

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
|  | NATIONAL EYE CARE MONTH | FINANCIAL WELLNESS MONTH | <div>1</div> <div>CENTER CLOSED</div>  <div>HAPPY NEW YEAR</div> | <div>2</div> <div>CENTER CLOSED</div> SWISS CHEESE DAY |
| <div>5</div> <div>9:00am- Arrival</div> <div>10:00am- Bingocize class</div> <div>11:00am- Chat and Chew</div> <div>12:00pm- Lunch</div> <div>12:30pm- music therapy</div> <div>1:30pm-Departure</div> | <div>6</div> <div>9:00am -Arrival</div> <div>10:00am – Chair Yoga</div> <div>11:00am- White Board Games</div> <div>12:00 pm-Lunch</div> <div>12:30 pm- Music Therapy</div> <div>1:30 pm- Departure</div> | <div>7</div> <div>9:00am- arrival</div> <div>10:00 am- Bingocize Class</div> <div>11:00am –</div> <div>12 pm -Lunch</div> <div>1:30 pm Departure</div> HARLEM GLOBETROTTERS DAY | <div>8</div> <div>9:00 am Arrival</div> <div>9:30 am– Amish market/Miller’s Farm Upper Marlboro, MD</div> <div>12:00 pm- lunch</div> <div>1:30 pm Departure</div> NATIONAL BUBBLE BATH DAY | <div>9</div> <div>9:00 am- Arrival</div> <div>10:00am – Cards and Table Games</div> <div>10:00am – Walking at the Pentagon Mall (transportation Permitted)</div> <div>11:30am – White Board Games</div> <div>12:00pm – Lunch</div> <div>1:30pm - Departure</div> |
| <div>12</div> <div>9:00am- Arrival</div> <div>10:00am- Bingocize class</div> <div>11:00am- Brain teaser/ Trivia</div> <div>12:00pm- Lunch</div> <div>12:30pm- music therapy</div> <div>1:30pm-Departure</div> NATIONAL PHARMIST DAY | <div>13</div> <div>9:00am Arrival</div> <div>10:00am- Silver Sneaker Class</div> <div>11:00am- Concentration</div> <div>12:00pm lunch</div> <div>1:30pm Departure</div> | <div>14</div> <div>9:00am Arrival</div> <div>10:00am- MLK Celebration</div> <div>Charles Houston</div> <div>12:00pm Lunch</div> <div>1:30pm –Departure</div> | <div>15</div> <div>9:00am Arrival</div> <div>9:00am – Roses Forestville, MD</div> <div>12:00pm- Lunch</div> <div>1:30pm- Departure</div> | <div>16</div> <div>9:00am- Arrival</div> <div>10:00am- Walking at the Pentagon City Mall (if transportation permits)</div> <div>12:00pm -Lunch</div> <div>1:30pm Departure</div> NATIONAL FIG NEWTON DAY |

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| 19 CENTER CLOSED  | 20 9:00am Arrival 10:00am- Silver Sneaker Class 11:00am- Jeopardy 12:00pm lunch 1:30pm Departure | 21 9:00am- Arrival 10:00am- Bingocize Class 11:00am -Bingo 12:00pm – Lunch 1:30pm- Departure NATIONAL CHEESY SOCKS DAY | 22 9:00am - Arrival 9:30 am– African Art Museum Washington, DC 12:00pm- Lunch 1:30pm - Departure | 23 9:00 am- Arrival 10:00am – Cards and table games 10:00am– Walkers to Pentagon City Mall (Transportation permitting) 12:00pm – Lunch 1:30pm – Departure |
| 26 9:00am- Arrival 10:00am- Bingocize class 11:00am- Brain teaser/ Trivia 12:00pm- Lunch 12:30pm- music therapy 1:30pm-Departure | 27 9:00am - Arrival 10:00am – Chair Yoga class 11:00am – Chat and Chew 12:00pm – Lunch 1:30pm - Departure | 28 9:00am – Arrival 10:00am – Bingocize class 11:00am- White board games 11:30am – Word Search/Concentration 12:00pm – Lunch 1:30pm - Departure NATIONAL BLUEBERRY PANCAKE DAY | 29 9:00am - Arrival 9:30 am– Kingstowne Shopping Center, Alexandria, VA 12:00pm- Lunch 1:30pm - Departure | 30 9:00 am- Arrival 10:00am – Wii bowling 10:00am– Walkers to Pentagon City Mall (Transportation permitting) 12:00pm – Lunch 1:30pm – Departure |