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## **TERRIFIC**, Inc.

FORT STEVENS REC CENTER MARCH 2023 ACTIVITY CALENDAR				
MONDAY	TUESDAY	WEDENSDAY	THURSDAY	FRIDAY
March is National Nutrition Month Stay Healthy!	MARCH IS NATIONAL KIDNEY MONTH.	1 10:00 am Welcome Health Promotion Games with Dennis (Virtual) 11:00am Chat N' Chew 12:00 pm Lunch 1:00pm TERRIFIC Taste	2 10:00am Welcome Health Promotion 11:00am Enrichment Activity 12:00pm Lunch 1:00pm NUTRITION Thursday's	3 10:00am Welcome Health Promotion 11:00am Arts & Crafts 12:00pm Lunch 1:00pm TERRIFIC Taste
6 10:00 am Welcome Health Promotion Games with Dennis (Virtual) 11:00 am Trivia 12:00 pm Lunch 1:00 pm TERRIFIC Taste	7 10:00am Welcome Health Promotion 11:00am Arts & Crafts 11:00am Tech W/ Jon 12:00pm Lunch 12:00pm Nutrition Education 1:00pm TERRIFIC Taste	8 10:00am Welcome Health Promotion Games with Dennis (Virtual) 11:00am Trivia 12:00pm Lunch 1:00pm TERRIFIC Taste	9 10:00am Welcome Health Promotion 11:00am Brain Teasers 12:00pm Lunch 1:00pm NUTRITION Thursday's	10 10:00am Welcome Health Promotion 11:00am Commonyms 12:00pm Lunch 1:00pm TERRIFIC Taste
13 10:00am Welcome Health Promotion 11:00am Commonyms 11:00am In-Person Visit w/ Kayla 12:00pm Lunch 1:00pm TERRIFIC Taste	14 10:00am Welcome Health Promotion 11:00am Brain Teasers 12:00pm Lunch 1:00pm TERRIFIC Taste 1:30pm AMC Movie Theater Trip	15 10:00am Welcome Health Promotion Games with Dennis (Virtual) 11:00am Music Appreciation 12:00pm Lunch 1:00pm TERRIFIC Taste	16 10:00am Welcome Health Promotion 11:00am Enrichment Activity 12:00pm Lunch 1:00pm NUTRITION Thursday's	17 10:00am Welcome Health Promotion 11:00am Arts & Crafts 12:00pm Lunch 1:00pm TERRIFIC Taste St. Patrick's Day
20 10:00am Welcome Health Promotion Games with Dennis (Virtual) 11:00am Mindfulness 12:00pm Lunch 1:00pm TERRIFIC Taste	21 10:00am Welcome Health Promotion 11:00am Word Search 12:00pm Lunch 1:00pm TERRIFIC Taste	22 10:00am Welcome Health Promotion Games with Dennis (Virtual) 11:00am Arts & Crafts 12:00pm Lunch 1:00pm TERRIFIC Taste	23 10:00am Welcome Health Promotion 11:00am Enrichment Activity 12:00pm Lunch 1:00pm NUTRITION Thursday's World Down Syndrome Day	24 10:00am Welcome Health Promotion 11:00am Commonyms 12:00pm Lunch 1:00pm TERRIFIC Taste World Tuberculosis Day
27 10:00am Welcome Health Promotion 11:00am Arts & Crafts 12:00pm Lunch 1:00pm TERRIFIC Taste	28 10:00 am Welcome Health Promotion 11:00am Music Appreciation 12:00 pm Lunch 1:00pm TERRIFIC Taste	29 10:00 am Welcome Health Promotion Games with Dennis (Virtual) 11:00am Chat N' Chew 12:00 pm Lunch 1:00pm TERRIFIC Taste	30 10:00 am Welcome Health Promotion 11:00 am Trivia 12:00 pm Lunch 1:00pm NUTRITION Thursday's	31 10:00am Welcome Health Promotion 11:00am Commonyms 12:00pm Lunch 1:00pm TERRIFIC Taste

