

Paul L. Dunbar

July 2024



Sandra Jackson, Nutrition Aide






Melanie Dailey, Recreational Coordinator Vacant

Activities Outreach & Partnership Coordinator

Leniqua'dominique Jenkins, Ward 1 Program Manager
(202) 845-3384



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>WALMART 10AM-1:30PM BRANCH AVENUE CLINTON MD 10am- 1:30pm</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 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 12:00pm-Chef demonstration 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 NE 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-BREATH OF FRESH AIR OUTSIDE</p>	<p>12.</p> <p>SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY 10th St. Constitution Ave. NW 10am-130pm</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 11:00am-12:00pm-MATH GAME 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-WORD SEARCH</p>	<p>17. 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. 10am-10:30am-Hot coffee & Hot news topic discussion 10:30-12:00-“Group Counseling Session” by Dr. Crawford 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-puzzels/ brain games</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. 10:00am-10:30am- Coffee/Tea 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-SAND ART 12:00pm – LUNCH 1:00pm-2:00pm-BINGO</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.</p> <p>MILLER FARMS CLINTON MARYLAND 10140 Piscataway Rd. Clinton MD 10am-1:30pm</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- Brain Games</p>			

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