

EOTR Friendship Café/PT Johnson December Activity Calendar 2023 3440 Minnesota Avenue NE, Washington, DC 20019 Recreation Coordinator George Marrow Sr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
Happy December Birthdays!		HIV AIDS AWARENESS MONTH	DECEMBER SEASONAL DEFRESSION AWARENESS MONITH S		1. 10am- Coffee Time 11am- Current Events 12pm- Lunch 1pm- Music Hour
Dittitudys.	4. 10am- Coffee Hour	5. 10am-BODYWISE w/UDC	6. 10am- Coffee Hour	7. 10am-BODYWISE w/UDC	8. 10am- Coffee Hour
	11am- Word Search 12pm- Bean bag Toss 1pm- Trivia	Ms. Vernette 11am- Puzzles 12pm-Lunch 1pm- Beanbag Toss	11am- SPIRIT Club 12pm-Lunch 1pm -Trivia	Ms. Vernette 11am-Bean Bag Toss 12pm- Lunch 1pm – Word Search	11am- Puzzles 12pm- Lunch 1pm- Open Board Games
Happy Holidays	11. 10am- Coffee Hour 11am- Puzzles	12. 10am- BODYWISE w/UDC Ms. Vernette	13. 25th Annual Mayor's Senior Holiday	14. 10am- BODYWISE w/UDC Ms. Vernette	15. 10am- Coffee Hour 11am- Word Search
	12pm- Lunch 1pm- Nutrition Education w/Ms. Minor	11am- Social Hour 12pm- Beanbag Toss 1pm- Cards	Celebration 10am-2pm 2001 East ST SE, Washington, DC	11am-Current Events 12pm- Lunch 1pm – Open Discussion	12pm- Bean bag Toss 1pm- Trivia

Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations.	18. 10am- Coffee Time 11am- Current Events 12pm- Lunch 1pm- Music Hour	19. 10am-BODYWISE w/UDC Ms. Vernette 11am- Puzzles 12pm-Lunch 1pm- Open Board Games	20. 10am- Coffee Hour 11am- SPIRIT Club 12pm-Lunch 1pm -Trivia	21. 10am- BODYWISE w/UDC Ms. Vernette 11am- Current Events 12pm- Lunch 1pm- Music Hour	22. 10am- Coffee Hour 11am- Puzzles 12pm- Lunch 1pm- Open Board Games
"Kindness is always fashionable, and always welcome."— Amelia Bar	Merry Christmas	26. 10am- BODYWISE w/UDC Ms. Vernette 11am-Music Hour 12pm-Lunch 1pm- Nutrition Education w/Ms. Minor	Walmart 10am-12pm 310 Riggs Rd Ne Washington, DC 20011 12pm- Lunch 1pm- Open Board Games	28. 10am- BODYWISE w/UDC Ms. Vernette 11am- Current Events 12pm- Lunch 1pm- Music Hour	10am- Coffee Time 11am- Current Events 12pm- Lunch 1pm- Music Hour

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