

## EOTR Friendship Café/PT Johnson November Activity Calander 2023 3440 Minnesota Avenue NE, Washington, DC 20019 Recreation Coordinator George Marrow Jr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday November Born	Give Thanks	Hello 1 November	1. 10am – Coffee Hour 11am- Movie Time 12pm- Lunch 1pm- Continued Movie Time	2. 10am-BODYWISE w/UDC Ms. Vernette 11am- Word Search 12pm- Lunch 1pm- Beanbag Toss	3. 10am- Coffee Time 11am- Current Events 12pm- Lunch 1pm- Music Hour
NOVEMBER NATIONAL ALZHEIMER'S AWARENESS MONTH	6.	7. 10am-BODYWISE w/UDC Ms. Vernette 11am- Puzzles 12pm-Lunch 1pm- Nutrition Education w/Ms. Minor	8. 10am- Coffee Hour 11am- SPIRIT Club 12pm-Lunch 1pm -Trivia	9. 10am-BODYWISE w/UDC Ms. Vernette 11am-Bean Bag Toss 12pm- Lunch 1pm – Word Search	VETERANS DAY
NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH	13. 10am- Coffee Hour 11am- Puzzles 12pm- Lunch 1pm- Open Board Games	14.  10am- BODYWISE  w/UDC Ms. Vernette  11am- Social Hour  12pm- Beanbag Toss  1pm- Cards	15.  Roses  10am-12pm  7706 Marlboro Pike  Forestville, MD 20727  12:30pm- Lunch time at the site  1pm- Music and Dance	16. 10am- BODYWISE w/UDC Ms. Vernette 11am-Current Events 12pm- Lunch 1pm – Open Discussion	17. 10am- Coffee Hour 11am- Word Search 12pm- Bean bag Toss 1pm- Trivia

HAVE A HAPPY NOVEMBER!!	20.	21. 10am-Coffee Hour 11am- Social Hour 12pm- Lunch time at the site 1:00pm- Nutrition Education w/Ms. Minor	22. 10am- Coffee Hour 11am- SPIRIT Club 12pm- Thanksgiving Luncheon 1pm- Open Talks	23. CLOSED  Sold HAPPy  Chank sgiving	24. 10am- Coffee Hour 11am- Puzzles 12pm- Lunch 1pm- Open Board Games
	27. 10am- Coffee Hour 11am- Current Events 12pm- Lunch 1pm- Trivia	28. 10am- BODYWISE w/UDC Ms. Vernette 11am-Thankful Discussion 12pm-Lunch 1pm- Life Story Exercises	Walmart 10am-12pm 6303 Richmond Highway Alexandria, Virginia 22306 12pm- Lunch 1pm- Social Hour	30.  10am- BODYWISE w/UDC  Ms. Vernette  11am- Current Events 12pm- Lunch 1pm- Music Hour	Lung Cancer Awareness

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