






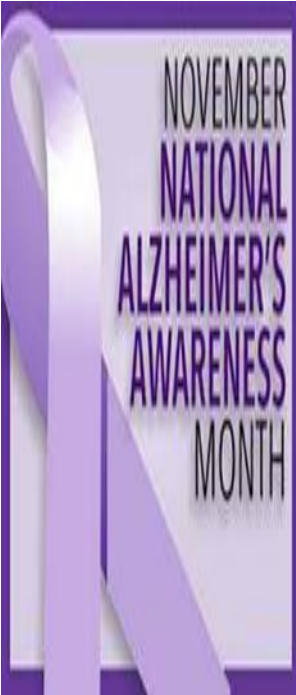

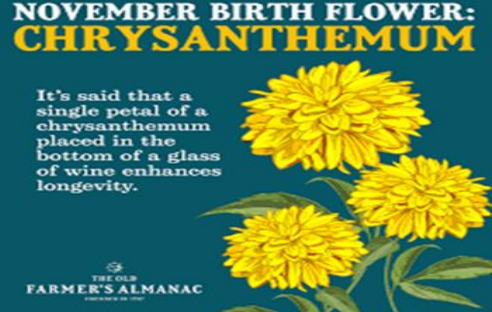


EOTR Friendship Café/Arthur Capper
1000 5th ST SE, Washington, DC 20020
Recreation Coordinator Linda Mahoney 202-904-4618

November Activity Calander 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAVE A HAPPY NOVEMBER!!</p> 			<p>1. 10am – Tea/ Coffee time 11am- Music Hour 12pm- Lunch time 1pm- Music Hour</p>	<p>2. 10am- Tea/ Coffee time 11am- Nutrition Education w/Ms.Minor 12pm- Lunch time 1pm – Music Hour</p>	<p>3. 10am- Tea/Coffee time 11am- Open Discussion 12pm- Lunch time 1pm- Music hour</p>
	<p>6. 10am-Tea/ Coffee time 11am- Fitness w/Rodney 12pm- Lunch time 1pm- Music hour</p>	<p>7. 10am- Tea/ Coffee time 11am- TV Game show 12pm- Lunch time 1pm- Write Thank You Letters</p>	<p>8. 10am Tea/Coffee time 11am -Music hour 12pm- Lunch time 1pm -TV Show Game Show</p>	<p>9. 10am- Tea/ Coffee time 11am- Merto Fitness 12pm- Lunch time 1pm - Music hour</p>	<p>10.</p> 
	<p>13. 10am- Tea/Coffee time 11am- Spirit of Fitness 12pm- Lunch time 1pm- Open games</p>	<p>14. 10am- Tea/coffee time 11am- Game Show time 12pm- Lunch time 1pm- Music hour</p>	<p>15. 10am- Tea/Coffee time 11am- Music hour 12pm- Lunch hour 1pm- Movie hour</p>	<p>16. 10am- Tea/Coffee time 11am - Nutrition Education w/Ms. Minor 12pm Lunch time 1pm TV Game Show</p>	<p>17.</p> <p>Martha's Table 10am-12pm 2375 Elvan's Rd SE WDC</p> <p>12pm- Lunch Time 1pm- Discussion Groups</p>

	<p>20. 10am- Tea/Coffee time 11am-Fitness w/Rodney 12pm- Lunch time 1pm-Life Story Exercises</p>	<p>21. 10am- Tea/Coffee time 11am- Music hour 12pm- Thanksgiving Luncheon 1pm- Current Events</p>	<p>22. Roses 10am-12pm 7706 Marlboro Pike Forestville, MD 20727 12pm- Lunch Time 1pm-Musical Ideas</p>	<p>23. CLOSED</p> 	<p>24. 10am-Tea/ Coffee time 11am- Metro Fitness 12pm- Lunch time 1pm- TV Game Show</p>
	<p>27. 10am- Tea/ Coffee time 11am- Spirit Fitness w/YouTube 12pm- Lunch time 1pm- Music hour</p>	<p>28. 10am- Tea/Coffee time 11:30am-SNAP ED w/Ms. Lockett 12:30pm- Lunch time 1pm- Movie hour</p>	<p>29. 10am- Tea/Coffee time 11am- Music hour 12pm- Lunch time 1pm- TV Game Show</p>	<p>30. 10am- Tea/Coffee time 11am- Tv Game Show 12pm- Lunch time 1pm-Light Exercise</p>	

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