




EOTR Friendship Café/Arthur Capper November Activity Calendar 2024
1000 5th ST SE Washington, DC 20020
Recreation Coordinator Vivian Abdullah 301-580-0271



	Monday	Tuesday	Wednesday	Thursday	Friday
	 world diabetes day 14 November	 World Kindness Day RANDOM ACTS OF KINDNESS FOUNDATION #HaveKindnessTheHome • www.randomactsofkindness.org	 NOVEMBER IS EPILEPSY AWARENESS MONTH EPILEPSY FOUNDATION	 Happy World Vegan Month	1. 10am- Social Hour 11am-Open Games 12pm – Lunch 1pm- Music Hour
	4. 10am- Social Hour 10:30am-Group Mental Health Session w/Patrick Crawford 11am- Word Search 12pm-Lunch 1pm-Music Hour	5. 10am- Greet & Meet 11am-Chair Yoga 12pm- Lunch 1pm- Bingo	6. Super Walmart 6303 Richmond Hwy, Alexandria V.A. 10am-12:30pm 10am-Social Hour 11am- Table Games 12pm-Lunch 1pm-Music Hour	7. EOTR Senior Prom Panorama Room 2:30pm-7:30pm 1600 Morris Rd Ne Washington, DC 20020 10am-Greet & Meet 10:30- Bingo 11:30am- Music 12pm-Lunch 1pm-Coloring	8. 10am- Greet & Meet 11am- Tech Express Library 12pm- Lunch/Nutrition Education w/Ms.Minor 1pm- Music Hour



11. CLOSED 	12. 10am- Greet & Meet 11am- Fitness w/Rodney 12pm-Lunch 1pm- Table Maze	13. ROSES 7706 Marlboro Pike, Forestville M.D. 10am-12:30pm 10am- Greet & Meet/Health Wellness 11am- Open Discussion 12pm-Lunch 1pm- T.V. Shows	14. 10am- Greet & Meet 11am- T.V. Game Show 12pm-Lunch 1pm- Art Hour/ Painting	15. 10am- Greet & Meet 11am- Brain Games 12pm-Lunch 1pm- Scrabble
18. 10am- Greet & Meet 11am- Open Discussion 12pm- Lunch 1pm- Arts & Craft	19. 10am- Greet & Meet 11am- Turkey Trot/Movement 11:30am- SNAP Education w/Ms.Lockett 12pm-Lunch 1pm-Craft/THANKSGIVING Ornaments	20. Dollar Tree 6111 Oxon Hill Rd, M.D. Rivertown Commons 10am-12:30 10am-Social Hour 11am-Open Discussion 12pm-Lunch 1pm- Table Coloring	21. 10am- Greet & Meet 10:30am- Bingo 12pm-Lunch 1pm- Tic- Tac-Toe	22. 10am- Greet & Meet 11am-Brain Buster Game 12pm-Lunch 1pm- Bingo
25. 10am- Social Hour 11am- Fitness w/Rodney 12pm- Lunch/Nutrition Education w/Ms.Minor 1pm- Gobble Till You Wobble/ Art	26. 10am- Greet & Meet 11am- Fitness/Nutrition Session w Rain Young 12pm- Lunch 1pm- Music	27. 10am- Social Hour 11am- THANKSGIVING Movie (The Temptations) 12pm-Thanksgiving Luncheon 1pm- Continue Temptation Movie	28. THANKSGIVING DAY SITE CLOSED 	29. 10am- Greet & Meet 11am- Youtube Movie 12pm-Lunch 1pm- Open Games

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