




	Monday	Tuesday	Wednesday	Thursday	Friday
  					1. 10am -Coffee/Teatime 12pm-Lunch 12:30pm <b>1pm- ASL PRACTICE - CONVERSATIONS</b>
	4. <b>CLOSED</b> <b>Leaving from Kenilworth</b> <b>For Trip To</b> <b>SUPER Walmart</b> <b>6303 Richmond Hwy</b> <b>Alexandria Va 22306</b> <b>10am - 12pm</b>	5. <b>10am -Body wise w/UDC</b> <b>Ms. Vernette</b> 11am- Music Hour 12pm- Lunch 1pm- Movie Hour/ w Pop corn	6 <b>10am – Coffee/Teatime</b> <b>11am- Spirit Club Fitness</b> <b>w/ Chris McCrae</b> 12pm-Lunch <b>1pm- ASL PRACTICE –</b> <b>Receptive Skill</b> <b>Development</b>	7. <b>EOTR Senior Prom</b> <b>Panorama Room</b> <b>2:30pm-7:30pm</b> <b>1600 Morris Rd Ne</b> <b>Washington, DC 20020</b>  <b>10am -Body wise w/UDC Ms.</b> <b>Vernette</b> 11am – Oldies and Goodies 12pm-Lunch 1pm- Bingo	8. 10am- Coffee / Teatime <b>Mental Health Session w/ Dr. Crawford</b> <b>10:30am –12:00pm</b> 12pm-Lunch <b>1pm- ASL PRACTICE -</b> <b>CONVERSATIONS</b>

 	<p>11. <b>SITE CLOSED</b></p> 	<p>12</p> <p><b>10am -Body wise w/UDC Ms. Vernette</b></p> <p>11am- You-TUBE Fitness</p> <p>12pm- Lunch</p> <p>1pm- Movie Hour/w Pop Corn</p>	<p>13.</p> <p>10am- Coffee/Teatime</p> <p><b>11am- Spirit Club Fitness w/ Chris McCrae</b></p> <p>12pm-Lunch</p> <p><b>1pm- ASL PRACTICE – Receptive Skill Development</b></p>	<p>14.</p> <p><b>10am -Body wise w/UDC Ms. Vernette</b></p> <p>11am –Walk the Lot</p> <p>12pm-Lunch</p> <p>1pm – Bingo</p>	<p>15.</p> <p><b>Martha’s Table</b></p> <p><b>2375 Elvans Rd SE</b></p> <p><b>10am -12pm</b></p> <p>10am- Coffee Hour</p> <p><b>11am- T-Shirt Day</b></p> <p>12pm- Lunch</p> <p>1pm- Open Discussion</p>
	<p>18.</p> <p><b>CLOSED</b></p>	<p>19.</p> <p><b>10am -Body wise w/UDC Ms. Vernette</b></p> <p>11am- Card Game</p> <p>12pm- Lunch</p> <p>1pm-Open Games</p>	<p>20.</p> <p>10am- Coffee and Teatime</p> <p><b>11am- Spirit Club Fitness w/ Chris McCrae</b></p> <p>12pm-Lunch</p> <p><b>1pm- ASL PRACTICE – Fingerspelling</b></p>	<p>21.</p> <p><b>10am -Body wise w/UDC Ms. Vernette</b></p> <p>11am- Music Time</p> <p>12pm-Lunch</p> <p>1pm- Holiday Movies</p>	<p>22.</p> <p><b>Amish Market</b></p> <p><b>10am-12pm</b></p> <p><b>5030 Brown Station RD</b></p> <p><b>Upper Marlboro, Md 20772</b></p> <p>10am- Coffee/Teatime</p> <p>11am- Chair Yoga</p> <p>12pm-Lunch</p> <p>1pm-Oldie and Goodies</p>
	<p>25.</p> <p>10am – Coffee and Music</p> <p><b>11am-ToteBag Painting w/ Rain Young</b></p> <p>12pm-Lunch</p> <p><b>12:45pm- ASL PRACTICE - CONVERSATIONS</b></p>	<p>26.</p> <p>10am- Coffee/Teatime</p> <p>11am- Exercises on You Tube</p> <p>12pm-Lunch</p> <p>1pm- Bingo</p>	<p>27.</p> <p>10am- Coffee/Teatime</p> <p><b>11am- Spirit Club Fitness w/ Chris McCrae</b></p> <p><b>12pm- Thanksgiving Luncheon</b></p> <p><b>1pm- ASL PRACTICE – Fingerspelling</b></p>	<p>28. <b>SITE CLOSED</b></p> 	<p>29</p> <p>10am – Coffee/Teatime</p> <p><b>10:30am – Painting CLs</b></p> <p>12pm – Lunch</p> <p><b>12:45pm- ASL PRACTICE - CONVERSATIONS</b></p> <p>1pm- Open Discussion</p>

*Part of the Senior Services Network – Supported by the Department of Aging and Community Living.*