Nutrition Ed.

REC SOCIAL IN SITE ACTIVITY HEALTH PROMOTION COUNSELING



 TERRIFIC, Inc.

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|  |  HATTIE HOLMES WELLNESS CENTER MAY 2022 ACTIVITY CALENDAR |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  |  **2** **10:00 am Welcome****Health Promotion****Games with Dennis (Virtual)** **11:00 am Arts & crafts** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **3****10:00 am Welcome****Health Promotion****11:00 Music Appreciation****12:00 pm Lunch****1:00 pm TERRIFIC Taste** |  **4**  **10:00 am Welcome** **Health Promotion**  **Games with Dennis (Virtual)** **11:00 am Chat and Chew**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **5** **10:00 am Welcome** **Health Promotion**  **11:00 am Enrichment. Activity**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste**  | **6** **10:00 am Welcome**  **Health Promotion**  **Games with Dennis (Virtual)** **11:00 am Arts & crafts** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** |
|  | **9****10:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Trivia** **12:00 pm Lunch** **Genealogy Finalizing My Family Tree-** **Virtual Activity (See Flyer)****1:00 pm TERRIFIC Taste**  | **10** **10:00 am Welcome****Health Promotion** **11:00 am Arts and Crafts**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **11****10:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Trivia** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **12****10:00 am Welcome****Health Promotion** **11:00 am Brain Teasers** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste**  | **13** **10:00 am Welcome** **Health Promotion**  **Games with Dennis (Virtual)** **11:00 am Commonyms** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** |
|  | **16** **10:00 Welcome** **Health Promotion** **11:00 am Commonyms** **Games with Dennis (Virtual)** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **17** **10:00 am Welcome** **Health Promotion** **11:00 am Brain Teasers** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **18** **10:00 am Welcome** **Health Promotion** **11:00 am Music Appreciation** **Games with Dennis (Virtual)** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **19 10:00 am Welcome** **Health Promotion** **11:00 am Enrichment. Activity** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste**  | **20** **10:00 am Welcome** **Health Promotion** **Games with Dennis (Virtual)** **11:00 am Arts & crafts** **12:00 pm Lunch** **Chat/Chew-** **1:00 pm TERRIFIC Taste** |
|  | **23** **10:00 am Welcome** **Health Promotion** **Games with Dennis (Virtual)** **11:00 am Mindfulness**  **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **24****10:00 am Welcome****Health Promotion** **11:00 am Word Search/** **Chat and Chew** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **25****10:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Arts and Crafts** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste****\*SENIOR FEST/PICNIC\*** |  **26** **10:00 am Welcome****Health Promotion****11:00 am Enrichment. Activity****12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **27****TERRIFIC Inc:** **Annual Older Americans Appreciation Day****\* Virtual Event 10:00 am – 2:00 pm** |
|  |  30 **10:00 am Welcome****Health Promotion****Games with Dennis (Virtual)** **11:00 am Arts & crafts** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste**  | **31** **10:00 am Welcome** **Health Promotion** **11:00 Music Appreciation** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** |  |  |  |

**Events in May:** Older Americans/Arthritis Month 