




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9:00am- arrival 10:00 am- Bingocize Class 11:00am – WII bowling 12 pm -Lunch 1:30 pm Departure</p>	<p>2 9:00am - Arrival 9:30am – Amish Farmers Market, Upper Marlboro, MD 12:00pm - Lunch 1:30 pm- Departure NATIONAL NAME YOUR CAR DAY</p>	<p>3 9:00 am Arrival 10:00am – Vaccinations at Ladrey 11:30am – White Board Games 12:00pm – Lunch 1:30pm - Departure</p>
<p>6 9:00am- Arrival 10:00am- GIANT- Healthy Living 11:00am- Bingocize 12:00pm- Lunch 12:30pm- music therapy 1:30pm-Departure</p>	<p>7 9:00am -Arrival 10:00am – Chair Yoga 11:00am- The Art of Downsizing 12:00 pm-Lunch 1:30 pm- Departure</p> 	<p>8 9:00am- arrival 10:00 am- Bingocize Class 11:00am – Cards and Table games 12 pm -Lunch 1:30 pm Departure</p> <p>NATIONAL CURVES DAY</p>	<p>9 9:00 am Arrival 9:30 am– Pumpkin Patch, Germantown, MD 12:00 pm- lunch 1:30 pm Departure</p>	<p>10 9:00 am Arrival 10:00am – Cards and Table Games 10:00am – Walking at the Pentagon Mall (transportation Permitted) 11:30am – White Board Games 12:00pm – Lunch 1:30pm - Departure</p>
<p>13 CENTER CLOSED</p> 	<p>14 9:00am Arrival 10:00am- Silver Sneaker Class 11:00am- game of Concentration 12:00pm lunch 1:30pm Departure</p> <p>NATIONAL DESSERT DAY</p>	<p>15 9:00am Arrival 10:00am- Bingocize 12:00pm Lunch 1:30pm –Departure GLOBAL HANDWASHING DAY</p>	<p>16 8:00am Arrival 9:30am- Walmart in Central Park shopping, Fredericksburg, VA 12:00pm- Lunch 1:30pm- Departure</p>	<p>17 9:00am- Arrival 10:00am- Walking at the Pentagon City Mall (if transportation permits) 12:00pm -Lunch 1:30pm Departure</p> <p>BLACK POETRY DAY</p>

<p>20</p> <p>9:00am- arrival 10:00 am- Bingocize Class 11:00am – Chat and Chew 12 pm -Lunch 1:30 pm Departure</p>	<p>21</p> <p>9:00am Arrival 10:00am- Silver Sneaker Class 11:00am- Concentration 12:00pm lunch 1:30pm Departure</p>	<p>22</p> <p>9:00am- Arrival 10:00am- Bingocize Class 11:00am -Bingo 12:00pm – Lunch 1:30pm- Departure</p>	<p>23</p> <p>9:00am - Arrival 9:30 am– Kingstowne Shopping Center Alexandria, VA 12:00pm- Lunch 1:30pm - Departure</p>	<p>24</p> <p>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</p>
<p>27</p> <p>9:00am- arrival 10:00 am- Bingocize Class 11:00am – Card and Table games 12 pm -Lunch 1:30 pm Departure</p> 	<p>28</p> <p>9:00am - Arrival 10:00am – Chair Yoga class 11:00am – Chat and Chew 12:00pm – Lunch 1:30pm - Departure</p> 	<p>29</p> <p>9:00am – Arrival 10:00am – Bingocize class 11:00am- White board games 11:30am – Word Search/Concentration 12:00pm – Lunch 1:30pm - Departure</p>	<p>30</p> <p>9:00am - Arrival 9:30 am– Frederick Douglass House Washington, DC 12:00pm- Lunch/ 1:30pm – Departure</p> 	<p>31</p> <p>9:00 am- Arrival 10:00am – Lee Center- Masquerade Ball 1:30pm – Departure</p> 