Nutrition Ed.

REC SOCIAL IN SITE ACTIVITY HEALTH PROMOTION COUNSELING



TERRIFIC, Inc.

**Main Office:**

**1438 Kennedy Street, NW 20011**

**Phone: 202 882-1160**

**www.terrificinc.org**

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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 C:\Users\Talfzzy\Downloads\DACL - Horizontal Final-1a 2.png