








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

October Activity Calander 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
	2. 10:00am Coffee/Teatime 11:00am Spirit Fitness 12:00pm Lunch time 1:00pm Music time	3. 10:00am Coffee/Teatime 11:00am Music time 12:00pm Lunch time 1:00pm Chat & Chew	4. 10:00am- Coffee/Teatime 11:00am-Mental Health session w/Dr.Patrick Crawford 12:00pm 1:00pm Music hour	5. 10:00am 11:00am-coOPERATION w/Arts of the Aging 12:00pm 1:00pm Music hour	6. 10:00am-Teatime 11:00am- Movie Time 12:00pm- Lunch time 1:00pm- Music hour
	9. SITE CLOSED 	10. 10:00amTea/coffee time 11:00am Music hour 12:00pm Lunch 1:00pm Chat & Chew	11. 10:00am Coffee/ Teatime 11:00am-Mental Health session w/Dr.Patrick Crawford 12:00pm Lunch time 1:00pm Music hour	12. 10:00am Coffee/Teatime 11:00am-coOPERATION w/Arts of the Aging 12:00pm Lunch time 1:00pm Music hour	13. 10:00am Coffee/Teatime 11:00am Music hour 12:00pm Lunch time 1:00pm BINGO
	16. 10:00am Coffee/Teatime 11:00am Eugene fitness 12:00pm Lunch time 1:00pm Oldies & Goodies	17. 10:00am Coffee / Teatime 11:00am Music hour 12:00pm Lunch time 1:00pm – Movie Time	18. 10:00am Coffee/Teatime 11:00am-Mental Health session w/Dr.Patrick Crawford 12:00pm Lunch time 1:00pm – Nutrition Education w/Ms. Minor	19. 10:00am Coffee /Tea time 11:00am-coOPERATION w/Arts of the Aging 12:00pm Lunch time 1:00pm Music hour	20. Walmart Supercenter 10am -12pm 3549Russett Green E, Laurel Md 20724 12:00pm Lunch 1:00pm Music hour
	23. 10:00am Coffee/Teatime 11:00am Eugene fitness 12:00pm Lunch time	24. 10:00am Coffee/Teatime 11:00am- SNAP ed w/Ms. Lockett 12:00pm Lunch time	25. 10:00am Coffee /tea 11:00am-Mental Health session w/Dr.Patrick Crawford 12:00pm Lunch time	26. 10:00am Coffee/Tea time 11:00am-coOPERATION w/Arts of the Aging 12:00pm Lunch time	27. Golden Corral 10am -12pm 9600 Fort Meade Rd Laurel Md 20708 10:00am Coffee/Teatime

 <p>OCTOBER PREGNANCY AND INFANT LOSS Awareness month Remembering all the babies gone too soon</p>  <p>OCTOBER IS BREAST CANCER AWARENESS MONTH #GETOHEARD</p> <p>1 in 8 women 1 in 833 men in the United States will be diagnosed with breast cancer in their lifetime.</p> <p>There are over 3.5 million breast cancer survivors in the United States.</p> <p>1 in 3 women 1 in 4 men have suffered from some sort of domestic abuse whether physical, sexual, verbal or psychological.</p> <p>DOMESTIC VIOLENCE AWARENESS MONTH #BRIGHTHERSOLVING</p>	<p>1:00pm Music hour</p>	<p>1:00pm Music hour</p>	<p>1:00pm Music hour</p>	<p>1:00pm Music hour</p>	<p>11:00am Spirit fitness 12:00pm Lunch time 1:00pm Fall Festivity</p>
	<p>30. 10:00am Apple Cider 11:00am Music hour 12:00pm Lunch time 1:00pm Fall festivity</p>	<p>31. 10:00am Apple Cider tea 11:00pm Movie hour 12:00pm Lunch Time 1:00 pm Fall Festivity</p>			 <p>OCTOBER BIRTH FLOWER <i>Marigold</i> THE MARIGOLD SYMBOLIZES COMFORT, GRACE, JOY, GOOD LUCK AND GRATITUDE. IF YOUR BIRTH FLOWER IS MARIGOLD: YOU ARE SPIRITUAL AT TIMES. BY NATURE, YOU ARE GENTLE AND SENSITIVE. YOU LIKE PEACE AND HARMONY IN YOUR LIFE. YOU CAN BECOME A GOOD NEGOTIATOR AND HENCE A GREAT LEADER.</p>

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