

Delta Towers-Ward 5  
 808 Bladensburg Road, NE  
 Site Manager: Judy Bond

Supported by the D.C. Department of  
 Aging and Community Living



Monday

Tuesday

Wednesday

Thursday

Friday

# MARCH 2025

Seabury



Resources for Aging\*

10:00am Health Pro-Shrinking & Aging  
 TV Hour  
 11:00am Grocery Shuttle: Walmart  
 12:00pm Lunch  
 1:00pm Dance Exercise

3 Health Pro-Shrinking & Aging  
 Arts and Crafts  
 Lunch  
 Open Discussion

4 Health Pro-Shrinking & Aging  
 Anika Pompey-IRS  
 Lunch  
 Dance Hour

5 Health Pro-Shrinking & Aging  
 Movie Hour  
 Lunch  
 Music Hour

6 Health Pro-Shrinking & Aging  
 Kamryn Hatcher-Food Demo  
 Lunch  
 Board Games

10:00am Health Pro-Toe Nail Thickness  
 Weekend News  
 11:00am Site Trip: Tanger Outlets  
 12:00pm Lunch  
 1:00pm Word Search

10 Health Pro-Toe Nail Thickness  
 Weekend News  
 11:00am Site Trip: Tanger Outlets  
 12:00pm Lunch  
 1:00pm Word Search

11 Health Pro-Toe Nail Thickness  
 Brogan Madden-SNAP-Ed  
 Lunch  
 Word Search

12 Health Pro-Toe Nail Thickness  
 Card Games  
 Lunch  
 Chair Exercise

13 Health Pro-Toe Nail Thickness  
 Movie Hour  
 Lunch  
 Puzzle

14 Health Pro-Toe Nail Thickness  
 BINGO  
 Lunch  
 Dance Hour

10:00am Health Pro-Lupus  
 Weekend News  
 11:00am Grocery Shuttle: Save-A-Lot  
 12:00pm Lunch  
 1:00pm Open Discussion

17 Health Pro-Lupus  
 Weekend News  
 11:00am Grocery Shuttle: Save-A-Lot  
 12:00pm Lunch  
 1:00pm Open Discussion

18 Health Pro-Lupus  
 Cards  
 Lunch  
 Open Discussion

19 Health Pro-Lupus  
 Socializing  
 Lunch  
 Card Games

20 Health Pro-Lupus  
 Wall Exercise  
 Lunch  
 Prayer Hour

21 Health Pro-Lupus  
 Board Games  
 Lunch  
 Music Hour

10:00am Health Pro-Menopause Matters  
 Chair Exercise  
 11:00am Lunch  
 12:00pm Card Games  
 1:00pm

24 Health Pro-Menopause Matters  
 Chair Exercise  
 Lunch  
 Card Games

25 Health Pro-Menopause Matters  
 Cards  
 Lunch  
 Word Search

26 Health Pro-Menopause Matters  
 Music Hour  
 Lunch  
 TV Hour

27 Health Pro-Menopause Matters  
 Tic-Tac-Toe  
 Lunch  
 Open Discussion

28 Health Pro-Menopause Matters  
 Prayer Hour  
 Site Trip: Amish Market  
 Lunch  
 Walking Around the Building

10:00am Health Pro-Menopause Matters  
 11:00am Lillian McGilvery-AARP  
 12:00pm Lunch  
 1:00pm Walking Around Chairs

31 Health Pro-Menopause Matters  
 Lillian McGilvery-AARP  
 Lunch  
 Walking Around Chairs

\*Activities and times are subject to change\*

Edgewood Commons-Ward 5  
635 Edgewood Street, NE

Site Manager: Michele Washington



Supported by the D.C. Department of Aging and Community Living

# MARCH 2025

Seabury



Resources for Aging\*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00am Health Pro-Shrinking &amp; Aging</p> <p>11:00am Weekend Updates</p> <p>12:00pm Lunch</p> <p>1:00pm Chair Yoga</p>	<p>Health Pro-Shrinking &amp; Aging</p> <p>Talk Tuesday MARDI GRAS</p> <p>Lunch</p> <p>Mardi Gras Social w/Ounce</p>	<p>Health Pro-Shrinking &amp; Aging</p> <p>Wisdom Wednesday</p> <p>Lunch</p> <p>Grocery Shuttle: Walmart</p>	<p>Health Pro-Shrinking &amp; Aging</p> <p>Poetry and Pose</p> <p>Lunch</p> <p>Poetry Writing</p>	<p>Health Pro-Shrinking &amp; Aging</p> <p>Women's History Activity</p> <p>Lunch</p> <p>Karyn Hatcher-Food Demo</p>
<p>10:00am Health Pro-Toe Nail Thickness</p> <p>11:00am Monday Meditation</p> <p>12:00pm Lunch</p> <p>1:00pm PM Stretch Exercise</p> <p><b>ST. PATRICK'S DAY</b></p>	<p>Health Pro-Toe Nail Thickness</p> <p>Thankful Tuesday Gratitude Circle</p> <p>Lunch</p> <p>Tuesday Talent Show</p>	<p>Health Pro-Toe Nail Thickness</p> <p>Wisdom Wednesday</p> <p>Lunch</p> <p>Afternoon Affirmation</p>	<p>Health Pro-Toe Nail Thickness</p> <p>Brain Games</p> <p>Lunch</p> <p>Cornhole</p>	<p>Health Pro-Toe Nail Thickness</p> <p>Lillian McGilvery-AARP</p> <p>Lunch</p> <p>Fun and Games</p>
<p>10:00am Health Pro-Lupus</p> <p>11:00am St. Patty's 50 Shades of Green</p> <p>12:00pm Lunch</p> <p>1:00pm Irish Jig Dancing</p>	<p>Health Pro-Lupus</p> <p>Special (Tea) Tuesday</p> <p>Lunch</p> <p>Tea Sipping Session</p>	<p>Health Pro-Lupus</p> <p>Arts and Crafts Painting</p> <p>Lunch</p> <p>Grocery Shuttle: Aldi's</p>	<p>Health Pro-Lupus</p> <p>Brogan Madden-SNAP-Ed</p> <p>Lunch</p> <p>Spring Art Activity</p>	<p>Health Pro-Lupus</p> <p>Women of R&amp;B Music Therapy</p> <p>Lunch</p> <p>Friday Dance Party</p>
<p>10:00am Health Pro-Menopause Matters</p> <p>11:00am Movie Monday</p> <p>12:00pm Lunch</p> <p>1:00pm Movie Completion</p>	<p>Health Pro-Menopause Matters</p> <p>Anika Pompey-IRS</p> <p>Lunch</p> <p>Talk Tuesday</p>	<p>Health Pro-Menopause Matters</p> <p>Lunch</p> <p>Site Trip: Smithsonian American Art Museum</p>	<p>Health Pro-Menopause Matters</p> <p>Collage with various materials</p> <p>Lunch</p> <p>Collage Completion</p>	<p>Health Pro-Menopause Matters</p> <p>Sydney Marshall-Memory Club</p> <p>Lunch</p> <p>Music Madness</p>
<p>10:00am Health Pro-Menopause Matters</p> <p>11:00am Weekend Re-wind</p> <p>12:00pm Lunch</p> <p>1:00pm Monday Mental Window</p>				

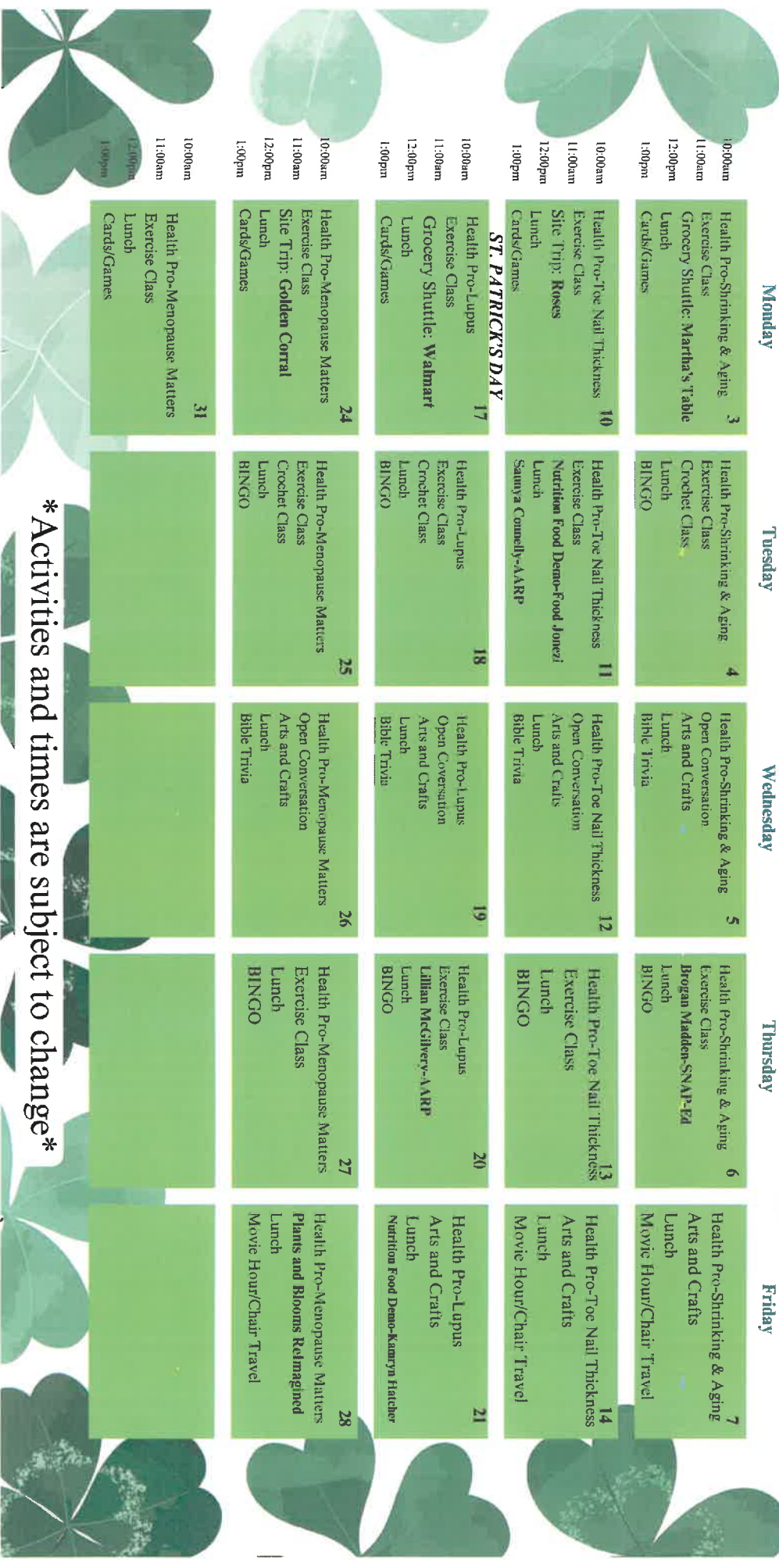
\*Activities and times are subject to change\*

Gettysburg-Ward 5  
 3001 Bladensburg Road, NE  
 Site Manager: Geraldine Brooks

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# MARCH 2025

Seabury  Resources for Aging®



**Monday**

10:00am Health Pro-Shrinking & Aging  
 11:00am Exercise Class  
 12:00pm Grocery Shuttle: Martha's Table  
 1:00pm Lunch  
 Cards/Games

10:00am Health Pro-Toe Nail Thickness  
 11:00am Exercise Class  
 12:00pm Site Trip: **Roses**  
 1:00pm Lunch  
 Cards/Games

**ST. PATRICK'S DAY**  
 10:00am Health Pro-Lupus  
 11:00am Exercise Class  
 12:00pm Grocery Shuttle: **Walmart**  
 1:00pm Lunch  
 Cards/Games

10:00am Health Pro-Menopause Matters  
 11:00am Exercise Class  
 12:00pm Site Trip: **Golden Corral**  
 1:00pm Lunch  
 Cards/Games

10:00am Health Pro-Menopause Matters  
 11:00am Exercise Class  
 12:00pm Lunch  
 Cards/Games

**Tuesday**

Health Pro-Shrinking & Aging  
 Exercise Class  
 Crochet Class  
 Lunch  
 BINGO

Health Pro-Toe Nail Thickness  
 Exercise Class  
 Nutrition Food Demo-Food Jovezi  
 Lunch  
 Saunya & Connelly-AARP

Health Pro-Lupus  
 Exercise Class  
 Crochet Class  
 Lunch  
 BINGO

Health Pro-Menopause Matters  
 Exercise Class  
 Crochet Class  
 Lunch  
 BINGO

**Wednesday**

Health Pro-Shrinking & Aging  
 Open Conversation  
 Arts and Crafts  
 Lunch  
 Bible Trivia

Health Pro-Toe Nail Thickness  
 Open Conversation  
 Arts and Crafts  
 Lunch  
 Bible Trivia

Health Pro-Lupus  
 Open Conversation  
 Arts and Crafts  
 Lunch  
 Bible Trivia

Health Pro-Menopause Matters  
 Open Conversation  
 Arts and Crafts  
 Lunch  
 Bible Trivia

**Thursday**

Health Pro-Shrinking & Aging  
 Exercise Class  
 Brogan Madden-SNAP-Ed  
 Lunch  
 BINGO

Health Pro-Toe Nail Thickness  
 Exercise Class  
 Lunch  
 BINGO

Health Pro-Lupus  
 Exercise Class  
 Lillian McGilvery-AARP  
 Lunch  
 BINGO

Health Pro-Menopause Matters  
 Exercise Class  
 Lunch  
 BINGO

**Friday**

Health Pro-Shrinking & Aging  
 Arts and Crafts  
 Lunch  
 Movie Hour/Chair Travel

Health Pro-Toe Nail Thickness  
 Arts and Crafts  
 Lunch  
 Movie Hour/Chair Travel

Health Pro-Lupus  
 Arts and Crafts  
 Lunch  
 Nutrition Food Demo-Kamryn Hatcher

Health Pro-Menopause Matters  
 Plants and Blooms Reimagined  
 Lunch  
 Movie Hour/Chair Travel

**\*Activities and times are subject to change\***

Greenleaf-Ward 6  
 1200 Delaware Avenue, SW  
 Site Manager: Billy Anderson  
 202-716-3898



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# MARCH 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Shrinking & Aging Weekend News Lunch Open Discussion	Health Pro-Shrinking & Aging Arts and Crafts Lunch Word Search	Health Pro-Shrinking & Aging Brogan Madden-SNAP-Ed Lunch Chair Exercise	Health Pro-Shrinking & Aging Board Games Lunch Card Games	Health Pro-Shrinking & Aging Talk Politics Grocery Shuttle: Walmart Lunch Music/Dance Hour
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Toe Nail Thickness Weekend News Lunch Open Discussion	Health Pro-Toe Nail Thickness Arts and Crafts Lunch Word Search	Health Pro-Toe Nail Thickness Card Games Lunch Chair Exercise	Health Pro-Toe Nail Thickness Board Games Lunch Card Games	Health Pro-Toe Nail Thickness Talk Politics Site Trip: Flaming Grill Lunch Music/Dance Hour
	<b>ST. PATRICK'S DAY</b>				
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Lupus Anika Pompey-IRS Lunch Open Discussion	Health Pro-Lupus Arts and Crafts Lunch Word Search	Health Pro-Lupus Card Games Lunch Chair Exercise	Health Pro-Lupus Board Games Lunch Card Games	Health Pro-Lupus Talk Politics Grocery Shuttle: Martha's Table Lunch Music/Dance Hour
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Menopause Matters Weekend News Lunch Open Discussion	Health Pro-Menopause Matters Arts and Crafts Lunch Word Search	Health Pro-Menopause Matters Card Games Lunch Chair Exercise	Health Pro-Menopause Matters Lillian McGiverty-AARP Lunch Card Games	Health Pro-Menopause Matters Talk Politics Site Trip: Roses Lunch Music/Dance Hour
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Menopause Matters Weekend News Lunch Open Discussion				

\*Activities and times are subject to change\*

Green Valley-Ward 5  
 2412 Franklin Street, NE  
 Site Manager: Sandra Broomfield



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Seabury



Resources for Aging\*

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Health Pro-Shrinking & Aging Card Games Lunch 12:00pm Arts and Crafts 1:00pm	Health Pro-Shrinking & Aging Forum Discussion Grocery Shuttle: Walmart Lunch Cards	Health Pro-Shrinking & Aging Crochet Lunch Craft	Health Pro-Shrinking & Aging U/NO Lunch Crochet	Health Pro-Shrinking & Aging Card Games Lunch Recycled Items Project
10:00am Health Pro-Toe Nail Thickness Forum Discussion Lunch 12:00pm Arts and Crafts 1:00pm <b>ST. PATRICK'S DAY</b>	Health Pro-Toe Nail Thickness Crochet Site Trip: Lunch Art	Health Pro-Toe Nail Thickness BINGO Card Games Lunch Crafts	Health Pro-Toe Nail Thickness Nutrition Food Demo-Food Jonezi Lunch Forum Discussion	Health Pro-Toe Nail Thickness Crafts Lunch Card Games
10:00am Health Pro-Lupus Arts Lunch 12:00pm Crafts 1:00pm	Health Pro-Lupus UNO Grocery Shuttle: Walmart Lunch Crafts	Health Pro-Lupus Forum Discussion Lunch BINGO	Health Pro-Lupus Card Games Lunch Arts	Health Pro-Lupus Cards Nutrition Food Demo-Karryn Hatcher Lunch Crochet
10:00am Health Pro-Menopause Matters <b>Lillian McGilvery-AARP</b> Lunch 12:00pm Cards Games 1:00pm	Health Pro-Menopause Matters Arts Site Trip: Lunch <b>Saunra Connelly-AARP</b>	Health Pro-Menopause Matters BINGO Lunch Card Games	Health Pro-Menopause Matters <b>Brogan Madden-SNAP-Ed</b> Lunch Crafts	Health Pro-Menopause Matters BINGO Lunch Card Games
10:00am Health Pro-Menopause Matters Arts Lunch 12:00pm Card Games 1:00pm				
31				

\*Activities and times are subject to change\*

Kibar Halal Nutrition-Ward 5  
 100 N Street, NW  
 Site Manager: Maryam Saleem

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# MARCH 2025

**Seabury**  
 555  
 Resources for Aging\*

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Health Pro-Shrinking & Aging <sup>3</sup> 11:30am Arts and Crafts 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Shrinking & Aging <sup>4</sup> 11:30am Exercise 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Shrinking & Aging <sup>5</sup> 11:30am Line Dance 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Shrinking & Aging <sup>6</sup> 11:30am Grocery Shuttle: Walmart 12:00pm Lunch 1:40pm Music	10:00am 11:30am 12:00pm 1:40pm <b>SITE CLOSED</b>
10:00am Health Pro-Toe Nail Thickness 11:30am BINGO 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Toe Nail Thickness 11:30am Exercise 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Toe Nail Thickness 11:30am Site Trip: Women's National Museum 12:00pm Lunch 1:40pm Dance Exercise	10:00am Health Pro-Toe Nail Thickness 11:30am Game Day 12:00pm Lunch 1:40pm Music/Dance Hour	10:00am 11:30am 12:00pm 1:40pm <b>SITE CLOSED</b>
<b>ST. PATRICK'S DAY</b>				
10:00am Health Pro-Lupus 11:30am Arts and Crafts 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Lupus 11:30am Exercise 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Lupus 11:30am Brogan Madden-SNAPEd 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Lupus 11:30am Grocery Shuttle: Martha's Table 12:00pm Lunch 1:40pm Music/Dance Hour	10:00am 11:30am 12:00pm 1:40pm <b>SITE CLOSED</b>
10:00am Health Pro-Menopause Matters 11:30am BINGO 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Menopause Matters 11:30am Lillian McGilvery-AARP 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Menopause Matters 11:30am Literary 12:00pm Lunch 1:40pm Music	10:00am Health Pro-Menopause Matters 11:30am Site Trip: Golden Corral 12:00pm Lunch 1:40pm Music/Dance Hour	10:00am 11:30am 12:00pm 1:40pm <b>SITE CLOSED</b>
10:00am Health Pro-Menopause Matters 11:30am Puzzles 12:00pm Lunch 1:40pm Music				10:00am 11:30am 12:00pm 1:40pm <b>SITE CLOSED</b>

**\*Activities and times are subject to change\***

North Capitol at Plymouth-Ward 5  
 5233 North Capitol Street, NE  
 Site Manager: Rickey Brown

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Resources for Aging\*

Monday		Tuesday		Wednesday		Thursday		Friday		
10:00am 11:30am 12:00pm 1:00pm	Health Pro-Shrinking & Aging Arts and Crafts Lunch BINGO	3	Health Pro-Shrinking & Aging Library Tuesday Lunch Exercise	4	Health Pro-Shrinking & Aging Grocery Shuttle: Walmart Lunch Let's Get Social	5	Health Pro-Shrinking & Aging Movie Hour Lunch Movie Hour	6	Health Pro-Shrinking & Aging Health Trivia Lunch Let's Get Social	7
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Toe Nail Thickness Arts and Crafts Lunch News Update <b>ST. PATRICK'S DAY</b>	10	Health Pro-Toe Nail Thickness Tech Tuesday Lunch Puzzle/Games	11	Health Pro-Toe Nail Thickness News Update Lunch Let's Get Social	12	Health Pro-Toe Nail Thickness Site Trip: Amish Market Lunch Movie Hour	13	Health Pro-Toe Nail Thickness Health Trivia Lunch Music Hour	14
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Lupus Grocery Shuttle Lunch News Update	17	Health Pro-Lupus Tech Tuesday Lunch Exercise	18	Health Pro-Lupus Grocery Shuttle: Dollar Tree Lunch Let's Get Social	19	Health Pro-Lupus Movie Hour Lunch Movie Hour	20	Health Pro-Lupus Health Trivia Lunch Music Hour	21
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Menopause Matters Arts and Crafts Lunch Games	24	Health Pro-Menopause Matters Tech Tuesday Lunch Puzzle/Games	25	Health Pro-Menopause Matters Site Trip: Roses Lunch Music Hour	26	Health Pro-Menopause Matters Movie Hour Lunch Movie Hour	27	Health Pro-Menopause Matters Lillian McGeivery-ARRP Lunch Nutrition Food Demo-Kamryn Harcher	28
10:00am 11:00am 12:00pm 1:00pm	Health Pro-Menopause Matters Arts and Crafts Lunch BINGO	31								

\*Activities and times are subject to change\*

Petersburg-Ward 5  
 3798 Fort Lincoln Drive, NE  
 Site Manager: Marguerite McMillan

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Monday

Tuesday

Wednesday

Thursday

Friday



# MARCH 2025



Resources for Aging®

10:00am Health Pro-Shrinking & Aging  
 11:00am Arts and Crafts  
 12:00pm Lunch  
 1:00pm BINGO

3  
 Health Pro-Shrinking & Aging  
 Grocery Shuttle: Walmart  
 Lunch  
 Cards

4  
 Health Pro-Shrinking & Aging  
 Wednesday Worship  
 Lunch  
 Open Discussion

5  
 Health Pro-Shrinking & Aging  
 Anika Pompey-IRS  
 Lunch  
 Chair Exercise

6  
 Health Pro-Shrinking & Aging  
 Music/Dance Hour  
 Lunch  
 BINGO

10:00am Health Pro-Toe Nail Thickness  
 11:00am Arts and Crafts  
 12:00pm Lunch  
 1:00pm BINGO

10  
 Health Pro-Toe Nail Thickness  
 Arts and Crafts  
 Lunch  
 BINGO

11  
 Health Pro-Toe Nail Thickness  
 Site Trip: Arundel Mills  
 Lunch  
 Cards

12  
 Health Pro-Toe Nail Thickness  
 Wednesday Worship  
 Lunch  
 Open Discussion

13  
 Health Pro-Toe Nail Thickness  
 Board Games  
 Lunch  
 Chair Exercise

10:00am Health Pro-Lupus  
 11:00am Arts and Crafts  
 12:00pm Lunch  
 1:00pm BINGO

17  
 Health Pro-Lupus  
 Arts and Crafts  
 Lunch  
 BINGO

18  
 Health Pro-Lupus  
 Grocery Shuttle: Giant Food  
 Lunch  
 Cards

19  
 Health Pro-Lupus  
 Wednesday Worship  
 Lunch  
 Open Discussion

20  
 Health Pro-Lupus  
 Board Games  
 Lunch  
 Chair Exercise

10:00am Health Pro-Menopause Matters  
 11:00am Arts and Crafts  
 12:00pm Lunch  
 1:00pm BINGO

24  
 Health Pro-Menopause Matters  
 Arts and Crafts  
 Lunch  
 BINGO

25  
 Health Pro-Menopause Matters  
 Site Trip: Roses  
 Lunch  
 Cards

26  
 Health Pro-Menopause Matters  
 Wednesday Worship  
 Lunch  
 Open Discussion

27  
 Health Pro-Menopause Matters  
 Board Games  
 Lunch  
 Chair Exercise

10:00am Health Pro-Menopause Matters  
 11:00am Arts and Crafts  
 12:00pm Lunch  
 1:00pm BINGO

31  
 Health Pro-Menopause Matters  
 Arts and Crafts  
 Lunch  
 BINGO

28  
 Health Pro-Menopause Matters  
 Nutrition Food Demo-Kamryn Hatcher  
 Music/Dance Hour  
 Lunch  
 BINGO

21  
 Health Pro-Lupus  
 Lillian McGiveny-AARP  
 Lunch  
 BINGO

\*Activities and times are subject to change\*



Sibley Plaza-Ward 6  
 1140 North Capitol Street, NW  
 Site Manager: Lavell Ginyard  
 202-409-7164

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# MARCH 2025

Seabury



Resources for Aging\*

Monday

Tuesday

Wednesday

Thursday

Friday

10:00am Health Pro-Shrinking & Aging  
 11:00am Trivia  
 12:00pm Lunch  
 1:00pm Let's Talk

3  
 Health Pro-Shrinking & Aging  
**Brogan Madden-SNAP-Ed**  
 Lunch  
 Trivia Games

4  
 Health Pro-Shrinking & Aging  
 Find the Difference  
 Lunch  
 Arts and Crafts

5  
 Health Pro-Shrinking & Aging  
 Table Games  
 Lunch  
 Chair Exercise

6  
 Health Pro-Shrinking & Aging  
 Coloring  
 Grocery Shuttle-Walmart  
 Lunch  
 Movie Hour

10:00am Health Pro-Toe Nail Thickness  
 11:00am Table Games  
 12:00pm Lunch  
 1:00pm TV Hour

10  
 Health Pro-Toe Nail Thickness  
 News  
 Lunch  
 Music/Dance Hour

11  
 Health Pro-Toe Nail Thickness  
 Love Yourself  
 Lunch  
 Card Games

12  
 Health Pro-Toe Nail Thickness  
 Plants and Blooms Reimagined  
 Lunch  
 Music Hour

13  
 Health Pro-Toe Nail Thickness  
 News  
 Site Trip: Heiloosau Memorial Museum  
 Lunch  
 Card Games

**ST. PATRICK'S DAY**

10:00am Health Pro-Lupus  
 11:00am Find the Difference  
 12:00pm Lunch  
 1:00pm Movie Hour

17  
 Health Pro-Lupus  
 Arts and Crafts  
 Lunch  
 Card Games

18  
 Health Pro-Lupus  
 Let's Talk  
 Lunch  
 Coloring and Puzzles

19  
 Health Pro-Lupus  
 Tell A Joke  
 Lunch  
 Name that Song

20  
 Health Pro-Lupus  
 News  
 Grocery Shuttle-Walmart  
 Lunch  
 Love Yourself!

10:00am Health Pro-Menopause Matters  
 11:00am Puzzle and Coloring  
 12:00pm Site Trip: NO TRIP  
 Lunch  
 1:00pm Hand Dance

24  
 Health Pro-Menopause Matters  
 Health Pro-Menopause Matters  
 Let's Talk  
 Lunch  
 Tell A Joke

25  
 Health Pro-Menopause Matters  
 News  
 Lunch  
 Arts and Crafts

26  
 Health Pro-Menopause Matters  
 Movie  
 Lunch  
 TV Hour

27  
 Health Pro-Menopause Matters  
 Find the Difference  
 Lunch  
 Card Game

10:00am Health Pro-Menopause Matters  
 11:00am Meditation  
 12:00pm Site Trip:  
 Lunch  
 1:00pm Trivia

31  
 Health Pro-Menopause Matters  
 Meditation  
 Site Trip:  
 Lunch  
 Trivia

31  
 Health Pro-Menopause Matters  
 Meditation  
 Site Trip:  
 Lunch  
 Trivia

31  
 Health Pro-Menopause Matters  
 Meditation  
 Site Trip:  
 Lunch  
 Trivia

31  
 Health Pro-Menopause Matters  
 Meditation  
 Site Trip:  
 Lunch  
 Trivia

\*Activities and times are subject to change\*