



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

January 2024 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
 	1. CLOSED 	2. 10am- Greet& Meet Health Wellness 11am-Resolution Cards 12pm- Lunch 1pm- Music Hour	3. 10am-Greet& Meet Health Wellness 11am- Metro Fitness 12pm- Lunch 1pm- Table Games	4. 10am-Greet& Meet Health Wellness 11am- Game Shows 12pm- Lunch 1pm- Coloring pictures M.LK	5. 10am-Greet& Meet Health Wellness 11am- Chair Yoga 12pm- Lunch 1pm- Word Search
	8. 10am-Greet& Meet Health Wellness 11am- Fitness w/Rodney 12pm- Lunch 1pm- Word Search	9. 10am-Greet & Meet Health 11am – Food Recipes 12pm-Lunch 1pm- Nutrition Education w/ Ms. Minor	10. 10am-Greet& Meet Health Wellness 11am- Bingo 12pm- Lunch 1pm- Arts & Craft	11. 10am-Greet& Meet Health Wellness 11am- Open Discussion 12pm- Lunch 1pm- Word Search	12. 10am-Greet& Meet Health Wellness 11am- M.L.K Painting 12pm- Lunch 1pm- Games
	15. CLOSED 	16. Color Purple Movie 12pm- 3:30pm Magic Johnson Movie Theater 800 Shopper Way Largo, Maryland 20774 10am-Coffee Hour 11am – Current Events 12pm-Lunch 1pm-Dancing	17. 10am-Greet& Meet Health Wellness 11am- Bingo 12pm- Lunch 1pm- Drawing pictures	18. 10am-Greet& Meet Health Wellness 11am- Movie Time 12pm- Lunch 1pm- Music Hour	19. 10am-Greet& Meet Health Wellness 11am- Write MLK's "I Have A Dream Speech on the Card" 12pm- Lunch 1pm- Word Search

<p>One small positive thought in the morning can change your whole day</p>	<p>22. 10am-Greet& Meet Health Wellness 11am- Fitness w/Rodney 12pm- Lunch 1pm- Word Search</p>	<p>23. 10am-Greet& Meet Health Wellness 11:30am- Game Time 12pm- Lunch 1pm- Puzzles</p>	<p>24. 10am- Greet& Meet Health Wellness 11am – Discussion on Legal Counsel for the elderly w/ Lillian McGilvery 12pm-Lunch 1pm- Painting</p>	<p>25. 10am-Coffee Hour 11am – Art 12pm- Lunch 1pm- Nutrition Education w/ Ms. Minor</p>	<p>26. PG Plaza 10am- 1pm 3500 East West Highway Hyattsville, Maryland 10am- Greet& Meet Health Wellness 11am – Open Discussion 12pm-Lunch 1pm- Games</p>
	<p>29. 10am- Greet& Meet Health Wellness 11am – TV Game Show 12pm-Lunch 1pm- Music Hour</p>	<p>30. 10am- Greet& Meet Health Wellness 11:30am – SNAP Ed w/Ms. Lockett 12pm-Lunch 1pm- Painting</p>	<p>31. 10am- Greet& Meet Health Wellness 11am – Game Hour 12pm-Lunch 1pm-January Birthday Celebration</p>		

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