



EOTR Friendship Café/PT DHH

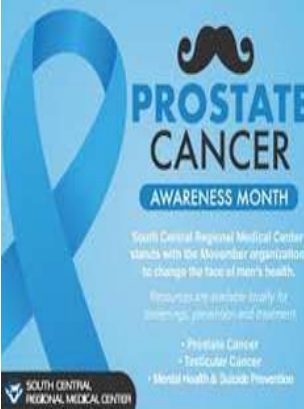
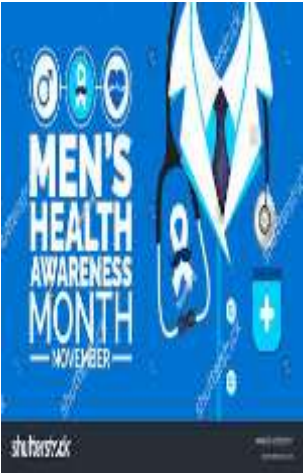

3440 Minnesota Ave SE

Recreation Coordinator Ciara Crawford 301-346-9139

November Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
 	3. KRC 4321 ORD ST NE (center closed) 10am – Coffee/Teatime 11am – Chair exercise 12pm – Nutrition Ed w/Ms. Minor 1pm- Calander Review	4. 10am -Body wise w/ UDC Ms. Vernette 11am- Science experiment 12pm- Lunch 1pm –Open Games	5. 10am - coffee/Teatime 11am – Spirit Club Fitness w/Chris 12pm – Lunch 1pm- Bingo	6. 10am -Body wise w/ UDC Ms. Vernette 12pm- Lunch 1pm- Table Talk: Do you think it's important to support the community during holidays?	7. Walmart 310 Riggs RD NE Washington, DC 20011 10:30 am -12pm 10am – Coffee/Teatime 11am- Chair exercises 12pm – Lunch 1pm-Open Games
	10. Bubble Planet Experience 10am- 1pm 524 Rode Island Ave NE WDC 20002 10am – Coffee/Teatime 11am- Comedy show/Popcorn 12pm –Lunch 1pm- Discussion of December trips	11. SITE CLOSED 	12. 10am – Health Promotion w/ERFSC Director of CEP Irwin Royster 11am – Spirit Club Fitness w/Chris 12pm – Lunch 1pm- Bean Bag toss/ Floor Game	13. 10am -Body wise w/ UDC Ms. Vernette 12pm – Lunch 1pm – Table Talk: What does the holidays mean to you?	14. 10am – Coffee/Teatime 10:30am- Group Counseling Session w/Maryanne (1.5) 12pm – Lunch 1pm- Open Games

 	<p>17. KRC 4321 ORD ST NE (center closed) 10am – Coffee/Teatime 11am- Chair yoga 12pm – Nutrition Ed w/Ms.Minor 1pm- adult coloring</p>	<p>18. 10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Social Time</p>	<p>19. 10am – Coffee/Teatime 11am – Spirit Club Fitness w/Chris 12pm – Lunch 1pm – Popcorn/ Open discussion</p>	<p>20. 10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm-Lunch 1pm- Table Talk: what's your favorite thanksgiving tradition</p>	<p>21. 10am – Coffee/Teatime 10:30am- Group Counseling Session w/Maryanne (1.5) 12pm – Lunch 1pm – Continue Movie Day</p>
	<p>24. Martha Table 2375 Elvans RD SE 10:30 am – 12:00 pm 10am - Coffee/Teatime 11am – Q-tip Art 12:00 - Lunch 1pm- Open Games</p>	<p>25. 10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Open games</p>	<p>26. 10am – Coffee/Teatime 11am – Spirit Club Fitness w/Chris 12pm – Thanksgiving Luncheon 1pm- Group Games</p>	<p>27. *Dining sites closed</p> 	<p>28. 10am – Coffee/Teatime 11am- Chair exercises 12pm – Lunch 1pm-Open Games</p>

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