

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2021

**INSPIRE HEALTH & REHAB CENTER**  
**2131 OST NW, WASHINGTON DC, 20037**

				<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC)</p> <p><small>Canada Day</small></p>	<p>10:30 1-1 visits (AF)/Family Visits(RL,OC) 2pm Family Visits(RL,OC)/ 4<sup>th</sup> of July Ice Cream Social-MD</p>	<p>11am 1-1 Visits(AF) 1pm 1-1 Visits(AF)</p>
<p>11am Spiritual Support(AF) 4 1pm 1-1 Visits(AF)</p> <p><small>Independence Day (US)</small></p>	<p>10:30 Music Appreciation(MD) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 5</p>	<p>10:30 Coffee Social(MD) Family Visits(RL,OC) 2pm Movie &amp; Popcorn(MD) Family Visits(RL,OC) 6</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 7</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 8</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 9</p>	<p>11am 1-1 Visits(AF) 1pm 1-1 Visits(AF) 10</p>
<p>11am Spiritual Support(AF) 11 1pm 1-1 Visits(AF)</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 12</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 13</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 14</p>	<p>10:30 1-1 Visits (AF)/ Family Visits(RL,OC) 2pm Family Visits(RL,OC)- <b>Monthly Birthday Party-MD</b> 15</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 16</p>	<p>11am 1-1 Visits(AF) 1pm 1-1 Visits(AF) 17</p>
<p>11am Spiritual Support(AF) 18 1pm 1-1 Visits(AF)</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 19</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(R) 20</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) <b>2:30 Resident Council Meeting(MD)</b> 21</p>	<p>10:30 <b>Shopping Trip(WALMART)</b> 2pm 1-1 Visits(AF) </p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 23</p>	<p>11am 1-1 Visits(AF) 1pm 1-1 Visits(AF) 24</p>
<p>11am Spiritual Support(AF) 25 1pm 1-1 Visits(AF)</p>	<p>10:30 1-1 Visits (AF)/Family Visits(RL,OC) 2pm Family Visits(RL,OC)- <b>Celebration of Life-MD</b> 26</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 27</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 28</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 29</p>	<p>10:30 1-1 Visits(AF) Family Visits(RL,OC) 2pm Family Visits(RL,OC) 30</p>	<p>11am 1-1 Visits(AF) 1pm 1-1 Visits(AF) 31</p>

ALL ACTIVITIES ARE SUBJECT TO CHANGE! **LOCATION CODES:** MD-Main Dining Room AF-All Floors RL-Resident's Lounge OC-Outside Courtyard