

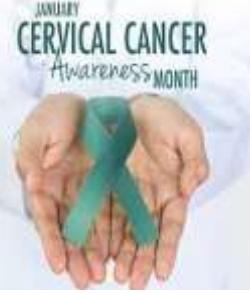


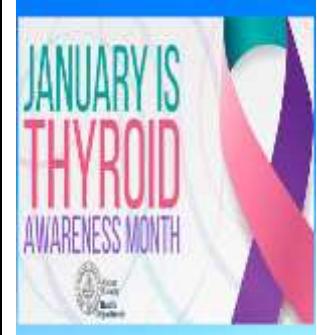
EOTR Friendship Café/Arthur Capper January Activity Calendar 2026

1000 5th ST SE Washington, DC 20020

Recreation Coordinator Vivian Abdullah 301-580-0271



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



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

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