**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

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 TERRIFIC, Inc

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| COLUMBIA HEIGHTS OCTOBER 2022 ACTIVITY CALENDAR |
|  | **MONDAY** | **TUESDAY** | **WEDENSDAY** | **THURSDAY** | **FRIDAY** |
|  | **3** **10:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Arts & crafts** **12:00 pm Lunch** **1:00 pm TERRIFIC Taste** | **4****10:00 am Welcome****Health Promotion****11:00 Music Appreciation****12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **5****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** | **6****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste** | **7****10:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** |
|  | **10****10:00 am Welcome****Health Promotion** **Games with Dennis (Virtual)** **11:00 am Trivia** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **11****10:00am Welcome****Health Promotion****11:00am Woman King Movie Theater Trip** **11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** | **12****10:00am Welcome****Health Promotion****11:00am Nutrition Education****Games with Dennis (Virtual)****11:00am Trivia****12:00pm Lunch****1:00pm Terrific Taste** | **13****10:00am Welcome****Health Promotion****11:00am Brain Teasers****12:00pm Lunch****1:00pm Terrific Taste** | **14****10:00am Welcome****Health Promotion****11:00am Golden Corral Trip** **11:00am Commonyms****12:00pm Lunch****1:00pm Terrific Taste** |
|  | **17****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Commonyms****12:00pm Lunch** **1:00pm Terrific Taste** | **18****10:00am Welcome****Health Promotion****10:30am Farmers Market Trip****11:00am Brain Teasers****12:00pm Lunch****1:00pm Terrific Taste** | **19****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Music Appreciation****12:00pm Lunch****1:00pm Terrific Taste** | **20****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste** | **21****10:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** |
|  | **24****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Mindfulness****12:00pm Lunch****1:00pm Terrific Taste** | **25****10:00am Welcome****Health Promotion****11:00am Word Search****12:00pm Lunch****1:00pm Terrific Taste** | **26****10:00am Welcome****Health Promotion****Games with Dennis (Virtual)****11:00am Arts & Crafts** **12:00pm Lunch****1:00pm Terrific Taste** | **27****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm Terrific Taste** | **28****10:00am Welcome****Health Promotion****11:00am Commonyms****12:00pm Lunch****1:00pm Terrific Taste** |
|  | **31****10:00am Welcome****Health Promotion****11:00am Arts & Crafts****12:00pm Lunch****1:00pm Terrific Taste** |  |  |  |  |

**Events in August: National Liver Awareness Month** 