



# **FREDERICK** **Newsletter** **Welcome to August!**

## **WELCOME TO AUGUST!**

- Welcome to August with Summer well on it's way here
- at RENOXX DDA (Frederick)
- and it's also National Wellness Month!!

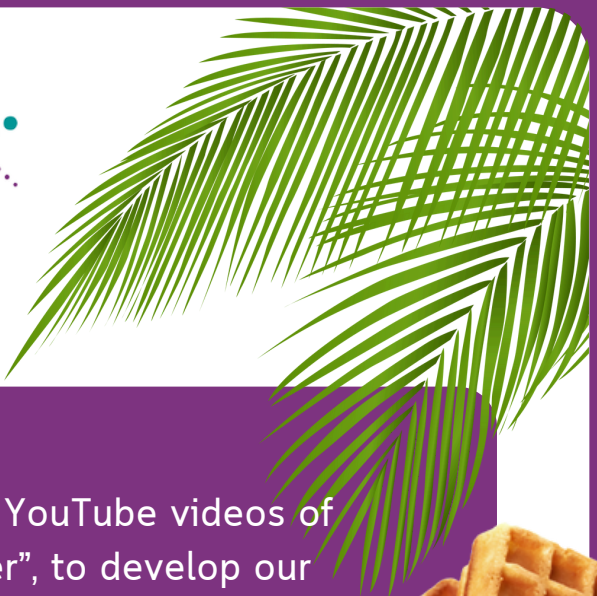



- 1** Group Community Field Trips to the Pool to continue learning Pool Safety Practices, practice putting on a Life Jacket, Floating & Review Suncare Facts.

*(Edward P Thomas Memorial Pool, Frederick, Md.)*

- 2** Group Community Outing for the continuation of "An Introduction to Fishing"- Selecting the right tackle, putting worms on the hook & Introduction to acquiring Licenses. (Lake Linganore, Frederick, Md)



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- 3 Foster Talent Acquisition by viewing YouTube videos of the concept of “Singing in the shower”, to develop our individual abilities for RENOXX Got Talent for the upcoming Community Event “Fun Friday” (RENOXX Caregivers Rec Center, Frederick, MD).
  - 4 In-center Volunteer Opportunities- Be a member of the Planning Committee for the recurring Monthly Social & Fun Friday (RENOXX Caregivers Rec. Center, Frederick, Md.)
  - 5 Community Bowling Field Trip (Bowlero, Gaithersburg, MD)
  - 6 Finally, on the last Thursday/Friday of the Month, we will socialize with Peers from other Renoxx Centers at the in-center Community Event “Renoxx Monthly Social” and practice our Ice cream Scooping Skills (Frederick, Md.)

Please feel free to reach out to schedule a visit or reach out with questions and feedback. Thank you for being so supportive.





## Renoxx MONTHLY SOCIAL

### CONTACT US

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### Hours of Operation

Monday-Friday (9am-5pm)