

	Monday	Tuesday	Wednesday	Thursday	Friday
 	<b>1. CLOSED</b> 	<b>2.</b> 10am - Bean Bag Toss 11am – Card Games 12pm – Lunch 1pm – Music Trivia	<b>3.</b> 10am- Coffee and Chat 11am- Dancing 12pm- Lunch 1pm- Open Discussion	<b>4.</b> 10am - Exercise with Rodney 11am - Youtube Music 12pm - Lunch 1pm -Youtube Movie	<b>5.</b> 
	<b>8.</b> 	<b>9.</b> 10am - Music Hour 11am – Coffee Chat 12 pm - Lunch 1 pm – Painting/Art	<b>10.</b> 10am-Coffee Hour 11am – Cards 12pm-Lunch 1pm- Story Telling	<b>11.</b> 10am - Exercise with Rodney 11am – Youtube Music 12 pm - Lunch <b>1pm -Nutrition Education w/Ms. Minor</b>	<b>12.</b> 
	<b>15. CLOSED</b> 	<b>16.</b> 10am – Coffee Hour 11am – Card Games 12pm- Lunch 1pm – Bean Bag Toss	<b>17.</b> 10am - Music Hour 11am – Coffee Chat 12 pm - Lunch <b>1pm – Nutrition Education w/Ms. Minor</b>	<b>18.</b> <b>Farmer's Market</b> <b>11am- 1pm</b> <b>5030 Brown Station Rd.</b> <b>Upper Marlboro MD</b> 10am - Exercise with Rodney 11am - Youtube Music 12pm – Lunch 1pm -Youtube Movie	<b>19.</b> 

<p>One small positive thought in the morning can change your whole day</p>	<p>22.</p> 	<p>23.</p> <p>10am – Youtube Yoga 11am – Tea Time 12 pm - Lunch 1 Pm – Arts &amp; Crafts</p>	<p>24.</p> <p><b>African American Museum</b> <b>10am - 12pm</b> <b>1400 Constitution Avenue NW</b></p> <p>10am-Coffee Hour 11am – Movies 12pm-Lunch 1pm- Dancing</p>	<p>25.</p> <p>10am - Exercise with Rodney 11am - Youtube Music 12pm - Lunch 1Pm -Youtube Movie</p>	<p>26.</p> 
	<p>29.</p> 	<p>30.</p> <p>10am - Music Hour 11am – Coffee Chat 12 Noon - Lunch 1 pm – Puzzle Construction Hour</p>	<p>31.</p> <p>10am- Coffee Chat 11am-TV Show Game 12pm-Lunch 1pm- Discussion Groups</p>		

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