**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

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 TERRIFIC, Inc.

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| COLONY HOUSE MAY 2023 ACTIVITY CALENDAR |
|  | **MONDAY** | **TUESDAY** | **WEDENSDAY** | **THURSDAY** | **FRIDAY** |
|  | **1****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)****11:00am Arts & Crafts****12:00pm Lunch****1:00pm TERRIFIC Taste** | **2****10:00 am Welcome****Health Promotion****10:00am Spoken Word TUYS Virtual****11:00am Music Appreciation****12:00 pm Lunch****1:00pm TERRIFIC Taste** | **3****10:00 am Welcome****Health Promotion****11:00am DACL Older Americans Celebration @ 19th Street Baptist Church****11:00am Games with Dennis (Virtual)****11:00am Chat N’ Chew** **12:00 pm Lunch****1:00pm TERRIFIC Taste** | **4****10:00am Welcome****Health Promotion** **11:00am Enrichment Activity****12:00pm Lunch****1:00pm NUTRITION Thursday’s** | **5****10:00am Welcome****Health Promotion****11:00am Older Americans Fashion Show Celebration @ API Center****11:00am Games with Dennis (Virtual)****11:00am Arts & Crafts****12:00pm Lunch****1:00pm TERRIFIC Taste****Cinco De Mayo** |
|  | **8****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)** **11:00 am Trivia** **12:00 pm Lunch****1:00 pm TERRIFIC Taste** | **9****10:00am Welcome****Health Promotion****10:00am Spoken Word TUYS Virtual****11:00am Arts & Crafts****12:00pm TUYS *Virtual* Crocheting Activity** **12:00pm Lunch****1:00pm TERRIFIC Taste** | **10****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)****11:00am Trivia****12:00pm Lunch****1:00pm TERRIFIC Taste****World Lupus Day** | **11****10:00am Welcome****Health Promotion****10:00am Amish Market Field Trip****11:00am Brain Teasers****12:00pm Lunch****1:00pm NUTRITION Thursday’s** | **12****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)****11:00am Commonyms****12:00pm Lunch****1:00pm TERRIFIC Taste** |
|  | **15****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)** **11:00am Commonyms** **12:00 pm Lunch****1:00 pm TERRIFIC Taste**  | **16****10:00am Welcome****Health Promotion****10:00am Value Village Thrift Store Field Trip****11:00am Brain Teasers****12:00pm Lunch****1:00pm TERRIFIC Taste** | **17****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)****11:00am Music Appreciation****12:00pm Lunch****1:00pm TERRIFIC Taste** | **18****10:00am Welcome****Health Promotion10:30am Older American Month Event @Lamond Rec Center** **11:00am Enrichment Activity****12:00pm Lunch****1:00pm NUTRITION Thursday’s** | **19****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)****11:00am Arts & Crafts****12:00pm Lunch****1:00pm TERRIFIC Taste** |
|  | **22****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)****11:00am Mindfulness****12:00pm Lunch****1:00pm TERRIFIC Taste** | **23****10:00am Welcome****Health Promotion****11:00am Word Search****12:00pm Lunch****1:00pm TERRIFIC Taste** | **24****10:00am Welcome****Health Promotion****11:00am Games with Dennis (Virtual)****12:00pm Lunch****1:00pm TERRIFIC Taste** |  **25****10:00am Welcome****Health Promotion****11:00am Enrichment Activity****12:00pm Lunch****1:00pm NUTRITION Thursday’s** | **26****10:00am Welcome****Health Promotion****10:00am DC Botanical Gardens Field Trip****11:00am Games with Dennis (Virtual)** **11:00am Commonyms****12:00pm Nutrition Education****12:00pm Lunch****1:00pm TERRIFIC Taste** |
|  | **29****Closed - Memorial Day** | **30****10:00 am Welcome****Health Promotion****11:00am Music Appreciation****12:00 pm Lunch****1:00pm TERRIFIC Taste** | **31****10:00 am Welcome****Health Promotion****10:00 SeniorFest Picnic @Gateway Pavilion** **11:00am Games with Dennis (Virtual)****11:00am Chat N’ Chew** **12:00 pm Lunch****1:00pm TERRIFIC Taste** | https://acl.gov/sites/default/files/inline-images/OAMLogoRGB_1.jpghttps://hcpsc.org/wp-content/uploads/2019/05/May-National-High-Blood-Pressure-Educations-Month-Final.jpg | https://curearthritis.org/wp-content/uploads/2021/05/arthritis-awareness-month.jpeghttps://i2.wp.com/nchph.org/wp-content/uploads/2016/04/stroke-1.gif?ssl=1 |

**Other Events in May: Mother’s DAY (May 14th)/National Women’s Health Week (May 14th-20th)** 