





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 9:00am- Arrival 10:00am- Bingocize class 11:00am- Medicaid Open Enrollment Presentation 12:pm- Lunch 12:30pm- music therapy 1:30pm-Departure	4 9:00am -Arrival 10:00am – Chair Yoga 11:00am- White Board Games 12 pm-Lunch 12:30 pm- Music Therapy 1:30 pm- Departure	5 9:00am- Arrival 10:00 am- Bingocize Class 11:00am – Board Games and Cards 12 pm -Lunch 1:30 pm Departure	6 9:00 am Arrival 9:30 am– National Gallery of Art Washington DC 12:00 pm- lunch 1:30 pm Departure	7 9:00 am- Arrival 10:00am – Cards and Table Games 10:00am – Walking at the Pentagon Mall (transportation Permitted) 11:30am – Wii Bowling 12:pm – Lunch 1:30pm Departure NATIONAL JERSEY FRIDAY Wear your favorite team
10 9:00am- Arrival 10:00am- Bingocize class 11:00am- Chat and Chew 12:pm- Lunch 12:30pm- music therapy 1:30pm-Departure National Vanilla Cupcake day	11 VETERANS DAY CENTER CLOSED 	12 9:00am- Arrival 10:00 am- Bingocize Class 11:00am – Relay game 12 pm -Lunch 1:30 pm Departure	13 9:00 am Arrival 9:30 am– Amish Market Upper Marlboro, MD 12:00 pm- lunch 1:30 pm Departure	14 9:00 am- Arrival 10:00am – Cards and Table games 10:00am – Walking at the Pentagon Mall (transportation Permitted) 11:30am – Wii Bowling 12:pm – Lunch 1:30pm Departure National Seat Belt Day National Pickle Day

<p>17</p> <p>9:00am- Arrival</p> <p>10:00am- Bingocize class</p> <p>11:00am- Brain teaser/ Trivia</p> <p>12:pm- Lunch</p> <p>12:30pm- music therapy</p> <p>1:30pm-Departure</p>	<p>18</p> <p>9:00am Arrival</p> <p>10:00am- Ms. Toya Nichols : Cybersecurity updates</p> <p>11:00am- Silver Sneakers Class</p> <p>12:pm lunch</p> <p>1:30pm Departure</p>	<p>19</p> <p>9:00am- Arrival</p> <p>10:00am- Bingocize Class</p> <p>11:00am -Bingo</p> <p>12:pm – Lunch</p> <p>1:30pm- Departure</p>	<p>20</p> <p>9:00am - Arrival</p> <p>9:30 am– Botanical Gardens Washington DC</p> <p>12:pm- Lunch</p> <p>1:30pm – Departure</p>	<p>21</p> <p>9:00 am- Arrival</p> <p>10:00am – Friendsgiving Celebration</p> <p>1:30pm- Departure</p>
<p>National Butter Day</p>	<p>National Princess Day</p>	<p>National Play Monopoly Day</p>		
<p>24</p> <p>9:00am- Arrival</p> <p>10:00am- Bingocize class</p> <p>11:00am- Brain teaser/ Trivia</p> <p>12:pm- Lunch</p> <p>12:30pm- music therapy</p> <p>1:30pm-Departure</p>	<p>25</p> <p>9:00am Arrival</p> <p>10:00am- Silver Sneaker Class</p> <p>11:00am- Arts and Crafts</p> <p>12:pm lunch</p> <p>1:30pm Departure</p>	<p>26</p> <p>9:00am – Arrival</p> <p>10:00am – Bingocize class</p> <p>11:00am- Learning about Iran</p> <p>11:30am – Word Search/Concentration</p> <p>12:pm – Lunch</p> <p>1:30pm - Departure</p>	<p>27</p> <p>HAPPY THANKSGIVING CENTER CLOSED</p>	<p>28</p> <p>CENTER CLOSED</p>
<p>National Sardines Day</p>				