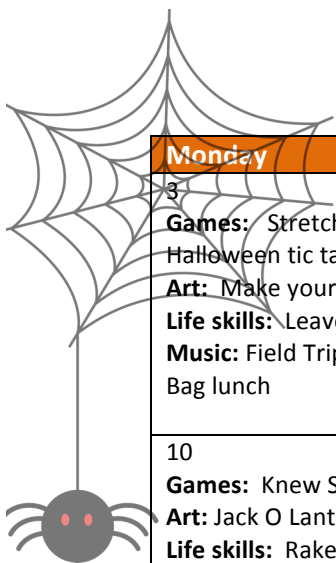

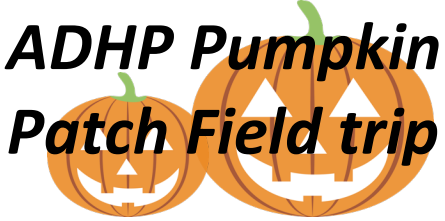



# October 2016 ADHP



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Games:</b> Stretching exercises, Halloween tic tac toe</p> <p><b>Art:</b> Make your own costume</p> <p><b>Life skills:</b> Leave your garbage behind</p> <p><b>Music:</b> Field Trip National Zoo 10-12</p> <p>Bag lunch</p>	<p>4 <b>Pita Nachos</b></p> <p><b>Games:</b> Pumpkin Bingo, Crossword puzzles</p> <p><b>Art:</b> Make your own costume</p> <p><b>Life skills:</b> Football tactics and tips for your life</p> <p><b>Music:</b> Broadway Musical</p> <p><i>Choir, Cooking, Book, Knitting, clubs</i></p>	<p>5</p> <p><b>Games:</b> Stretching exercises, Halloween guess who</p> <p><b>Art:</b> Field Trip National Zoo 10-12</p> <p><b>Life skills:</b> Tackle Anger and Depression</p> <p><b>Music:</b> Piano Theory</p>	<p>6</p> <p><b>Games:</b> Campfire exercises, Pumpkin Bingo</p> <p><b>Art:</b> Field Trip National Zoo 10-12</p> <p><b>Life skills:</b> Tackle Anger and Depression</p> <p><b>Music:</b> Piano Theory</p>	<p>7</p> <p><b>Games:</b> <b>Field Trip:</b> National Zoo 10-12</p> <p><b>Art:</b> make your own costume</p> <p><b>Life Skills:</b> Movie Day Something's Gotta Give</p> <p><b>Music:</b> Broadway Musical</p>
<p>10</p> <p><b>Games:</b> Knew Stretching Exercises</p> <p><b>Art:</b> Jack O Lantern Part 1</p> <p><b>Life skills:</b> Rake up good hygiene</p> <p><b>Music:</b> Field Trip National Zoo 10-12</p> <p>Bag lunch</p> 	<p>11 <b>Fruit Truffle</b></p> <p><b>Games:</b> Seated exercise, Halloween Bingo</p> <p><b>Art:</b> Jack O Lantern Part 1</p> <p><b>Life Skills:</b> Fall back on spending and develop a budget</p> <p><b>Music:</b> Chubby Checker</p> <p><i>Choir, Cooking, Book, Knitting, clubs</i></p>	<p>12</p> <p><b>Games:</b> Muscle Exercise, Halloween story game</p> <p><b>Art:</b> Jack O Lantern Part 1</p> <p><b>Life Skills:</b> Field trip Vietnam Memorial 10-12</p> <p><b>Music:</b> Fats Domino</p>	<p>13</p> 	
<p>17</p> <p><b>Games:</b> Balance Exercises, Smores Bingo</p> <p><b>Art:</b> Jack O Lantern Part 2</p> <p><b>Life Skills:</b> Autumn Safety Tips</p> <p><b>Music:</b> Field Trip Anacostia Museum 10-12</p> <p>Bag lunch</p>	<p>18 <b>Pinwheel Sandwiches</b></p> <p><b>Games:</b> Stability ball exercise Table top games</p> <p><b>Art:</b> Jack O Lantern Part 2</p> <p><b>Life Skills:</b> Fall into positivity</p> <p><b>Music:</b> Beethoven</p> <p><i>Choir, Cooking, Book, Knitting clubs</i></p>	<p>19</p> <p><b>Games:</b> Marathon muscle exercise, Life Stories</p> <p><b>Art:</b> Jack O Lantern Part 2</p> <p><b>Life Skills:</b> Field Trip National Zoo 10-12</p> <p><b>Music:</b> Classical Music</p>	<p>20</p> <p><b>Games:</b> Brain Puzzles, Jenga</p> <p><b>Art:</b> Jack O Lantern Part 2</p> <p><b>Life Skills:</b> Harvest a new attitude and new approach</p> <p><b>Music:</b> Classical Music</p>	<p>21</p> <p><b>Games:</b> <b>Field trip:</b> Anacostia Museum 10-12</p> <p><b>Art:</b> Jack O Lantern Part 2</p> <p><b>Life Skills:</b> Movie day Cocoon</p> <p><b>Music:</b> Movie Day: Porgy and Bess</p>
<p>24</p> <p><b>Games:</b> Jumbo Playing cards, Chess</p> <p><b>Art:</b> Complete costume and lantern</p> <p><b>Life Skills:</b> Create a comfort recipe for your life</p> <p><b>Music:</b> Field Trip National Zoo 10-12</p> <p>Bag lunch</p>	<p>25 <b>Peanut Butter Boo Cookies</b></p> <p><b>Games:</b> Best Leg Exercise, Chess, Checkers</p> <p><b>Art:</b> Complete costume and lantern</p> <p><b>Life Skills:</b> Controlling your weight can be spooky</p> <p><b>Music:</b> Halloween Instruments</p> <p><i>Choir, Cooking, Book, Knitting clubs</i></p>	<p>26</p> <p><b>Games:</b> Fall Dance Exercise, passing the ball, Monopoly</p> <p><b>Art:</b> Complete costume and lantern</p> <p><b>Life Skills:</b> Field Trip African American Civil War Memorial 10-12</p> <p><b>Music:</b> Halloween Instruments</p>	<p>27</p> <p><b>Games:</b> Campfire Exercise, table top games, jenga</p> <p><b>Art:</b> Field Trip National Art 10-12</p> <p><b>Life Skills:</b> Taking chances</p> <p><b>Music:</b> Halloween Instruments</p> 	<p>28</p> <p><b>Games:</b> <b>Field Trip:</b> WWII Eastern market Pumpkins and mums 10-12</p> <p><b>Art:</b> Jack o Lantern Part 2</p> <p><b>Life Skills:</b> Movie Day Fried Green Tomatoes</p> <p><b>Music:</b> Monster Mash Dance</p>
<p>31</p> <p><b>Halloween Festival</b></p>	