Nutrition Ed.

REC SOCIAL IN SITE ACTIVITY HEALTH PROMOTION COUNSELING



TERRIFIC, Inc.

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|  | 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.**