**Nutrition**

**Health Promotion**

**Rec Social in Site Activity**

**Counseling**

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 TERRIFIC, Inc.

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| HARVARD TOWERS 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 Terracotta Pot In-Person Activity**  **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**  **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**  **10:00am Spoken Word TUYS Virtual**  **11:00am Games with Dennis (Virtual)**  **11:00am Commonyms**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** | **16**  **10:00am Welcome**  **Health Promotion**  **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 Promotion**  **10:30am 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 Arts & Crafts**  **11:00am Games with Dennis (Virtual)**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** |
|  | **22**  **10:00am Welcome**  **Health Promotion**  **10:00am Spoken Word TUYS Virtual**  **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)**  **11:00am Arts & Crafts**  **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**  **11:00am Games with Dennis (Virtual)**  **11:00am Commonyms**  **12:00pm Lunch**  **1:00pm TERRIFIC Taste** |
|  | **29**  **Closed - Memorial Day** | **30**  **10:00 am Welcome**  **Health Promotion**  **11:00am Music Appreciation**  **12:00pm Nutrition Education**  **12:00 pm Lunch**  **1:00pm TERRIFIC Taste** | **31**  **10:00 am Welcome**  **Health Promotion**  **10:00 SeniorFest Picnic**  **11:00am Chat N’ Chew**  **12:00 pm Lunch**  **1:00pm TERRIFIC Taste** | https://acl.gov/sites/default/files/inline-images/OAMLogoRGB_1.jpg  https://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.jpeg  https://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)** C:\Users\Talfzzy\Downloads\DACL - Horizontal Final-1a 2.png