

Harvard Towers

July 2024




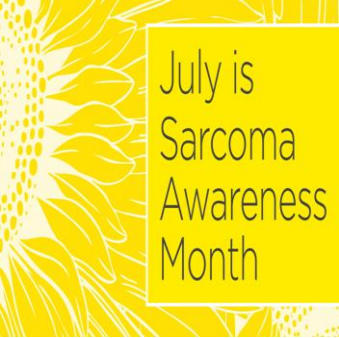

Edith Hampleton, Nutrition Aide

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1.</p> <p>10:00am-10:30am-Coffee/Tea 10:30am-11:00am-Spirit Club Virtual Fitness 11:00am-12:00pm-CHAT HOUR 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-CURRENT EVENTS</p>	<p>2.</p> <p>10:00-10:30- coffee and conversation 10:30am-12:00pm-“Group Counseling Session” by Dr. Crawford 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-PAINTING</p>	<p>3.</p> <p>10:00am-11:00am-Coffee/Tea 11:00am-12:00pm-CROSSWORDS 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-ARTS & CRAFTS</p> <p>Note: Box lunches will be provided for the dining site closure on Friday, July 5th.</p>	<p>4.</p> <p>The dining site will be closed.</p> 	<p>5.</p> <p>The dining site will be closed</p>	<p>6.</p> 
<p>8.</p> <p>10:00am-10:30am-Coffee/Tea 10:00am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-UNSCRAMBLE THE WORD 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-CURRENT EVENTS</p>	<p>9.</p> <p>10:00am-10:30am-Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-RECIPE SWAP 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-BOARD GAMES</p>	<p>10.</p> <p>10:00am-12:00pm-“Grocery Shuttle” Lederer Garden (free produce) 4801 Nannie Helen Burroughs Ave SMOOTIE DAY 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm- CARDS</p>	<p>11.</p> <p>10:00am-10:30am-Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-TENDING OUR GARDEN 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm- Indoor table gardening</p>	<p>12.</p> <p>SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY 10th St. Constitution Ave. NW 10am-1:30pm</p>	<p>13.</p> 

<p>15. 10:00am-10:30am-Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-ARTS/CRAFTS 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-DANCERCIZE</p>	<p>16. 10:00am-10:30am-Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 12:00pm- Chef demonstrations 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-WORD SEARCH</p>	<p>17. Walmart (8745 Branch Ave. Clinton MD)10am- 1:30pm 10:00:00am-11:00am- Coffee/Tea 11:00am-12:00pm-ARTS & CRAFTS 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm- LOOMING</p>	<p>18. 10:00am-11:00am-Coffee/Tea 11:00am-12:00pm-WHAT'S NEW?- LET'S CHAT 12:00pm-1:00PM- LUNCH 1:00pm-2:00pm-CHECKERS</p>	<p>19. 10:00am-10:30am- Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-POT LUCK DAY 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-BINGO</p>	<p>20.</p> 
<p>22. 10:00am-10:30am-Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-MONDAY BLUE DAY 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm- Crafts</p>	<p>23. 10:00am-10:30am- Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-MOVIE 12:00pm – LUNCH 1:00pm-2:00pm-MOVIE (cont.)</p>	<p>24. 10:00am-10:30am- Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-CHAIR DANCERCIZE 12:00pm-1:00PM-LUNCH 1:00pm-2:00pm-Indoor gardening activity</p>	<p>25. 10:00am-10:30am-Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-WALKING (TERRACE AREA) 12:00pm – LUNCH 1:00pm-2:00pm-VASE PAINTING</p>	<p>26. Air & Space Museum 600 Independence Ave. SW 10am- 1:30pm</p>	<p>27.</p> 
<p>29. 10:00am-10:30am-Coffee/Tea 10:30am-11:00am-Spirit Club Virtual Fitness 11:00am-12:00pm-MONDAY FUNDAY-SPELL ME 12:00pm – LUNCH 1:00pm-2:00pm-BINGO</p>	<p>30. 10:00am-10:30am- Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm- MONDAY BLUE DAY 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm -Crafts</p>	<p>31. 10:00am-10:30am- Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm- SMOOTHIE DAY 12:00pm – LUNCH 1:00pm-2:00pm- Table crafts</p>			

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