



# November

Sunday	Monday	Tuesday	Wednesday	Thursday
Friday 11/4 11:00am - 2:00pm Free Chair Massage for Adults (18 years and older)		1 Open House 11 am -1:00 pm Movie Screening 3:30 pm Caregiver Gathering 4:30 pm Young Adult Night Out 5:30 pm Family Dinner 6:00 Art and Collage 7:00pm	2 Open Playroom 3:30 pm Only Make Believe 4:30 pm Young Adult Relaxation 4:30 pm Family Dinner 6:00 pm Dog Visit 7:00pm	3 Study4Fun 3:30 pm Kids Exercise 4:30 pm Family Dinner 6:00 pm
6 Family Brunch 11:00 am Family Dinner 6:00 pm w/music performance Game Night 7:00pm	7 Study4Fun 3:30 pm Happily Hungry Cooking 4:30 pm Young Adult Social Hour 5:00 pm Family Dinner 6:00 Theatre Lab 7:00 pm	8 Trip To VisArts 3:30pm Caregiver Gathering 4:30 pm Family Dinner 6:00 BINGO 7:00 pm	9 Open Playroom 3:30 pm Only Make Believe 4:30 pm Young Adult Relaxation 4:30 pm Family Dinner 6:00 pm Gift to Uplift Story writing 7:00pm	10 Study4Fun 3:30 pm ExploreINN Science 4:30 pm Family Dinner 6:00 pm
13 Family Dinner 6:00 pm	14 Cartooning 4:30 pm Young Adult Social Hour 5:00 pm Family Dinner 6:00 pm Dog Visit 7:00 pm	15 Caregiver Day Breakfast Caregiver Day Expo 11-2 Open Playroom 3:30 pm Snack & Discover 4:30 pm Caregiver Gathering 4:30 pm Family Dinner 6:00 pm Art and Collage 7:00pm	16 Study4Fun 3:30 pm Young Adult Relaxation 4:30 pm Ledo Pizza Dinner Trip 4:45 pm	17 Open Playroom 3:30 pm Dog Visit 4:30 pm Young Adult Night Out 5:30 pm Family Dinner 6:00 pm
20 Family Brunch 11:00am Family Dinner 6:00 pm w/music performance	21 CookINN Together 4:30 pm Young Adult Social Hour 5:00 pm Family Dinner 6:00 pm Family Night 7:00 pm	22 Open Playroom 3:30 pm Snack & Discover 4:30 pm Caregiver Gathering 4:30 pm Family Dinner 6:00 pm BINGO 7:00 pm	23 Study4Fun 3:30 pm Only Make Believe 4:30 pm Young Adult Relaxation 4:30 pm Family Dinner 6:00 pm Teen Night 7:00pm	24 <b>HAPPY THANKSGIVING!</b>  Family Dinner by Temple Beth Ami 3:00 PM
27 Family Brunch 11:00am Family Dinner 6:00 pm Therapy Dog Visit 7:00pm	28 AdventureINN Trip 3:30pm Young Adult Social Hour 5:00 pm Family Dinner 6:00 pm NASA Visit 7:00pm	29 <b>GIVING TUESDAY!</b> Open Playroom 3:30 pm Snack & Discover 4:30 pm Caregiver Gathering 4:30 pm Family Dinner 6:00 pm Project Sunshine 7:00 pm	30 Trip to NETE Window Painting 3:30pm Only Make Believe 4:30 pm Young Adult Relaxation 4:30 pm Family Dinner 6:00 pm Movie Night 7:00pm	Color Codes: Inn Trips Drop-off Activity Afternoon Activity Caregiver Activity Evening Activity Family Dinner NIH Activities & Trips

### What else can I do at The Children's Inn?

- Zilly**  
 Stop by the front desk to play with Zilly the Therapy Dog!
- Spiritual Support**  
 Chaplain is available at The Inn to provide support on Sundays and Wednesdays from 5:00 pm to 8:00 pm
- Homework Help**  
 Visit the Learning Center Monday and Wednesday from 3:30 pm to 4:30 pm for tutoring, or make an appointment with Javin, Education Program Coordinator
- Grocery Runs**
  - Monday trip to Giant at 6:30 pm
  - Tuesday and Thursday trip to Shoppers at 6:30 pm
  - Saturday trip to Wheaton Plaza, Target, and Giant at 12:00 pm
- Exercise Class**
  - Tuesday, Wednesday, and Thursday 4:45 pm to 5:45 pm in the Multipurpose Room.
- DC Attractions**
  - Check out the book "Going Places with Children in DC" for ideas and directions to local attractions
  - Ask a Resident Services Manager about our free passes to the Spy Museum
- For NIH Trips please call 301-496-2233 to reserve a seat!**

- For activity details and location - please check the Week-at-a-Glance posted at the activity table
- Field Trips are subject to participation and weather. Trips may be cancelled due to low participation or inclement weather

