Nutrition Ed.

REC SOCIAL IN SITE ACTIVITY HEALTH PROMOTION COUNSELING



TERRIFIC, Inc.

Main Office:

1438 Kennedy Street, NW 20011

Phone: 202 882-1160

|  |  |
| --- | --- |
|  | GARFIELD TERRACE OCTOBER 2021 ACTIVITY CALENDAR |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | **4** **10:00 am Welcome** **Exercise –Fitness** **11:00 am Arts & crafts** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **5****10:00 am Welcome** **Music Appreciation****11:00 am Health Promotion** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **6****10:00 am Welcome****Nutrition Ed. (Monthly Awareness)** **11:00 am Health Promotion****12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **7****10:00 am Welcome****Exercise –Fitness** **11:00 am Enrichment. Activity** **12:00 pm Lunch****1:00 pm TERRIFIC Taste / Nutrition Ed. (Raeleena Collington MS, MBA, LN )** | **8****10:00 am Welcome** **11:00 am Arts and Crafts** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** |
|  | **11****10:00 am Welcome** **Health Promotion** **11:00 am Brain Games** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **12****10:00 am Welcome****Arts and Crafts** **11:00 am Health Promotion- (Virtual-Presentation Medicare Open Enrollment)****12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **13****10:00 am Welcome****Nutrition Ed. (Monthly Awareness)****11:00 am Triva****12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **14****10:00 am Welcome****Exercise -Fitness** **11:00 am Enrichment. Activity / 12:00 pm Lunch** **1:00 pm TERRIFIC Taste / Nutrition Ed. (Raeleena Collington MS, MBA, LN)** | **15****10:00 am Welcome****11:00 am Commonyms****12:00 pm Lunch****1:00 pm TERRIFIC Taste** |
|  | **18****10:00 Welcome Commonyms** **11:00 am Health Promotion** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **19****10:00 am Welcome****Chat and Chew** **10:30 Movie Day****12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **20****10:00 am Welcome** **Nutrition Ed. (Monthly Awareness)****11:00 am Music Appreciation****12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **21****10:00 am Welcome** **Health Promotion** **11:00 am Enrichment. Activity****12:00 pm Lunch****1:00 pm TERRIFIC Taste/ Nutrition Ed. (Dioni Nelson** RDN, LD **)** | **22****10:00 am Welcome**  **11:00 am Arts and Crafts**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** |
|  |  **25** **10:00 am Welcome** **Mindfulness**  **11:00 am Health Promotion**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **26****10:00 am Welcome** **Word Search/Chat and Chew****10:30 Movie Day****12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **27****10:00 am Welcome****Nutrition Ed. (On-Site presentation Raeleena Collington MS, MBA, LN )****11:00 am Arts and Crafts****12:00 pm Lunch** **1:00 pm TERRIFIC Taste** |  **28** **10:00 am Welcome**  **Health Promotion**  **11:00 am Enrichment. Activity** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste / Nutrition Ed. (Dioni Nelson** RDN, LD **)** | **29****10:00 am Welcome**  **11:00 am Arts and Crafts**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** |
|  | October is National Liver Cancer Awareness Month | Lupus Awareness Month | C:\Users\Talfzzy\Documents\Terrific Inc\Rec-Social\handouts\breast-cancer-awareness-month-Health Pro.jpg |  |  |

* **Events in October: \* October 1st International Day of Older Persons.**

 **\* October Breast Cancer Awareness Month.**