







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



	Monday	Tuesday	Wednesday	Thursday	Friday
 		1. 10am-Greet&Meet 11am-Movie Hour/ Get On Up 12pm-Lunch 1pm-Nutrition Ed/w Ms.Minor	2. 10am-Chew&Chat 11am-Word Search/ Memory Games 12pm-Lunch 1pm-Arts&Craft	3. 10am- Social Hour 11am-Social Hour /Group Discussion 12pm-Lunch 1pm- Music Hour	4. Burlington Coat Factory 3100 14th St NW, Washington D.C. 10am-12:30pm 10am- Coffee/Tea Time 11am- Coloring 12pm-Lunch 1pm- Scrabble/Table Games
	7. 10am- Social Hour 11am- Fitness w/Rodney 12pm-Lunch 1pm-Music Hour *12:30-2pm Pick Up Plus Produce Delivery	8. 10am- Greet & Meet 11am-Chair Yoga 12pm- LUNCH/Nutrition Ed w/ Ms. Minor 1pm- Art	9. 10am-Social Hour 11am- Monopoly/ Group 12pm-Lunch 1pm-Music Hour	10. 10am- Greet & Meet 10:30- Bingo 11:30am- Music 12pm-Lunch 1pm- Beanbag	11. 10am-Coffee/Tea Time 11am- Open Games 12pm-Lunch 1pm- Music Hour
	14. CLOSED 	15. 10am- Greet & Meet 11am- Craft & Art 11:30am- SNAP Education w/Ms.Lockett 12pm-Lunch 1pm- Table Maze	16. ROSES 3737 Branch Ave Hillcrest Heights, Md 10am-12:30pm 10am- Greet & Meet 11am- Open Discussion 12pm-LUNCH 1pm-Nutrition Ed/w Ms.Minor	17. 10am- Greet & Meet 11am- T.V. Game Show 12pm-Lunch 1pm- Art Hour/ Painting	18. 10am- Greet & Meet 11am- Puzzles 12pm-Lunch 1pm- Concentration



	<div>21.</div> <div>10am- Greet & Meet</div> <div>11am- Fitness w/Rodney</div> <div>12pm-Lunch</div> <div>1pm- Arts & Craft</div> <div>*12:30-2pm</div> <div>Pick Up Plus Produce Delivery</div>	<div>22.</div> <div>10am- EOTR Presentation/ w Ms. Sharon Smith</div> <div>11am- Maze</div> <div>12pm-Lunch</div> <div>1pm-Singing Songs/ (Oldies & Goodies)</div>	<div>23.</div> <div>Whitman Walker Max Robinson</div> <div>1201 Sycamore Dr SE Washington, DC 20032</div> <div>9:30am-2pm</div> <div>10am-Social Hour</div> <div>11am-Open Discussion</div> <div>12pm-Lunch</div> <div>1pm- Table Coloring</div>	<div>24.</div> <div>10am- Greet & Meet</div> <div>10:30am- Bingo</div> <div>11am- Card Games</div> <div>12pm-Lunch</div> <div>1pm- Tic- Tac-Toe</div>	<div>25.</div> <div>10am- Greet & Meet</div> <div>11am-Brain Buster Game</div> <div>12pm-Lunch</div> <div>1pm- Art</div>
	<div>28.</div> <div>10am- Social Hour</div> <div>11am- T.V. Game Show</div> <div>12pm-Lunch</div> <div>1pm- Group Discussion</div> <div>*12:30-2pm</div> <div>Pick Up Plus Produce Delivery</div>	<div>29.</div> <div>10am- Chew & Chat</div> <div>11am- Music Hour</div> <div>12pm- LUNCH/Nutrition Ed w/ Ms. Minor</div> <div>1pm- Table Checkers</div>	<div>30.</div> <div>National Gallery Of Art</div> <div>Sixth Street & Constitution Ave NW, Washington D.C.</div> <div>10am-12:30pm</div> <div>10am- Greet & Meet</div> <div>11am- Word Search</div> <div>12pm-Lunch</div> <div>1pm- Movie Time</div>	<div>31.</div> <div>10am- Health & Wellness</div> <div>11am- Domino/Table Games</div> <div>12pm-Lunch</div> <div>1pm- Chair Yoga</div>	

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