





EOTR SENIOR CONNECTIONS  
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# December 2025 Calendar



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|--|---|--|---|
| 1.<br><b>December Health Awareness</b><br><b>National Safe Toys &amp; Gifts Month</b><br><b>National Handwashing Awareness Month</b><br><b>Seasonal Affective Disorder (SAD) Awareness</b><br><b>World AIDS Awareness Month</b> | 2.<br><br><b>Providence Place Art &amp; Craft</b><br><b>10am-12pm</b><br><b>599 50th St NE,</b>  | 3.<br><br><b>JW King Bingo</b><br><b>2:00pm – 4:00pm</b><br><b>4638 H Street SE</b>  | 4.<br><br><b>Victory Heights Bingo</b><br><b>10am-12pm</b><br><b>1369 Irving ST NW</b><br><b>Washington DC</b><br><br><b>Providence Place Art &amp; Craft</b><br><b>10am-12pm</b><br><b>599 50th St NE,</b> | 5.<br><br><b>Wheeler Creek Bingo</b><br><b>1:00pm – 3:00pm</b><br><b>900 Varney Street SE</b>  | 6.<br><b>December Health Awareness</b><br><b>National Influenza Vaccination Week</b><br><b>World AIDS Day</b><br><b>International Day of Persons with Disabilities</b><br><b>International Volunteer Day</b><br><b>Human Rights Day</b><br><b>National Wear Your Pearls Day</b> |
| 8.<br><br>  | 9.<br><br><b>Providence Place Art &amp; Craft</b><br><b>10am-12pm</b><br><b>599 50th St NE,</b>  | 10.<br><br><b>JW King Bingo</b><br><b>2:00pm – 4:00pm</b><br><b>4638 H Street SE</b> | 11.<br><br><b>Providence Place Art &amp; Craft</b><br><b>10am-12pm</b><br><b>599 50th St NE,</b><br><br><b>Fairmount Bingo</b><br><b>10am-12pm</b><br><b>1401 Fairmount ST NW</b><br><b>Washington DC</b>   | 12.<br><br><b>Wheeler Creek Bingo</b><br><b>1:00pm – 3:00pm</b><br><b>900 Varney Street SE</b> | 13.<br><br>   |
| 15.<br><br>  | 16.<br><br><b>Providence Place Art &amp; Craft</b><br><b>10am-12pm</b><br><b>599 50th St NE,</b><br><br><b>Garfield Terrace Bingo</b><br><b>10am-12pm</b><br><b>2301 11<sup>th</sup> ST NW</b> | 17.<br><br><b>Mayor Holiday Day Event</b>  | 18.<br><br><b>Victory Heights Bingo</b><br><b>10am-12pm</b><br><b>1369 Irving ST NW</b><br><b>Washington DC</b>   | 19.<br><br><b>Wheeler Creek Bingo</b><br><b>1:00pm – 3:00pm</b><br><b>900 Varney Street SE</b> | 20 .<br><br>   |

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| 22. <div><p><b>MENTAL HEALTH AWARENESS MONTH</b></p><p><i>Know Your Numbers</i></p><p><b>Did You Know</b></p><ul style="list-style-type: none"><li>1 in 5 U.S. adults experience mental illness each year</li><li>1 in 20 U.S. adults experience serious mental illness each year</li><li>1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year</li><li>50% of all lifetime mental illness begins by age 14, and 75% by age 24</li><li>Suicide is the 2nd leading cause of death among people aged 10-14</li><li>52.8% of people suffering from mental illness DO NOT seek treatment</li></ul><p>Ask our pharmacy for a full copy of the December Reference Guide</p><p><b>Pharmacy</b> Talk to Our Pharmacists For More Information &amp; Assistance</p><p><b>YOU ARE NOT ALONE</b></p></div> | 23. <div><p><b>Providence Place Art &amp; Craft</b></p><p><b>10am-12pm</b></p><p><b>599 50th St NE,</b></p></div> | 24. <div><p><b>JW King Bingo</b></p><p><b>2:00pm – 4:00pm</b></p><p><b>4638 H Street SE</b></p></div> | 25. <div><p><b>EOTR HUB CLOSED</b></p><p><b>MERRY CHRISTMAS</b></p></div> | 26. | 27. <div><p><b>Seasonal Affective Disorder (SAD):</b><br/>More Than the Winter Blues</p><p>As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).</p><p>The first step is to determine how much your symptoms interfere with your daily life.</p><p><b>Do you have mild symptoms that have lasted less than 2 weeks?</b></p><ul style="list-style-type: none"><li>Feeling down but still able to take care of yourself and others</li><li>Having some trouble sleeping</li><li>Feeling less energy that you're not able to do your job, participate in "housework"</li></ul><p><b>These activities can make you feel better:</b></p><ul style="list-style-type: none"><li>Doing something you enjoy</li><li>Going outside in the sunlight</li><li>Spending time with family and friends</li><li>Eating healthy and cooking foods with lots of sugar</li></ul><p><b>If these activities do not help or your symptoms are getting worse, talk to a health care provider.</b></p><p><b>Do you have more severe symptoms that have lasted more than 2 weeks?</b></p><ul style="list-style-type: none"><li>Severe withdrawal</li><li>Overweighting</li><li>Struggling with life</li><li>Feeling lonely, with lots of sugar like jokes, control, and control</li></ul><p><b>Seek professional help:</b></p><ul style="list-style-type: none"><li>Light therapy</li><li>Psychotherapy (talk therapy)</li><li>Medications</li><li>Seasonal depression</li></ul><p><b>To help bring treatment, not sick, get help:</b></p><p>If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide &amp; Crisis Hotline at 988 or chat at 988lifeline.org</p><p><b>988</b> <b>988lifeline.org</b></p></div> |
| 29.  | 30.   | 31  |   |     |   |