



EOTR SENIOR HEALTH & WELLNESS PROGRAM  
 4020 Minnesota Avenue NE, Washington, DC 20019  
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November 25'

| <i>Monday</i>                                                                                                                                                                                                                                                                               | <i>Tuesday</i>                                                                                                                                                                                                                                | <i>Wednesday</i>                                                                                             | <i>Thursday</i>                                                                                                | <i>Friday</i>                                                                                                   | <i>Saturday</i> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------|
| November is American Diabetes Month, Bladder Health Month, <a href="#">COPD</a> Awareness Month, Diabetic Eye Disease Month, Stomach Cancer Awareness Month, <a href="#">Lung Cancer</a> Awareness, National Alzheimer's Disease Awareness Month, <a href="#">National Diabetes Month</a> , | National Epilepsy Awareness Month, National Family Caregivers Month, National Healthy Skin Month, National Hospice and Palliative Care Month, National Marrow Awareness Month, Pancreatic Cancer Awareness Month, Prematurity Awareness Month |                                                                                                              |                                                                                                                |                                                                                                                 | 1.              |
| 3.                                                                                                                                                                                                                                                                                          | 4.                                                                                                                                                                                                                                            | 5.                                                                                                           | 6.                                                                                                             | 7.                                                                                                              |                 |
| 10.<br><b>Bubble Planet Experience</b><br>524 Rhode Island Ave NE<br>Washington, DC 20017<br>10:30am – 1:00pm<br>8 seniors from DHH/PT                                                                                                                                                      | 11.<br> HAPPY VETERANS DAY                                                                                                                                  | 12.                                                                                                          | 13.<br> COMMUNITY OUTREACH | 14.                                                                                                             |                 |
| 17.                                                                                                                                                                                                                                                                                         | 18.                                                                                                                                                                                                                                           | 19.<br><b>HHS Session 2</b><br>18915 Lincoln RD<br>Purcellville, VA 20132<br>8am-2pm<br>22 seniors from WSWC | 20.                                                                                                            | 21.<br><b>Golden Corral</b><br>1001 Shoppers Way<br>Unit 2486 Largo, MD<br>11am-1pm<br>25 Arthur Capper seniors |                 |

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| 24.<br>\\ | 25.<br><b>Mansion on Ost: Secret<br/>door experience<br/>2020 Ost NW,<br/>Washington, DC 20036<br/>11am-1pm<br/>10 seniors Sarah Circle</b> | 26. | 27.<br><b>Thanksgiving</b><br> | 28. |  |
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*Part of the Senior Services Network – Supported by the Department of Aging and Community Living*