


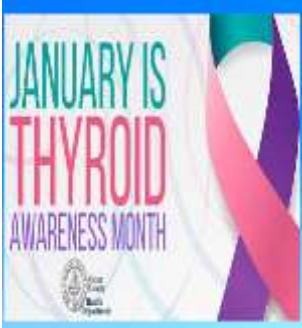





***EOTR Friendship Café/Arthur Capper January Activity Calendar 2026***  
***1000 5<sup>th</sup> ST SE Washington, DC 20020***  
***Recreation Coordinator Vivian Abdullah 301-580-0271***



	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1. SITE CLOSED</b> 	2. 10am-Coffee/Tea 10:30am-Welcome New Years & 2026 Health Goals 12pm – Lunch 1pm-Music Hour
	5. 10am-Coffee, Tea & Chat <b>10:30am-Group Mental Health Session w/Maryanne</b> 12pm-Lunch 1pm-Table Games	6. 10am-Sip&Chat 11am-Health Wellness “Cervical Cancer” 12pm-Lunch 1pm-Creative Art	7. 10am-Greet+Meet/Health Wellness 11am-Music Hour 12pm-Lunch 1pm-Resolution Cards	8. <b>Amish Market</b> <b>5030 Brown Station Rd.</b> <b>Upper Marlboro, MD 20747</b> <b>10am-1pm</b> 10am-Coffee/Tea 11am-Music Hour 12pm-Lunch 1pm-Coloring Pictures	9. 10am-Social Hour 11am-Health Wellness <b>12pm-Lunch/Nutrition Ed w/Ms. Minor</b> 1pm-Domino

	12. 10am-Coffee/Tea Hour <b>11am- Exercise w/Rodney Jordan</b> 12pm-Lunch 1pm-Music Trivia	13. 10am-Meet&Greet 11am-Movie Hour 12pm-Lunch 1pm-Word Search	14. <b>Roses Discount Store</b> <b>7706 Upper Marlboro Pike,</b> <b>Forestville, MD 20747</b> <b>10am-1pm</b> 10am-Coffee/Tea 11am-Group Health Discussion 12pm-Lunch 1pm-Craft Hour	15. 10am-Chew & Chat <b>11am-Health Promotion w/ Irwin Royster</b> 12pm-Lunch 1pm-Maze	16. 10am-Greet & Meet/Health Wellness 11am-Scrabble 12pm-Lunch 1pm-Checkers
	19. <b>CLOSED</b> 	20. 10am-Greet&Meet/ Health Wellness <b>11am-Pottery w/ EYL</b> 12pm-Lunch 1pm- MLK Day Trivia	21. 10am-Coffee/Tea Hour w/ Health Wellness <b>10:30am- Mental Health Session w/Crawford</b> 12pm-Lunch 1pm-Group Discussion	22. 10am-Social Hour <b>11am-Health Promotion w/ Irwin Royster</b> 12pm-Lunch 1pm-Bingo	23. 10am-Greet & Meet 11am-Health & Wellness 12pm-Lunch 1pm-Table Games
	26. 10am-Social Hour <b>11am- Exercise w/Rodney Jordan</b> 12pm-Lunch 1pm -Music Hour	27. 10am-Meet&Greet 11am-Movie Hour 12pm-Lunch 1pm-Word Search	28. 10am-Coffee/Tea w/ Health Wellness <b>10:30am- Mental Health Session w/Crawford</b> 12pm-Lunch 1pm-Connect Four	29. 10am-Greet&Meet <b>11am-Health Promotion w/ Irwin Royster</b> 12pm-Lunch 1pm-Domino	30. 10am-Social Hour 11am-Group Health & Wellness Discussion 12pm-Lunch 1pm- <b>BIRTHDAY CELEBRATION</b>

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