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**TERRIFIC, Inc.**

**COLUMBIA HEIGHTS MARCH 2023 ACTIVITY CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>10:00 am Welcome                      Health Promotion                      Games with Dennis (Virtual)                      11:00am Chat N' Chew                      12:00 pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>2</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Enrichment Activity                      12:00pm Lunch                      1:00pm NUTRITION Thursday's</p>	<p><b>3</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Amish Market Trip                      11:00am Arts &amp; Crafts                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>
<p><b>6</b></p> <p>10:00 am Welcome                      Health Promotion                      Games with Dennis (Virtual)                      11:00 am Trivia                      12:00 pm Lunch                      1:00 pm TERRIFIC Taste</p>	<p><b>7</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Arts &amp; Crafts                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>8</b></p> <p>10:00am Welcome                      Health Promotion                      Games with Dennis (Virtual)                      11:00am Trivia                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>9</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Brain Teasers                      12:00pm Lunch                      1:00pm NUTRITION Thursday's</p>	<p><b>10</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Springfield Towne Center Trip                      11:00am Commonynms                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>
<p><b>13</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Commonynms                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>14</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Brain Teasers                      11:00am Tech W/ Jon                      12:00pm Lunch                      1:00pm TERRIFIC Taste                      1:30pm AMC Movie Theater Trip</p>	<p><b>15</b></p> <p>10:00am Welcome                      Health Promotion                      Games with Dennis (Virtual)                      11:00am Music Appreciation                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>16</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Enrichment Activity                      12:00pm Lunch                      1:00pm NUTRITION Thursday's</p>	<p><b>17</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Famous Dave's Trip                      11:00am Arts &amp; Crafts                      12:00pm Lunch                      1:00pm TERRIFIC Taste                      St. Patrick's Day</p>
<p><b>20</b></p> <p>10:00am Welcome                      Health Promotion                      Games with Dennis (Virtual)                      11:00am Mindfulness                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>21</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Word Search                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>22</b></p> <p>10:00am Welcome                      Health Promotion                      Games with Dennis (Virtual)                      11:00am Arts &amp; Crafts                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>23</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Enrichment Activity                      12:00pm Lunch                      1:00pm NUTRITION Thursday's                      World Down Syndrome Day</p>	<p><b>24</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Commonynms                      12:00pm Lunch                      1:00pm TERRIFIC Taste                      World Tuberculosis Day</p>
<p><b>27</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Arts &amp; Crafts                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>28</b></p> <p>10:00 am Welcome                      Health Promotion                      11:00am Music Appreciation                      12:00 pm Lunch                      1:00pm TERRIFIC Taste</p>	<p><b>29</b></p> <p>10:00 am Welcome                      Health Promotion                      Games with Dennis (Virtual)                      11:00am Chat N' Chew                      12:00 pm Lunch                      12:00pm Nutrition Education                      1:00pm TERRIFIC Taste</p>	<p><b>30</b></p> <p>10:00 am Welcome                      Health Promotion                      11:00 am Trivia                      11:00am In-Person Visit w/ Kayla                      12:00 pm Lunch                      1:00pm NUTRITION Thursday's</p>	<p><b>31</b></p> <p>10:00am Welcome                      Health Promotion                      11:00am Commonynms                      11:30am The Wiz 'Dansical' Trip                      12:00pm Lunch                      1:00pm TERRIFIC Taste</p>

