



*EOTR Friendship Café/Arthur Capper
1000 5th ST SE Washington, DC 20020*

Recreation Coordinator Vivian Abdullah 301-580-0271

July Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
 			1. 10am-Coffe/TeaTime 11am- Arm Movement 12pm-Lunch 1pm-Plenty of Games	2. 10am- Health Wellness Discussion 11am-Holiday Craft 12pm-Lunch 1pm-Festival Music Hour/ Independence Day	3. SITE CLOSED 
	6. 10am-Coffee/ Tea 10:30am- Mental Health Session w/Crawford 12pm-Lunch 1pm-Table Maze	7. 10am- Social Hour/ Health Wellness 11am- Bingo 12pm-Lunch 1pm-Connect Four	8. 10am-Greet&Meet 11am- Hearth Health w/YMCA 12pm-Lunch 1pm-Word Search	9. 10am-Tea/ Coffee 11am-Health Promotion w/ Irwin Royster 12pm-Lunch 1pm-Plenty of Games	10. Golden Corral 1001 Shoppers Way Largo, Md 20774 10:00am to 12:30pm 10am- Social Hour/ Health Wellness 11am-Creative Art 12pm-Lunch 1pm-Table Cards

	13. 10am-Tea/ Coffee Hour 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm-Brain Buster Games	14. 10am-Coffee /Tea Time 11am-Painting 12pm-Lunch 1pm-Group Discussion	15. 10am-Coffee/Tea 11am-Heath Wellness Discussion 12pm-Lunch 1pm-Music Hour	16. 10am-Coffee/TeaTime 11am-Arts and Crafts 12pm-Lunch 1pm- Dance Exercise	17. Martha's Table 2375 Elvans Road SE 10:00am to 12:30pm 10am-Coffee/ Tea Hour 11am-Health Wellness 12pm-Lunch 1pm-Music Hour
	20. 10am-Social Hour 10:30am- Mental Health Session w/Crawford 12pm-Lunch 1pm-Scrabble	21. 10am-Chew & Chat 10:30am Obstructive Pulmonary Disease (COPD)w/ SNAP ED Lockett 12pm-Lunch 1pm-Bean Bag Toss	22. 10am- Coffee Tea Time 11am-Arm Movement Exercises 12pm-Lunch 1pm-Tables Games	23. 10am-Chew & Chat 11am-Health Promotion w/ Irwin Royster 12pm-Lunch & Vegetarian Meals for Seniors w/Ms. Minor 1pm-Scrabble	24. 10am- Coffee/Tea 11am-Tech Express Library 12pm-Lunch 1pm- Plenty of Games
	27. 10am-Coffee/ Tea Hour 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm- BIRTHDAY CELEBRATION	28. 10am-Social Hour 11am- Bingo 12pm-Lunch 1pm-Music Hour	29. 10am- Coffee/Tea Health Wellness 11am-Chair Yoga 12pm-Lunch 1pm-Word Search	30. 10am- Chew & Chat Health Wellness 11am- 12pm-Lunch 1pm-Brain Buster	31. 10am- Social Hour/ Health Wellness 11am-Domino 12pm-Lunch 1pm- Group Discussion

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

