



EOTR Friendship Cafe / Arthur Capper
 1000 5th Street SE, Washington D.C 20003
 Community Dining Site Supervisor
 Linda Mahoney 202-904-4618
 Laura Napoleon, Program Manager 202-603-0132

DECEMBER 2022 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE NOTE: ZOOM Meeting ID # 951 4112 0645 CALL IN # 301-715-8592</p> <p>HAPPY BIRTHDAY TO ALL PARTICIPANTS CELEBRATING THIS MONTH!!!</p>  <p>Wearing a Facial Mask is Required for all Participants</p> <p>Proof of COVID19 Vaccination Required</p> 	<p>December is National Awareness Month for: World's AIDS Day - Dec 1 National Influenza Vaccination Week - Dec. 5- Dec. 11 International Day of Persons with Disability - Dec 3rd</p>			<p>1. 11:00am - Meet & Greet All New Participants 12:00pm-LUNCH TIME 1:00pm - Trip Sign Up 2:00pm-Care Coordinators (On-Site)</p>	<p>2. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Group Chat: Any Topic 2:00pm-Board / Card Games</p>
	<p>5. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Music Mediation 2:00pm-Line Dancing</p> 	<p>6. Bus Departs at 9:30am DC MAYOR'S SENIOR HOLIDAY CELEBRATION 10:00am-2:00pm DC ARMORY 2001 East Capitol Street SE</p>	<p>7. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-3:00pm Decorating the senior room for the holiday</p>	<p>8. 11:00am - Stretching Exercises 12:00pm - LUNCH TIME 1:00pm-Care Coordinators (On-Site) 2:00pm-Nutrition Education</p>	<p>9. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Holiday Recipes 2:00pm-Trivia Games</p>
	<p>12. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Tablet Training 2:00pm-Tablet Training</p>	<p>13. 11:00am - Group Chat 12:00pm - LUNCH TIME 1:00pm-Arts & Crafts (Paint & Sip) 2:00pm-Arts & Crafts (Paint & Sip)</p>	<p>14. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Trivia Game 2:00pm-Nutrition Education</p>	<p>15. 11:00am - Coffee / Tea Time 12:00pm - LUNCH TIME 1:00pm- MOVIE DAY 2:00pm-MOVIE DAY (Popcorn)</p>	<p>16. Bus Departs at 9:30am EOTR HOLIDAY PARTY FT. Stanton Recreation Center 10:00am - 2:00pm 1812 Erie Street SE</p>
	<p>19. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Arts & Crafts (Ornaments) 2:00pm - (Ornaments)</p> 	<p>20. TRIP TO DOLLAR TREE 11:00am - 1:30pm 3014 Donnell Drive, Forestville, MD 20747</p>	<p>21. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Oculus Virtual Reality 2:00pm-Oculus Virtual Reality</p>	<p>22. 11:00am - Music Meditation 12:00pm - LUNCH TIME 1:00pm-Bingo 2:00pm-Board / Card Games</p> 	<p>23. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Making Holiday Baskets 2:00pm- Making Holiday Baskets</p>
	<p>26. CENTER IS CLOSED CHRISTMAS HOLIDAY</p> 	<p>27. 11:00am - Coffee / Tea Time 12:00pm - LUNCH TIME 1:00pm-Bingo 2:00pm-Team Game: Pictionary</p>	<p>28. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-MOVIE DAY 2:00pm-MOVIE DAY (Popcorn)</p>	<p>29. TRIP TO AMISH MARKET 11:00am -1:30pm 5030 Brown Station Road Upper Marlboro, MD 20772</p>	<p>30. 11:00am - You Tube Fitness w/ Paul Eugene 12:00pm- LUNCH TIME 1:00pm-Arts & Crafts (Scrapbook Party) 2:00pm-New Year's Resolutions</p>

