸ Arts N Crafts Lunch Bingo	HP: Stress Relief ²⁹ Tasty Tuesday Lunch Movie Hour	HP: Emotions & Health ³⁰ Hallway Walking Lunch Local Park	HP: 30 Min. Recipes ³¹ Movie Hour Lunch Movie Hour	

