

EOTR Friendship Café/Arthur Capper May Activity Calendar 2025 1000 5th ST SE Washington, DC 20020 Recreation Coordinator Vivian Abdullah 301-580-0271



MAYIS &	with, seniors, and communities. Monday	Tuesday	Wednesday	Thursday	Friday
LUPUS D				1. 10am-Greet & Meet	2. 10am-Greet & Meet
AWARENESS 4				11am-Group Discussion 12pm- Lunch	11am-Brain Buster
MONTH Shahana Hanif On Estada Malau Sanda Ja				12pm- Lunch 1pm-Word Search	12pm – Lunch 1pm-Music Hour
MAY IS MENTAL HEALTH AWARENESS	5. 10am-Greet & Meet 10:30am- Mental Health Session w/Dr. Crawford 12pm-Lunch 1pm-Music Hour	6. 10am-Coffee/Tea Hour 11am-Chair Yoga 12pm- Lunch/Nutrition Ed w/ Ms .Minor 1pm-Domino	7. 10am-Social Hour 11am- Brain Fitness w/ Julia Heart Program 12pm-Lunch 1pm-Brain Buster	8. Dollar Tree 3014 Donnell Dr. Forrestville, MD 20747 10am-12:30pm	9. 10am-Chat & Chew 11am-Tech Express Library 12pm-Lunch 1pm-Checkers
MONTH				10am-Greet & Meet 11am- Health Topic Discussions 12pm-Lunch 1pm-Coloring/ Mother's Day Cards	

RESEARCH MONTH W	Planet World 9:30am-12pm 925 13th ST NW Washington, DC 20005 10am-Greet & Meet 11am- Open Discussion 12pm-Lunch 1pm-Table Games	13. 10am-Coffee/Tea Hour 11:30am-Snap Ed w/ Ms. Lockett 12pm-Lunch 1pm-Domino	14. 10am-Social Hour 11am-Music Hour 12pm-Lunch 1pm-Art	Amish Market 5030 Brown Station Rd. Upper Marlboro, MD 10am-12:30pm 10am-Chew & Chat 11am-Line Dance w/ K. Hall 12pm-Lunch 1pm-Maze	16. 10am-Greet & Meet 11am-Fitness with Rodney 12pm-Lunch 1pm-Music Trivia
Cinco de Mayo « Stayo « Stayo Maners Boy	19. 10am-Greet&Meet 11am-Fabric Art Session w/EYL PROJECT 12pm-Lunch 1pm-Arts & Crafts	20. 10am-Chew & Chat 11am-EOTR HUB Social Service Coordinators Presentation 12pm-Lunch/Nutrition Edw/Ms.Minor 1pm-Monopoly	21. Senior Fest Block Party Gateway Pavilion 2700 MLK JR AVE SE Washington DC ,20020 9am-3pm No meals /meals/site will be transferred to Senior Fest Block Party	22. 10am-Coffee & Tea Hour 11am-"Let's Move To The Beat" Oldie Tunes 12pm- Lunch 1pm-Music Hour	23. 10am-Greet & Meet 11am-Line Dance w/ K. Hall 12pm-Lunch 1pm-Card Games
	CLOSED *HAPPY* MEMORIAL*DAY RECOUNTING THE SACISLIFICATION OF SOLDIERS. WE WILL NEVER FORGET	27. 10am-Coffee/Tea Hour 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm-Bean Bag Toss	28. 10am-Greet & Meet 11am-Health and Wellness 12pm-Lunch 1pm-Word Search	29. Older American Month Event Matthew Memorial Church 2616 Martin Luther King Jr Ave WDC 20020 9;30am to 2pm No meals at site/ site will be transferred to Matthew Memorial Church	30. 10am-Greet & Meet 11am-Music Hour 12pm-Lunch 1pm-BIRTHDAY CELEBRATION

Memorial Day		

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