






	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Birthday to all clients celebrating this month!!!</b></p>  <p><b>Register for Senior Prom: Sunset Serenade by July 7<sup>th</sup> with your Dining Site Supervisor. Donation of \$20 requested.</b></p>				<p>1. 10:00am Chat &amp; Chew 11:30am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Bean Bag Toss</p>	<p>2. 10:00am YouTube Fitness 11:00am Movie 12:00pm LUNCH TIME 1:00pm Movie continued</p>
	<p>5. 10:00am YouTube Fitness 11:00am Pinochle Cards 12:00pm LUNCH TIME 1:00pm Bean Bag Toss</p>	<p>6. 10:00am Coffee Talk 10:30am - Arts For Aging Movement, Percussion, and Feeling w. Nancy &amp; Erika 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>7. <b>Senior Spa Day</b> <b>9:45am-2:00pm</b> <b>Fort Stanton Recreation Center</b> <b>1812 Erie Street SE</b> <b>Washington, DC 20020</b></p>	<p>8. 10:00am Coffee Talk 11:30am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Oldies &amp; Goodies</p>	<p>9. <b>Senior Luncheon Cruise on Odyssey Cruise Ship</b> <b>9:30am-2:00pm</b> <b>600 Water Street, SW</b> <b>Washington, DC</b></p>
	<p>12. 10:00am YouTube Fitness 11:00am Edenbridge Health Pace info presentation 12:00pm LUNCH TIME 1:00pm Nutrition Education w/ Ms. Minor</p>	<p>13. 10:00am Tea Time 11:00am DC Central cooking demo 12:00pm LUNCH TIME 1:00pm BINGO</p>	<p>14. 10:00am Walking club 11:00am Dr. Crawford in person counseling 12:00pm LUNCH TIME 1:00pm Movie</p>	<p>15. 10:00am Table Talk 11:30am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Client's Choice</p>	<p>16. 10:00am YouTube Fitness 10:30am - Arts For Aging Movement, Percussion, and Feeling w. Nancy &amp; Erika 12:00pm LUNCH TIME 1:00pm White Elephant</p>
		<p>20. 10:00am Coffee Talk 11:00am DC Fire EMS 12:00pm LUNCH TIME 11:00am Nutrition Education w/ Ms. Minor</p>	<p>21. <b>Martha's Table Lobby Commons</b> <b>10:30am-2:00pm</b> <b>2375 Elvans Rd. SE</b> <b>Washington. DC 20020</b></p>	<p>22. 10:00am Word Search 11:30am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm - Senior Medicare Patrol - Prescription Costs</p>	<p>23. 10:00am YouTube Fitness 11:00am Bean Bag Toss 12:00pm LUNCH TIME 1:00pm Movie</p>
	<p>26. 10:00am YouTube Fitness 11:00am Word Search 12:00pm LUNCH TIME 1:00pm Bean Bag Toss</p>	<p>27. 10:00am Chat &amp; Chew 11:00am BINGO 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>28. <b>Senior Symposium</b> <b>Time: TBD</b> <b>Ballou Highschool</b> <b>3401 4th St SE</b> <b>Washington, DC 20032</b></p>	<p>29. 10:30am - Arts For Aging Movement, Percussion, and Feeling w. Nancy &amp; Erika 11:30am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Bean Bag Toss</p>	<p>30. <b>Tanger Outlets National Harbor</b> <b>10:00am-2:00pm</b> <b>600 Water Street, SW</b> <b>Washington, DC</b></p>