





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



	Monday	Tuesday	Wednesday	Thursday	Friday
	3. 10am - Greet & Meet <b>11am - Health Promotion w/ERFSC Director of CEP Irwin Royster</b> 12pm - Lunch 1pm - Open games	4. 10am - Greet & Meet 11am - Brain and Emotional Wellness Discussion 12pm - Lunch 1pm - Music Hour	5. 10am - Greet & Meet 11am - Group Discussion 12pm - Lunch 1pm - Concentration	6. 10am- Greet & Meet Health & Wellness 11am-Health Discussion 12pm - Lunch 1pm - Scrabble	7. 10am - Greet & Meet <b>10:30am- Group Counseling Session w/Maryanne (1.5)</b> 12pm - Lunch 1pm - Card Games
	 10. 10am - Greet & Meet <b>11am - Exercise w/ Rodney Jordan</b> 12pm - Lunch 1pm - Word Search	11. <b>SITE CLOSED</b> 	12. <b>Martha's Table 10am-12pm 2375 Elvans Rd SE</b> 10am - Sip & Chat/ Health Wellness 11am - Brain Busters 12pm - Lunch 1pm - Arts and Crafts	13. 10am - Social Hour <b>11am - Arts for the Aging</b> 12pm - Lunch 1pm - Fall Leaves Coloring	14. 10am - Greet & Meet 11am - Health Discussion 12pm - Lunch 1pm - Bingo
	 17. 10am - Greet & Meet 11am - Nutrition & Healthy Discussion 12pm - Lunch 1pm - Word Search	18. 10am- Greet & Meet/Health & Wellness <b>11am-Arts for the Aging 12pm - Lunch/SNAP ED W/Ms.Lockett</b> 1pm - Scrabble	19. 10am - Tea/Coffee Hour <b>10:30am- Group Counseling Session w/Maryanne (1.5)</b> 12pm - Lunch 1pm - Music Hour	20. 10am - Greet & Meet 11am - Health Topic 12pm - Lunch 1pm - Bingo	21. <b>Golden Corral 10:30am-1pm 1001 Shoppers Way, Largo, MD 20774</b> 10am- Greet & Meet/ Health & Wellness 11am - Music Hour 12pm - Lunch 1pm - Maze

					
	24. 10am - Greet & Meet <b>11am - Exercise w/ Rodney Jordan</b> 12pm - Lunch 1pm - Word Search	25. 10am - Greet & Meet/ Health Wellness 11am - Movie Hour 12pm - Lunch 1pm - Brain Buster	26. 10am - Greet & Meet <b>11am – Funky Fall Fete w/ Julia Heart Program</b> <b>12pm – Thanksgiving Luncheon</b> 1pm – Painting	27. <b>Dining Site Closed</b> 	28. 10am - Greet & Meet 11am – Health Discussion 12pm – Lunch 1pm – Brain Games

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