




***EOTR Friendship Café/Arthur Capper April Activity Calendar 2025***  
***1000 5<sup>th</sup> ST SE Washington, DC 20020***  
***Recreation Coordinator Vivian Abdullah 301-580-0271***



	Monday	Tuesday	Wednesday	Thursday	Friday
		1.  10am-Chew & Chat 11am-Chair Yoga 12pm-Lunch 1pm-Music Hour	2. 10am-Chew & Chat 11am-Health and Wellness “Small Things Add Up To Big Results” -Handout <b>12pm- Nutrition Education w/Ms. Minor/ Lunch</b> 1pm-Painting	3. 10am-Coffee/Tea Hour 11am-Bingo 12pm-Lunch 1pm-Music Hour	4. 10am-Greet & Meet 11am-Tech Express Library 12pm – Lunch 1pm- Chair Yoga & Seated Exercises
	7. 10am-Greet & Meet 11am-Arts & Craft 12pm-Lunch 1pm-Stress Management Topic	8. 10am-Coffee/Tea Hour 11am-Chair Yoga 12pm-Lunch 1pm-Tic-Tac-Toe	9. <b>Roses</b> <b>3737 Branch Ave,</b> <b>Temple Hills, MD 20748</b> <b>10am-12:30pm</b> 10am-Greet&Meet 11am-Chair Yoga 12pm-Lunch 1pm-Social Time	10. 10am-Meet & Greet w/ Health & Wellness 11am-Group Discussion 12pm-Lunch 1pm-Arm Movement Exercises	11. 10am-Coffee/Tea Hour\ 10:30am- Computer Session w/ Wildtech 12pm-Lunch 1pm- Leg Lifting Exercises
	14. 10am-Social Hour <b>11am- Exercise w/Rodney Jordan</b> 12pm- Lunch 1pm-Music Hour	15. 10am-Greet & Meet 11am-Word Search <b>12pm- Nutrition Education w/Ms. Minor/ Lunch</b> 1pm-Table Games	16. <b>SITE CLOSED</b> 	17. 10am- Meet & Greet 11am-Making Easter Baskets 12pm-Lunch 1pm-Leg Exercises	18. 10am-Greet & Meet 11am-Health and Wellness “Graves Disease” 12pm-Lunch 1pm-Table Maze

	21. 10am-Greet&Meet 11am-Coloring 12pm-Lunch 1pm- Oral Health Discussion	22. 10am-Coffee/Tea Hour <b>11:30am-Snap Ed w/ Ms. Lockett</b> 12pm-Lunch 1pm-Word Search	23. <b>Golden Coral</b> <b>1001Shoppers Way</b> <b>Largo, MD 20774</b> <b>10am-1pm</b>  10am-Greet & Meet 11am-Music Hour 12pm-Lunch 1pm-Card Games	24. 10am-Greet & Meet 11am-Bingo 12pm-Lunch 1pm- Chair Yoga & Seated Exercises	25. 10am-Tea/Coffee Hour 11am-Line Dance 12pm-Lunch 1pm-Music Hour
	28. 10am-Chew & Chat <b>11am- Exercise w/Rodney Jordan</b> 12pm-Lunch 1pm-Brain Buster	29. 10am-Tea/Coffee Hour 11am-Tables Games (Monopoly, Connect Four) 12pm-Lunch 1pm- Arm Rotation Exercises	30. 10am-Coffee/Tea Social Hour 11am-Movie Hour 12pm-Lunch <b>1pm-BIRTHDAY CELEBRATION</b>		

*Part of the Senior Services Network – Supported by the Department of Aging and Community Living.*