**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

 **Main Office:**

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 TERRIFIC, Inc

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| FT. STEVENS REC DECEMBER 2022 ACTIVITY CALENDAR |
|  | **MONDAY** | **TUESDAY** | **WEDENSDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  |  | **1****10:00am Welcome****Health Promotion** **11:00am Enrichment Activity****12:00pm Lunch****1:00pm TERRIFIC Taste****World Aids Day** | **2****10:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm TERRIFIC Taste** |
|  | **5****10:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Trivia** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **6****24th Annual Senior Holiday Celebration presented by Mayor Bowser****10:00am – 2:00pm** | **7****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Trivia****12:00pm Lunch****1:00pm TERRIFIC Taste** | **8****10:00am Welcome****Health Promotion****11:00am TERRIFIC, Inc.'s Annual Virtual Kick-Off****11:00am Brain Teasers****12:00pm Lunch****1:00pm TERRIFIC Taste** | **9****10:00am Welcome****Health Promotion****11:00am Commonyms****12:00pm Lunch****1:00pm TERRIFIC Taste** |
|  | **12****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Commonyms****12:00pm Lunch** **1:00pm TERRIFIC Taste** | **13****10:00am Welcome****Health Promotion****11:00am Brain Teasers****12:00pm Lunch****12:30am Cookie Decorating (In-Person Activity)****1:00pm TERRIFIC Taste** | **14****10:00am Welcome****Health Promotion****11:00am Nutrition Education w/ Jandel****Games with Dennis (Virtual)****11:00am Music Appreciation****12:00pm Lunch****1:00pm TERRIFIC Taste** | **15****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm TERRIFIC Taste** | **16****10:00am Welcome****Health Promotion****TERRIFIC, Inc – Virtual SENIOR Holiday Party****11:00am Arts & Crafts****12:00pm Lunch****1:00pm TERRIFIC Taste** |
|  | **19****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Mindfulness****12:00pm Lunch****1:00pm TERRIFIC Taste** | **20****10:00am Welcome****Health Promotion****TERRIFIC, Inc SENIOR Holiday Party****11:00am Word Search****12:00pm Lunch****1:00pm TERRIFIC Taste** | **21****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Arts & Crafts** **11:30am Ask Jon Tech Training****12:00pm Lunch****1:00pm TERRIFIC Taste** | **22****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm TERRIFIC Taste** | **23****10:00am Welcome****Health Promotion****11:00am Commonyms****12:00pm Lunch****1:00pm TERRIFIC Taste** |
|  | **26****Christmas Break – Closed!!** | **27****10:00 am Welcome****Health Promotion****11:00am Music Appreciation****12:00 pm Lunch****1:00pm TERRIFIC Taste** | **28****10:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)****11:00am Chat N’ Chew** **12:00 pm Lunch****1:00pm TERRIFIC Taste** | **29****10:00 am Welcome****Health Promotion** **11:00 am Trivia** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **30****10:00am Welcome****Health Promotion****11:00am Commonyms****12:00pm Lunch****1:00pm TERRIFIC Taste** |

**Events in August: World AIDS Day/National Influenza Vaccination Week/Christmas** 