





EOTR Friendship Café/Arthur Capper
1000 5th ST SE Washington, DC 20020

Recreation Coordinator Vivian Abdullah 301-580-0271

July Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
 		1. 10am-Greet&Meet/Health Wellness 11am-Fianacial Exploitation Presentation w/TB Bank 12pm-Lunch 1pm-Moving with the Wild/ Arts for the Aging	2. 10am-Greet&Meet/Health Wellness 11am-Brain Buster 12pm-Lunch 1pm-Music Hour	3. 10am-Social Hour/ Health Wellness 11am- Current Events 12pm-Lunch 1pm-Word Search	4. CLOSED
	7. 10am-Social Hour/ Health Wellness 11am- Fire Safety Education w/ Fire Safety Specialist Patricia Everett 12pm-Lunch 1pm-Music Hour	8. 10am-Chew&Chat/ Health Wellness 11am-Games of Plenty 12pm- Lunch/Nutrition Ed w Ms. Minor 1pm-Maze	9. 10am-Coffee/Tea Time/ Health Wellness 11am-Coloring 12pm-Lunch 1pm-Connect Four	10. 10am-Meet & Greet w/ Health & Wellness 11am- Open Discussion 12pm-Lunch 1pm-Music Hour	11. Walmart Supercenter 10am – 12:30pm 6303 Richmond Hwy Alexandria VA 22306 10am-Greet & Meet/ Health Wellness 11am-Coloring/Art 12pm-Lunch 1pm-Group Discussion

 	14. 10am-Greet&Meet/Health Wellness 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm-Moving with the Wild/ Arts for the Aging	15. 10am-Tea&Coffee Hour/ Health Wellness 11:30am- SNAP ED w/Ms.Lockett 12pm-Lunch 1pm-Scrabble	16. 10am-Chew&Chat/ Health Wellness 11am-Domino 12pm-Lunch 1pm-Music Hour	17. 10am- Meet & Greet/Health Wellness 11am-Trivia/Music 12pm-Lunch 1pm-Line Dance w/ K. Hall	18. 10am-Social Hour/ Health Wellness 11am-Tech Express Library 12pm-Lunch 1pm-Group Discussion
	21. 10am-Coffee & Tea Hour/ Health Wellness 11am-Minority Mental Health Session w/Dr. Phronie 12pm-Lunch 1pm- Continued Minority Mental Health Session w/Dr. Phronie	22. 10am-Greet & Meet/ Health Wellness 11am-Table Games 12pm- 1pm-Word Search	23. 10am-Social Hour/ Health Wellness 11am-Line Dance w/ K. Hall 12pm-Lunch 1pm-Table Games	24. 10am-Greet & Meet 11am-Brain Buster 12pm-Lunch/Nutrition Ed w/Ms.Minor 1pm-Music Hour	25. DISCRETIONARY DAY SITE CLOSED
	28. 10am-Chew & Chat/ Health Wellness 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm-Music Hour	29. 10am-Social Hour/ Health Wellness 11am-Scrabble 12pm-Lunch 1pm-Group Discussion	30. 10am-Greet & Meet/ Health Wellness 11am-Painting 12pm-Lunch 1pm-Music Hour	31. 10am-Social Hour/ Health Wellness 11am-Word Search 12pm-Lunch 1pm- Health Talk	

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