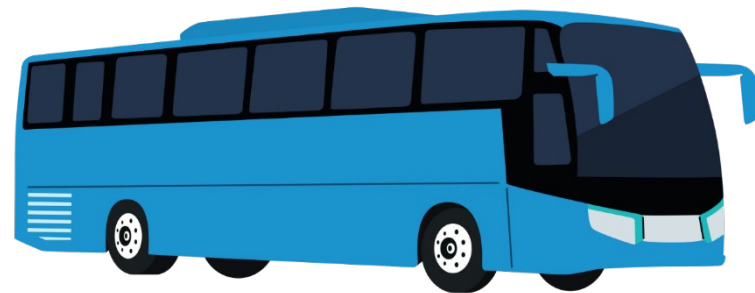




Colony House Monthly Community Trips

Tuesday, August 11, 2026 -- Mid-Atlantic Seafood & Grocery Shopping

Wednesday, August 19, 2026 -- Bowling



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Visit www.AroundtownDC.org for more events and programs



August 2026

Colony House

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Greetings Participants,

Welcome to August!

This month, you can expect two community outings that combine your competitive and social spirit. The first will be a trip to Mid-Atlantic Seafood (Queens Chapel location), with a stop for grocery shopping at the nearby Lidl. The second trip will be a return to the bowling alley. You want a chance to prepare for a potential Ward 4 tournament, and we're prepared to give it to you!

On site, you can expect your Nutrition Education session on August 20th. Get in your one-on-one nutrition guidance with Laura during her Nutrition Clinic hours on August 18th. Pat will continue to come for Chair Exercise on Thursday mornings!

Geri will continue to host her new activity: Open Conversations! Come out on Wednesday mornings to learn more about each other and grow as a community. Geri will also lead a t-shirt making session on August 12th. Please bring a T-shirt for you to decorate. Regina will be coming in for Jewelry Making on August 21st and August 28th.

Please come to our Program Planning Meeting to provide input on the calendar for September!

Lastly, I'd like to congratulate Charles on his promotion to King Charles! Walt has been promoted to Sir Walt! Address them accordingly 🥳

*For more information, please review calendar.



Monday	Tuesday	Wednesday	Thursday	Friday
August 2026 Field Trip: Recreational activities offsite (transportation provided) *Please note that you can expect slight adjustments to activities if there is a field trip or if a recreation coordinator is out (such as board games, trivia, etc.) *Calendars are subject to change				
3 10:00 am Coffee & Conversation 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia *Social Worker Visit	4 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games	5 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts & Crafts: Painting on Canvas	6 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	7 10:00 am Coffee & Conversation 11:00 am Jewelry Making (open studio) 12:00 pm Lunch 1:00 pm BINGO
10 10:00 am Coffee & Conversation 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia	11 10:00AM – 2:00PM Mid Atlantic Seafood & Grocery Shopping (Limit 13) 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games	12 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts & Crafts: T-Shirt Design	13 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	14 10:00 am Coffee & Conversation 11:00 am Jewelry Making (open studio) 12:00 pm Lunch 1:00 pm BINGO
17 10:00 am Coffee & Conversation 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia *Social Worker Visit	18 10:00 am Coffee & Conversation 11:00 am Program Planning Meeting 12:00 pm Lunch 1:00 pm Board Games 12:30 – 2:00 pm Nutrition Clinic w/ Laura	19 10:00AM – 2:00PM Bowling 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts & Crafts: Coloring	20 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Nutrition Presentation w/ Laura	21 10:00 am Coffee & Conversation 11:00 am Jewelry Making (w/ Regina) 12:00 pm Lunch 1:00 pm BINGO
24 10:00 am Coffee & Conversation 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia	25 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games 	26 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts & Crafts: Memory Scrapbooking	27 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	28 10:00 am Coffee & Conversation 11:00 am Jewelry Making (w/ Regina) 12:00 pm Lunch 1:00 pm BINGO
8/31 10:00 am Coffee & Conversation 11:00 am Memory Wellness 12:00 pm Lunch 1:00 pm Trivia *Social Worker Visit	9/1 10:00 am Coffee & Conversation 11:00 am Sewing 12:00 pm Lunch 1:00 pm Board Games	9/2 10:00 am Open Conversations 11:00 am Colony House Cinema 12:00 pm Lunch 1:00 pm Arts & Crafts: TBD	9/3 10:00 am Coffee & Conversation 11:00 am Chair Exercise w/ Pat 12:00 pm Lunch 1:00 pm Virtual Travel!	9/4 10:00 am Coffee & Conversation 11:00 am Jewelry Making (open studio) 12:00 pm Lunch 1:00 pm BINGO