



TERRIFIC, INC

DAILY EVENTS CALENDAR

May 2020 | MAY 25 - 29, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:30 am EASY LISTENING Sarah-Mari Ransom Misty Eye on the Sparrow Nataliana - Harp Nightingale Nataliana - Mayflower Hotel Amazing Grace Chopin Nocturne 20 10:00 am - 11:00 am SENIOR RESOURCES Shawn Perry The Senior Zone Susan Shepard Radio Show/Podcast 11:00 am -12:00 pm GAMES TERRIFIC, Inc. James Thompson Activity Coordinator Zoom Meeting ID: 697 875 5834 Password: 551207 12:00 pm - 12:30 pm PEOPLE'S HELPER BANK DIAL-IN -TELECONFERENCE TERRIFIC, Inc. Social Worker John Rosas, LICSW "Dealing With Issues At This Time" 12:30 pm FALL PREVENTION Health Promotion Videos Six Steps to Prevent a Fall Fall Prevention #3 1:00 pm - 1:30 pm IMMUNE BOOSTING FOODS TERRIFIC, INC Thea Boatswain Nutrition Fitness 2:00 pm In The News Kevin Reynolds Intake Specialist DIAL IN LINE Dial In 202 869-8585 Access 2373836 3:00 pm - 4:00 pm MOVIE "Miracle In Harlem (1948) Julie Weston and her aunt, Hattie, own and operate a candy-store in Harlem.	9:00 am - 9:30 am EASY LISTENING Shirley Horn Shirley Horn - Here's To Life 10:00 am - 10:30 am DECLUTTERING Decluttering: Room By Room Session 1 Decluttering: Room By Room Session 2 Davette Rucker, B.S., OTR/L DIAL IN LINE Dial In 202 869-8585 Access 2373836 TERRIFIC, Inc. 12:00 pm - 12:30 pm PEOPLE'S HELPER BANK DIAL-IN -TELECONFERENCE Susanna Wiles, LGSW Know Your Resources DIAL IN LINE Dial In 202 869-8585 Access 2373836 TERRIFIC, Inc. 1:00 pm - 11:15 pm YMCA Fit and Well: Senior Wellness YMCA fit and well: Senior Wellness BBQ Ms. Senior DC Dancers Fit and Well Seniors, YMCA of Metropoli-tan Washington 2:00 pm - 4:00 pm MOVIE Strangers When We Meet 1960 A suburban architect loves his wife but is bored with his marriage and with his work, so he takes up with the neglected, married beauty who lives down the street. Yewendoch Guday 1 (ዮወንዶች ጉዳይ 1) - Ethiopian Romantic Comedy Film from DireTube Cinema	9:00 am - 9:30 am EASY LISTENING Sarah-Mari Ransom Autumn Leaves The Nutcracker Medley Chopin Nocturne 20a Claire De Lune Piano Moon Spinner on the Livia 10:00 am - 10:30 am EAT CLEAN QUARANTINE TERRIFIC, INC Thea Boatswain Nutrition Fitness 11:00 am -11:30 am FAMILY RELATIONSHIPS TERRIFIC, Inc. Akum Enaw Ebone, LGSW DIAL IN LINE Dial In 202 869-8585 Access 2373836 TERRIFIC, Inc. 12:00 pm - 12:30 pm PEOPLE'S HELPER BANK DIAL-IN -TELECONFERENCE Raleena Collington MS, MBA, LN Managing Coronavirus In Your Kitchen DIAL IN LINE Dial In 202 869-8585 Access 2373836 TERRIFIC, Inc. 1:00 pm - 1:30 pm YMCA Fit and Well Intermediate Tai Chi Norman Greene Seated Exercises for Older Adults 2:00 pm - 2:30 pm THE SPORTS ZONE Muhammad Ali vs Floyd Patterson 3:00 pm - 4:00 pm MOVIE Fan BingBing In Yang Guifei 2015 – ENG Sub - HD Lady of the Dynasty is a Chinese epic romance war film directed by Shi Qing (writer of Codename Cougar) and featuring Fan Bingbing, Leon Lai and Wu Chun.	9:00 am - 9:30 am EASY LISTENING Beautiful romantic music, relaxing music, and sleep music Piano Music, Violin Music, Guitar Music, Sleep Music 10:30 am - 11:00 am HEALTHY EXERCISE Tracy Downs TERRIFIC, Inc.'s Asian Pacific Islander Senior Center TERRIFIC, Inc.' Healthy Exercise for "Stay-at-home" DOWNLOAD BOOKLETS Healthy Exercise for Staying at Home Asian Pacific Islander Version Healthy Exercise for Staying at Home Bilingual Version DIAL IN LINE Dial In 202 869-8585 Access 2373836 TERRIFIC, Inc. 12:00 pm - 12:30 pm PEOPLE'S HELPER BANK DIAL-IN -TELECONFERENCE Nancy Levy, LICSW, PhD. What Time Is It? DIAL IN LINE Dial In 202 869-8585 Access 2373836 TERRIFIC, Inc. 1:00 pm - 1:15 pm Chair Exercises Seated Exercises for Older Adults 3:00 pm - 4:00 pm MOVIE Las Tres Tumbas Mexican revenge story. The Americano 1954 Western	10:00 am - 2:00 pm TERRIFIC, Inc's 1st Virtual Older Americans Month Health Fair 10:00 am - 2:00 pm Zoom Meeting ID: 986 2555 8707 Password: 233691 One tap mobile +13017158592,,98625558707#,,1#,233691 # US (Germantown) +19294362866,,98625558707#,,1#,233691 # US (New York) Dial by your location +1 301 715 8592 US (Germantown) +1 929 436 2866 US (New York) +1 312 626 6799 US (Chicago) +1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose) +1 253 215 8782 US (Tacoma) Find your local number here.