**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

 
 TERRIFIC, Inc

|  |
| --- |
| FORT STEVENS REC CENTER SEPTEMBER 2022 ACTIVITY CALENDAR |
|  | **MONDAY** | **TUESDAY** | **WEDENSDAY** | **THURSDAY** | **FRIDAY** |
|  |  | See the source image |  | **1****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste** | **2****10:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** |
|  | **5****Labor Day** | **6****10:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** | **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 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****10:00am Life Skills and Conflict Resolution Training****Games with Dennis (Virtual)****11:00am Commonyms****12:00pm Lunch** **1:00pm Terrific Taste** | **13****10:00am Welcome****10:30am Senior Patrol Presentation****Health Promotion****11:00am Brain Teasers****12:00pm Lunch****1:00pm Terrific Taste** | **14****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Music Appreciation****Tech Training w/ Jon****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****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** |
|  | **19****10:00am Welcome****Health Promotion****10:00am Life Skills and Conflict Resolution Training****Games with Dennis (Virtual)****11:00am Mindfulness****12:00pm Lunch****1:00pm Terrific Taste** | **20****10:00am Welcome****Health Promotion****11:00am Word Search****Brain Games Day****12:00pm Lunch****1:00pm Terrific Taste** | **21****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Arts & Crafts** **12:00pm Lunch****1:00pm Terrific Taste** | **22****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste****Falls Prevention Awareness Day** | **23****10:00am Welcome****Health Promotion****10:30am Agora Market Place Bazaar** **10:00am Agora Market Place Bazaar****11:00am Commonyms****12:00pm Lunch****1:00pm Terrific Taste** |
|  | **26****10:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** | **27****10:00am Welcome****Health Promotion****11:00am Dancing with the Senior Stars Showcase****11:00am Music Appreciation****12:00pm Lunch****1:00pm Terrific Taste** | **28****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Chat and Chew****12:00pm Lunch****1:00pm Terrific Taste** | **29****10:00am Welcome****Health Promotion****11:00am Trivia****12:00pm Lunch****1:00pm Terrific Taste** | **30****10:00am Welcome****Health Promotion****11:00am Commonyms****12:00pm Lunch****1:00pm Terrific Taste** |

**Events in August: National Food Safety Education Month/Falls Prevention Awareness Week/Healthy Aging Month** 