**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

**Main Office:**

**1438 Kennedy Street, NW 20011**

**Phone: 202 882-1160**

**www.terrificinc.org**

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