





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

May Activity Calendar 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
 			1. 10am- Greet & Meet 11am- Arts for Aging 12pm-LUNCH 1pm-Puzzles	2. 10am-Sip & Chat 11am-Group Discussion 12pm-Lunch/Nutrition Education w Ms.Minor 1pm-Table Games	3. 10am- Greet & Meet 11am- Creative Art 12pm-Lunch 1pm- Maze
	6. 10am- Greet & Meet 11am- Brain Games 12pm-Lunch 1pm-Music Hour	7. 10am- Greet & Meet 11am- Painting 12pm-Lunch 1pm-Connect Four	8. Roses 10am-12:30pm 7706 Marlboro Pike, Forestville, MD 20747 10am-Greet & Meet/Health Wellness 11am- Arts for Aging 12pm-Lunch 1pm-Mother's Day Cards	9. 10am-Greet & Meet 10:30- Bingo 11:30am- Music 12pm-Lunch 1pm- Word Search	10. 10am- Greet & Meet 11am- Tech Express Library 12pm- Lunch 1pm- Mother's Day Flowers
	13. 10am- Greet & Meet 11am- Fitness w/ Rodney 12pm-Lunch 1pm- Scrabble	14. 10am- Greet & Meet 10:30am- Safety Chat w/ Officer Flash 11am- Table Games 12pm-Lunch 1pm- Trivia	15. 10am- Greet & Meet/Health Wellness 11am- Arts for Aging 12pm-Lunch 1pm- T.V. Shows	16. 10am- Greet & Meet 11am- Chair Yoga 12pm-Lunch 1pm- Music Trivia	17. Central Union 10am-1pm 3184 Bladensburg Road, NE Washington D.C. 10am- Greet & Meet 11am- Movie Hour 12pm-Lunch 1pm- Word Search

 <p>HAPPY BIRTHDAY MAY may your spirit be enriched in light, love, and hope for a prosperous year ahead.</p>	<p>20. 10am- Greet & Meet 11am- Tech Express Library 12pm-Lunch 1pm- Checkers</p>	<p>21. Older American Month 10am-2pm Matthews Memorial Church 2616 Martin Luther King Jr Washington, DC 20020</p>	<p>22. 10am-Social Hour 11am- Arts for Aging 12pm-Lunch 1pm- Coloring</p>	<p>23. African-American Museum 10am-12:30pm 400 Constitution Ave, NW Washington D.C. 20560 10am- Greet & Meet/Health Wellness 10:30am- Bingo 11:30am- Music 12pm-Lunch 1pm- Beanbag Contest</p>	<p>24. 10am- Greet & Meet 11am- Tech Express Library (One-on-One Computer) 12pm-Lunch 1pm-Potting Plants</p>
<p>27. CLOSED</p>  <p>MEMORIAL DAY REMEMBER AND HONOR</p>	<p>27. CLOSED</p>	<p>28. 10am- Greet & Meet/ Health Wellness 11am- Music Time 11:30am- Snap Education w/ Ms. Lockett 12pm-Lunch 1pm- Brain Buster Game/ Maze</p>	<p>29. Senior Fest 10am-3pm University of the District of Columbia 4200 Connecticut Avenue NW</p>	<p>30. 10am- Greet & Meet 11am- Brain Games 12pm-Lunch/Nutrition Education w/Ms.Minor 1pm- Concentration Game</p>	<p>31. 10am- Greet & Meet 11am- Arts & Craft 12pm-Lunch 1pm- Birthday Celebration</p>

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