**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

**Main Office:**

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 TERRIFIC, Inc

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| HARVARD TOWERS DECEMBER 2022 ACTIVITY CALENDAR | | | | | |
|  | **MONDAY** | **TUESDAY** | **WEDENSDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  |  | **1** **10:00am Welcome**  **Health Promotion**  **11:00am Enrichment Activity**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste**  **World Aids Day** | **2**  **10:00am Welcome**  **Health Promotion**  **11:00am Arts & Crafts**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** |
|  | **5**  **10:00 am Welcome**  **Health Promotion**  **Games with Dennis (Virtual)**  **11:00 am Trivia**  **12:00 pm Lunch**  **1:00 pm TERRIFIC Taste** | **6**  **24th Annual Senior Holiday Celebration presented by Mayor Bowser**  **10:00am – 2:00pm** | **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 TERRIFIC, Inc.'s Annual Virtual Kick-Off**  **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**  **Games with Dennis (Virtual)**  **11:00am Commonyms**  **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**  **Games with Dennis (Virtual)**  **11:00am Music Appreciation**  **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**  **TERRIFIC, Inc – Virtual SENIOR Holiday Party**  **11:00am Arts & Crafts**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** |
|  | **19**  **10:00am Welcome**  **Health Promotion**  **Games with Dennis (Virtual)**  **11:00am Mindfulness**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** | **20**  **10:00am Welcome**  **Health Promotion**  **TERRIFIC, Inc SENIOR Holiday Party**  **11:00am Word Search**  **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**  **11:30am Ask Jon Tech Training**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** | **23**  **10:00am Welcome**  **Health Promotion**  **11:00am Commonyms**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** |
|  | **26**  **Christmas Break – Closed!!** | **27**  **10:00 am Welcome**  **Health Promotion**  **11:00am Music Appreciation**  **12:00 pm Lunch**  **1:00pm TERRIFIC Taste** | **28**  **10:00 am Welcome**  **Health Promotion**  **Games with Dennis (Virtual)**  **11:00am Chat N’ Chew**  **11:30am Nutrition Education w/ Jandel**  **12:00 pm Lunch**  **1:00pm TERRIFIC Taste** | **29**  **10:00 am Welcome**  **Health Promotion**  **11:00 am Trivia**  **12:00 pm Lunch**  **1:00 pm TERRIFIC Taste** | **30**  **10:00am Welcome**  **Health Promotion**  **11:00am Commonyms**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** |

**Events in August: World AIDS Day/National Influenza Vaccination Week/Christmas**