



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

October Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
 		 LGBTQ History Month	1. 10am - Coffee/Tea Hour 11am - Health & Wellness 12pm - Lunch 1pm - Music Hour	2. 10am - Meet & Greet/Health & Wellness 11am - Fall Word Search 12pm - Lunch 1pm - Dominoes	3. 10am - Social Hour 11am - Tech Express Library 12pm - Lunch 1pm - Word Search
	6. 10am - Social Hour/Health & Wellness 11am - Open Discussion 12pm - Lunch 1pm - Connect Four	7. 10am - Greet & Meet 11am - Table Games 12pm -Lunch/Nutrition Education w Ms.Minor 1pm - Trivia	8. 10am - Sip & Chat/Health Wellness 11am - Chair Yoga 12pm – Lunch 1pm - Arts and Crafts	9. Amish Market 5030 Brown Station Rd. Upper Marlboro MD 20777 10am – 12:30pm 10am – Social Hour 11am – Group Discussions 12pm – Lunch 1pm – Fall Leaves Coloring	10. 10am - Greet & Meet 11am - Word Search 12pm - Lunch 1pm - Card Games
	13. SITE CLOSED 	14. 10am- Greet & Meet/ Health & Wellness 11am – Checkers 11:30 to 12:30- SNAP Ed w/ Ms. Lockett 12pm - Lunch 1pm - Scrabble	15. 10am - Tea/Coffee Hour 11am - Brain Games 11:30am to 12:30pm - Medication Management Presentation by DCATP 12pm - Lunch 1pm - Music Hour	16. 10am - Greet & Meet 11am - Word Search 12pm - Lunch 1pm - Bingo	17. Topgolf National Harbor 6400 Clipper Way Oxon Hill MD 20745 10:30am – 2pm 10am- Greet & Meet/ Health & Wellness 11am – Music Hour 12pm - Lunch 1pm - Maze



	20. 10am - Greet & Meet 11am - Tech Express Library 12pm - Lunch 1pm - Checkers	21. 10am - Greet & Meet/ Health Wellness 11am - Movie Hour 12pm - Lunch 1pm - Brain Buster	22. Roses Discount 7706 Marlboro Pike Forestville MD 20747 10am – 12:30pm 10am - Greet & Meet 11am - Art of Aging 12pm - Lunch 1pm - Coloring	23. 10am - Chew & Chat/ Health & Wellness 11am - Chair Yoga 12pm- Lunch 1pm - Creative Arts	24. 10am - Greet & Meet 11am - Crafts Hour 12pm - Lunch 1pm - Bingo
	27. 10am - Greet & Meet 11am - Exercise w/ Rodney Jordan 12pm - Lunch 1pm - Word Search	28. 10am - Chew & Chat/ Health & Wellness 11am - Connect Four 12pm -Lunch/Nutrition Education w Ms. Minor 1pm - Music Hour	29. 10am - Coffee/Tea Hour 11am - Bean Bag Toss 12pm - Lunch 1pm - Creative Arts/ Halloween Decorations	30. 10am - Social Hour/ Health & Wellness 11am - Brain Buster 12pm - Lunch 1pm - Music Hour	31. 10am - Greet & Meet 11am - Table Games 12pm - Lunch 1pm -Birthday Celebration

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