

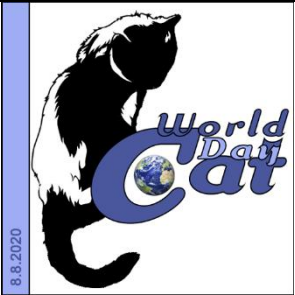


EOTR Friendship Café/Arthur Capper
1000 5th ST SE Washington, DC 20020
Recreation Coordinator Vivian Abdullah 301-580-0271

August Activity Calendar 2026



  	Monday	Tuesday	Wednesday	Thursday	Friday
	3. 10am - Social Hour/Health & Wellness 11am - Painting 12pm - Lunch 1pm - Scrabble	4. 10am – Sip & Chat/ Health Wellness 11am – Word Search 12pm - Lunch 1pm - Music Hour	5. Senior Prom Eaton Hotel 1201 K ST NW WDC 20005 2PM TO 6PM 10am – Sip & Chat 11am – Hand / Finger Exercise 12pm - Lunch 1pm – Bean Bag Toss	6. 10am - Social Hour/Health & Wellness 11am – Tables Games 12pm - Lunch 1pm - Word Search	7. 10am - Greet & Meet/ w/ Health Wellness 11am – Joy of Movement w/Arts for the Aging 12pm - Lunch 1pm - Music Hour
	10. 10am – Greet & Meet/ Discussion 11am - Exercise w/ Rodney Jordan 12pm - Lunch 1pm – Card Games	11. 10am - Social Hour/ Health Wellness 11am - Bingo 12pm – Lunch 1pm – Word Search	12. ROSES 3737 Branch Ave. Hillcrest Heights, MD 20748 10:30am-12:30pm 10am – Greet & Meet/ Health Wellness 11am – Art & Craft 12pm - Lunch 1pm - Maze	13. 10am – Sip & Chat 11am – Health Promotion w/ Irwin Royster 12pm - Lunch 1pm - Trivia	14. 10am - Coffee & Tea Hour 11am – Health Wellness 12pm - Lunch 1pm – Music Hour

  	17. 10am - Greet & Meet/ Health Wellness 11am – Tic-Tac-Toe 12pm - Lunch 1pm – Music & Movement	18. 10am - Social Hour w/ Health Wellness 11am – Connect Four 12pm - Lunch 1pm – Creative Art	19. 10am – Tea/ Coffee Hour 11am – WWE & COPD w/ Lockett 12pm - Lunch 1pm – Word Search	20. 10am – Chew & Chat/ Health & Wellness 10:30am – Mental Health w/ Crawford 12pm – Lunch & Nutritious Pantry Foods w/Minor 1pm – Table Maze	21. 10am - Chew & Chat/ Health Wellness 11am – Joy of Movement w/Arts for the Aging 12pm - Lunch 1pm – Tech Express Library
	24. 10am - Social Hour/ Health Wellness 11am - Exercise w/ Rodney Jordan 12pm – Lunch 1pm – Word Search	25. 10am - Greet & Meet/ Health Wellness 11am – Brain Buster 12pm - Lunch 1pm – Music w/ Movement	26. 10am - Greet & Meet/ Health Wellness 11am – Healthy Heart w/ YMCA 12pm - Lunch 1pm – Connect Four	27. 10am – Social Hour 11am – Health Promotion w/ Irwin Royster 12pm – Lunch & Nutrition Assessments w/Minor 1pm – Music Hour	28. 10am – Social Hour 11am – Health Wellness 12pm – Lunch 1pm – Word Trivia
	31. 10am – Greet & Meet 10:30am – Mental Health Session w/Maryanne 12pm – Lunch 1pm – Brain Games				

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