



EOTR Friendship Café/Arthur Capper
1000 5th ST SE, Washington, DC 20020
Recreation Coordinator Vivian Abdullah 202-904-4618

December Activity Calendar 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
					<p>1. 10am-Holiday Greet& Meet Health Wellness 11am- Game Time 12pm-Lunch 1pm-Music Hour</p>
	<p>4. 10am-Holiday Greet& Meet Health Wellness 11am- Holiday Bingo 12pm- Lunch 1pm- Word Search</p>	<p>5. 10am- Greet & Meet Health Wellness 11am-Holiday Music 12pm-Lunch 1pm-Movie Time</p>	<p>6. 10am- Greet & Meet Health Wellness 11am- Holiday Cards 12pm- Lunch 1pm-Music</p>	<p>7.12 10am- Greet& Meet Health Wellness 11am-Nutrition Education w/Ms. Minor 12pm-Lunch 1pm-Music</p>	<p>8. 10am- Greet& Meet Health Wellness 11am-Holiday Wreath 12pm-Lunch 1pm-Puzzles</p>
	<p>11. 10am- Greet& Meet Health Wellness 11am- Fitness w/Rodney 12pm- Lunch time 1pm- Music</p>	<p>12. 10am- Greet & Meet Health Wellness 11am- Holiday Graft 12pm-Lunch 1pm-Games</p>	<p>13. 25th Annual Mayor's Senior Holiday Celebration 10am-2pm 2001 East ST SE , Washington, DC</p>	<p>14. 10am- Greet & Meet Health Wellness 11am-Metro Fitness 12pm-Lunch 1pm- Sing Holiday Songs</p>	<p>15. 10am- Greet & Meet Health Wellness 11am-TV Show Game 12pm-Lunch 1pm- Discussion Groups</p>

<p>Kindness is always fashionable, and always welcome.”— Amelia</p>	<p>18. 10am- Greet & Meet Health Wellness 11am-TV Game Show 12pm-Lunch 1pm- Holiday Pictures</p>	<p>19. Walmart 10am -12pm 6210 Annapolis Rd Landover Hills, Md 12pm-Lunch 1pm-Games</p>	<p>20. 10am- Greet & Meet Health Wellness 11am- Metro Fitness 12pm-Lunch 1pm- Art/Painting</p>	<p>21. 10am- Greet & Meet Health Wellness 11am- Nutrition Education w/Ms. Minor 12pm- Lunch 1pm-Connect Four</p>	<p>22. 10am- Greet & Meet Health Wellness 11am-Current Events 12pm-Lunch 1pm-TV Game Show</p>
	<p>25. </p>	<p>26. 10am- Greet & Meet Health Wellness 11:30am- SNAP-Ed Nutrition Session w/Ms. Lockett 12pm-Lunch 1pm-Holiday Poems/Sip and Paint</p>	<p>27. 10am- Greet & Meet Health Wellness 11am- Chair Yoga 12pm-Lunch 1pm-Game Time</p>	<p>28. US National Arboretum 10am-12:30pm 3501 New York Avenue NE Washington, DC 2002 12pm-Lunch 1pm-Trip Discussion</p>	<p>29. 10am- Greet & Meet Health Wellness 11am-Planting (flowers/vegetables) 12pm-Lunch 1pm- Chit Chat Holiday Music</p>

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