

EOTR Friendship Café / Arthur Capper 1000 5<sup>th</sup> ST SE Washington D.C. 20003 Community Dining Site Supervisor Linda Mahoney 202-904-4618

## **JANUARY 2023**

## **Activity Calendar**



Нарру	Monday	Tuesday	Wednesday	Thursday	Friday
Birthday to all clients celebrating	2. CENTERS CLOSED	3. <b>11:00am YouTube- Fitness</b> 12:00pm LUNCH TIME 1:00pm Card Games 2:00pm Open Game Time	4. 11:00am Teatime 12:00pm LUNCH TIME 1:00pm Bean Bag Toss 2:00pm Card Games	5. Martha's Table Produce Pick-Up 11:30am-1:30pm 2375 Elvans Road SE Washington, DC 20020	6. 11:00am Coffee Talk 12:00pm LUNCH TIME 1:00pm Movie Time 2:00pm Movie Time
this	9.	10.	11.	12.	13.
month!!!	11:00am Teatime 12:00pm LUNCH TIME 1:00pm Reading Club 2:00pm Reading Club	11:00am YouTube-Fitness 12:00pm LUNCH TIME 1:00pm Movie 2:00pm Movie Continued	Roses, Forman Mills 11:30am-12:30pm 7700 Marlboro Pike Forestville, MD 20747 Dollar Tree 12:50pm-1:45pm 3014 Donnell Drive Forestville, MD 20747	11:00am YouTube-Fitness 12:00pm LUNCH TIME 1:00pm Nutrition Education W/ Ms. Minor 2:00pm Bean Bag Toss	11:00am Teatime 12:00pm LUNCH TIME 1:00pm Card Games 2:00pm Open Game Time
Birthday DANUARY BORN Facial Masks are Required.	16. CENTER CLOSED MARTIN LUTHER King. Jr. Day	17. <b>11:00am Diabetes Prevention</b> Class <b>**Diabetes prevention class</b> <b>from 11am-1:30pm</b> <b>1:30pm LUNCH TIME</b> <b>2:30pm Exercise w/ Paul Eugene</b>	18. 11:00am Coffee Hour 12:00pm LUNCH TIME 1:00pm BINGO 2:00pm Remembering Dr. King	19. <b>11:00am YouTube- Fitness</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Movie Time</b> <b>2:00pm Movie Time continued</b>	20. Walmart Supercenter 11:30am-1:00pm 310 Riggs Rd NE Washington, DC 20011
Proof of vaccination required.	23. 11:00am Chat & Chew 12:00pm LUNCH TIME 1:00pm Site Decoration for Lunar New Year 2:00pm Bean Bag Toss	24. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm 1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	25. 11:00am Oculus Virtual Reality 12:00pm LUNCH TIME 1:00pm Oculus Virtual Reality 2:00pm Arts & Craft	26. <b>11:00am YouTube- Fitness</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Nutrition Education W/ Ms.</b> <b>Minor</b> <b>2:00pm Card Games</b>	27. Holocaust Remembrance Day Regal Gallery Place 11:00am-3:00pm 701 7th St NW, Washington, DC 20001 Ticket Price: \$11.66 Whitney Houston: I Wanna Dance with Somebody
Lunar New Year January 21 <sup>st</sup> -January 27 <sup>th</sup>	30. 11:00am Open Chat Time 12:00pm LUNCH TIME 1:00pm Paint & Sip 2:00pm Paint & Sip	31. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm 1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	CERVICAL CANCER -Awsreness Month 2022	January CelebrationsCelebration of life WeekCervical Health AwarenessNational Blood DonorNational Soup monthThyroid AwarenessHot Tea month	BLOOD DONOR MONTH

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