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
1. 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	WALMART 10AM-1:30PM BRANCH AVENUE CLINTON MD 10am-1:30pm	3. 10:00am11:00am~ 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	4. The dining site will be closed. 4. The JULY INDEPENDENCE DAY	The Dining site will be closed	July is Sarcoma Awareness Month
8. 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	9. 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	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	11. 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	SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY 10 th St. Constitution Ave. NW 10am-130pm	JULY is National HIV AWARENESS

15.	16.	17.	18.	19.	20.
10:00am~10:30am~Coffee/Tea	10:00am~10:30am~				Salation .
10:30am~11:00am~ Spirit Club	Coffee/Tea	10:00:00am~11:00am~	10:00am~ 11:00am~Coffee/Tea	10:00am~10:30am~	
Virtual Fitness	10:30am~11:00am~ Spirit	Coffee/Tea	11:00am~12:00pm~WHAT'S NEW?~	Coffee/Tea	
11:00am~12:00pm~ARTS/CRAFTS	Club Virtual Fitness	11:00am~12:00pm~ARTS &	LET'S CHAT	10:30am~11:00am~ Spirit	
12:00pm-1:00pm~LUNCH	11:00am~12:00pm~MATH	CRAFTS	12:00pm~1:00PM~ LUNCH	Club Virtual Fitness	
1:00pm~2:00pm~DANCERCIZE	GAME	12:00pm-1:00pm-LUNCH	1:00pm~2:00pm~CHECKERS	11:00am~12:00pm~POT LUCK	
	12:00pm-1:00pm~LUNCH	1:00pm-2:00pm-		DAY	
	1:00pm~2:00pm~WORD	LOOMING		12:00pm-1:00pm~LUNCH	
	SEARCH			1:00pm~2:00pm~BINGO	William X Market
22.	23.	24.	25.	26.	27.
10am~10:30am~Hot coffee &	10:00am~10:30am~	10:00am~10:30am~	10:00am~10:30am~Coffee/Tea	10:00am~10:30am~	
Hot news topic discussion	Coffee/Tea	Coffee/Tea	10:30am~11:00am~ Spirit Club	Coffee/Tea	3 F 3 F 64
	10:30am~11:00am~ Spirit	10:30am~11:00am~ Spirit	Virtual Fitness	10:30am~11:00am~ Spirit	July is
10:30~12:00~"Group	Club Virtual Fitness	Club Virtual Fitness	11:00am-12:00pm-WALKING	Club Virtual Fitness	FIBROID
Counseling Session" by Dr.	11:00am-12:00pm-MOVIE	11:00am~12:00pm~CHAIR	(TERRACE AREA)	11:00am~12:00pm~SAND	AWARENESS
Crawford	12:00pm – LUNCH	DANCERCIZE	12:00pm – LUNCH	ART	MONTH
12:00pm-1:00pm-LUNCH	1:00pm~2:00pm~MOVIE	12:00pm-1:00PM-LUNCH	1:00pm~2:00pm~VASE PAINTING	12:00pm – LUNCH	WOTTH
1:00pm~2:00pm~puzzels/ brain	(cont.)	1:00pm~2:00pm~ indoor	1.copin 2.copin vitoli i interiore	1:00pm-2:00pm-BINGO	
games	(cont.)	gardening activity		1.00pm 2.00pm birtae	
29.	30.	31.			
10:00am~10:30am~Coffee/Tea	30.	10:00am~10:30am~			NATIONAL
10:30am-11:00am-Spirit Club		Coffee/Tea		Add to the second	MINORITY MENTAL HEA
Virtual Fitness		10:30am~11:00am~ Spirit	JULY 2022	July is	MINURITY MENTAL HEA
	MILLER FARMS	Club Virtual Fitness	BONE CANCER	LIV CAPETY	AWARENESS MONTH
11:00am~12:00pm~MONDAY FUNDAY~SPELL ME	CLINTON			UV SAFETY	TANK TO THE WAY OF SHAPE
		11:00am~12:00pm~	AWARENESS	MONTH	
12:00pm – LUNCH	MARYLAND	SMOOTHIE DAY	MONTH		The all the second
1:00pm-2:00pm-BINGO	10140 Piscataway	12:00pm – LUNCH			
		1:00pm~2:00pm~ Brain			
	<mark>Rd. Clinton MD</mark>	Games			
	10am-1:30pm				

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