
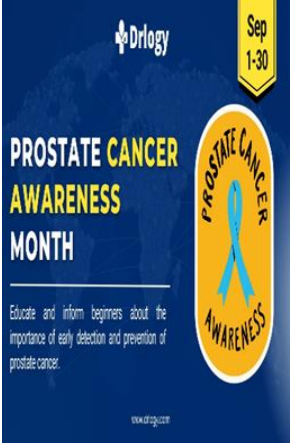




EOTR Friendship Café/Arthur Capper September Activity Calendar 2024
1000 5th ST SE Washington, DC 20020
Recreation Coordinator Vivian Abdullah 301-580-0271



	Monday	Tuesday	Wednesday	Thursday	Friday
 	2. CLOSED 	3. 10am- Coffee Hours 11am-Social Hour /Group Discussion 12pm-Lunch 1pm- Arts and Craft	4. 10am-Chew&Chat 11am-Arts for the Aging/Topic: More than Blues w/Miles Spicer 12pm-Lunch 1pm-Nutrition Ed/w Ms. Minor	5. Amish Market 5030 Brown Station Rd. Upper Marlboro 10am-12:30pm 11am-Social Hour /Group Discussion 12pm-Lunch 1pm- Music Hour	6. 10am- Coffee/Tea Time 10:30am- Group Mental Health Session w/Patrick Crawford(1.5) 12pm – Lunch 1pm- Scrabble/Table Games
	9. 10am- Social Hour 11am- Fitness w/Rodney 12pm-Lunch 1pm-Music Hour *12pm-2pm PICK UP PRODUCE PLUS DELIVERY	10. 10am- Greet & Meet 11am-Chair Yoga 12pm- Lunch 1pm- Art	11. 10am-Social Hour 11am-Arts for the Aging/Topic: More than Blues w/Miles Spicer 12pm-Lunch 1pm-Music Hour	12. RIO BUFFET 3745 Branch Ave, Hillcrest Heights, MD 10am-12:30pm 10am-Greet & Meet 10:30- Bingo 11:30am- Music 12pm-Lunch 1pm-Beanbag	13. 10am- Greet & Meet 11am- Tech Express Library 12pm- Lunch 1pm- EOTR Presentation/ w Ms. Sharon Smith

 	16. 10am- Social Hour 11am-Movie Hour 12pm-Lunch 1pm- Music Hour *12pm-2pm PICK UP PRODUCE PLUS DELIVERY	17. WAL-MART SUPERCENTER 10am-12:30pm 310 Riggs Rd NE, Washington, D.C. 20011 10am- Greet & Meet 11am- Table Games/ Checkers 12pm-Lunch 1pm- Table Maze	18. 10am- Greet & Meet/Health Wellness 11am-Arts for the Aging/Topic: More than Blues w/Miles Spicer 12pm-Lunch 1pm- T.V. Shows	19. 10am- Greet & Meet 11am- T.V. Game Show 12pm-Lunch 1pm-Nutrition Ed/w Ms. Minor	20. 10am- Greet & Meet 10:30am- Group Mental Health Session w/Patrick Crawford(1.5) 12pm-Lunch 1pm- Brain Games
	23. CLOSED FOR DISCRETIONARY DAY	24. 10am- Greet & Meet 11:30am- SNAP Education w/Ms. Lockett 12pm-Lunch 1pm-Singing Songs/ (Oldies & Goodies)	25. 10am-Social Hour 11am-Arts for the Aging/Topic: More than Blues w/Miles Spicer 12pm-Lunch 1pm- Table Coloring	26. 10am- Greet & Meet 10:30am- Bingo 12pm-Lunch 1pm- Tic- Tac-Toe	27. 10am- Greet & Meet 11am-Brain Buster Game 12pm-Lunch 1pm- Art and Crafts
	30. 10am- Social Hour 11am- T.V. Game Show 12pm-Lunch 1pm-BIRTHDAY CELEBRATION *12pm-2pm PICK UP PRODUCE PLUS DELIVERY				

--	--	--	--	--	--

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