

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Carol Mitchell, ADC Recreation Therapist 202-541-7724	9am Gardening 9:30am Freezer Pickle Making 1:30pm Movie & Popcorn 2:30pm Calendar Meet & Greet 1:1 Visits	9am Gardening 9:30am Resident Support Group w/Leslie the Librarian 10:30am IDT. Meeting 1pm RT Prize Day Bingo-CC 1:1 Visits 6pm Saloon Night-DI	10am Brigadier Army Brass Band 1pm Fun & Fitness 2:30pm TRIP: Nationals Baseball Game 1:1 Visits National Watermelon Day	232 nd Coast Guard 4 9:15am Gardening 10am Cooking w/Carol 1pm Name That Tune 2pm Paint N Sip-AC 1:1 Visits	9:15am Gardening 11:30am RT Italian Luncheon- CC 1:30pm Coast Guard B'day Program-HOH 1:1 Visits	4pm Wings Social-DI 6pm Movie-TH
7 8am, 12pm Catholic Mass Channel 20 9am Protestant Services- MR 9am Catholic Mass Rose Chapell	9:15am Gardening 10am Cooking w/Carol 1pm Card Games 1:1 Visits	9 10:30am IDT. Meeting 12:30pm Gardening 6pm RT Big Bucks Bingo-CC 1:1 Visits Book Lover's Day	9:15am Gardening 10am Roving Activity Cart 1pm Summer Bowling-BC 1:1 Visits	9:15am Gardening 10am PAL's Visit 12:30pm TRIP: Fishing Ponds 1:1 Visits	9:15am Walk & Wheels 10am Oldies Record Tunes 1:30pm Hot Dog Roast-SC2 Vegetable Garden Terrace 1:1 Visits National Vinyl Record Day	4pm Ribs Social-DI 6pm Movie-TH
8am, 12pm Catholic Mass Channel 20 9am Protestant Services- MR 9am Catholic Mass Rose Chapel	9:15am Gardening 10am Voices For Vets Show-CC 1pm News Review 1:30pm Mind & Memory Packets 1:30pm Movie & Popcorn 1:1 Visits	9:15am Gardening 10am Arts & Crafts 10:30am IDT. Meeting 11:30am Mthly B-Day Luncheon 1pm Move Your Body 1:1 Visits	9:15am Gardening 10am Music Moments 10:30am Cooking w/Carol 1pm Chess Challenge 1:1 Visits National Thrift shop Day	9:15am Gardening 10am TRIP: Wheaton Plaza Shopping 2pm Doodle & Chug-DI 1:1 Visits	9:15am Gardening 10am PAL's Visits 1pm RT Mashed Potato Bar-CC 1:1 Visits Aviation Day	2:30pm RT Ice Cream – Healthcare units 4pm Grill Night Social-DI 6pm Movie-TH
21 8am, 12pm Catholic Mass Channel 20 9am Protestant Services- MR 9am Catholic Mass Rose Chapel	9:15am Gardening 10am Scenic Golf Cart Rides 1pm Test Your Putting Skills 2pm Softball Game-BF 1:1 Visits	9:15am Gardening 10am Resident Support MTG. 10:30am IDT. Meeting 1pm RT Bingo-CC 1:1 Visits	9:15am Gardening 10am Roving Activity Cart 1pm Corn Hole Tourney 2pm Penny-Ante 1:1 Visits	9:15am Gardening 10am TRIP: National Geography Museum & Lunch 1pm Backyard Fun-BY 1:1 Visits National Banana Split Day	9:15am Gardening 10am Dog Days of Summer- TBA 1:1 Visits	4pm Pizza Social-DI 6pm Movie-TH
28 8am, 12pm Catholic Mass Channel 20 9am Protestant Services-MR 9am Catholic Mass Rose Chapel	9:15am Gardening 10am News Review 1:30pm Movie & Popcorn 1:1 Visits 4pm Chat w/Chief-TH	9:15am Gardening 10am Arts & Crafts 10:30am IDT. Meeting 1pm RT Bingo-CC 1:1 Visits	9:15am Gardening 10:30am Cooking w/Carol 1pm Charades 1:30pm Yahtzee	National Golf Month Peach Month National Catfish Month	3pm Daily: Administrative Duties	Dog Days of Summer Hel Hel Hel Hel Hel Hel Helpery Bel Humpug