









EOTR Friendship Café/PT Johnson October Activity Calendar 2023
3440 Minnesota Avenue NE, Washington, DC 20019
Recreation Coordinator George Marrow Sr. 202-701-7394



	Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>1. 10am-Coffee Hour 11:00am-Arts and Craft 12:00pm- Luch 1:00pm- Open Talks</p>	<p>3. 10:00am – BODYWISE w/UDC Ms. Vernette 11:00am Social Hour 12:00pm- Lunch 1:00pm- Music Hour</p>	<p>4. 10:00am- Coffee Hour 11:00am- Movie Time 12:00pm-Lunch 1:00pm- Music and Dance</p>	<p>5. 10:00am – BODYWISE w/UDC Ms. Vernette 11:00am- Current Events 12:00pm- Lunch 1:00pm- Music Hour</p>	<p>6. 10am-Coffee Hour 11:00am-Word Search 12:00pm- Luch 1:00pm- Bean Bag Toss</p>	
		<p>9. 10:00am – BODYWISE w/UDC Ms. Vernette 11:00am- Current Events 12:00pm- Lunch 1:00pm- Music Appreciation</p>	<p>10. 10:00am – BODYWISE w/UDC Ms. Vernette 11:00am- Current Events 12:00pm- Lunch 1:00pm- Music Appreciation</p>	<p>11. 10:00am- Coffee Houe 11:00am- Nutrition Education w/Ms. Minor 12:00pm- Lunch 1:00pm- Movie</p>	<p>12. 10:00am – BODYWISE w/UDC Ms. Vernette 11:00am- Puzzles 12:00pm- Lunch 1:00pm- Music Hour</p>	<p>13. 10am-Coffee Hour 11:00am- Netflix Movie 12:00pm- Luch 1:00pm- Continue Netflix Movie</p>
	<p>16. 10am-Chat and Chew 11:00am- Beanbag Toss 12:00pm- Luch 1:00pm- Open Discussion</p>	<p>17. 10:00am – BODYWISE w/UDC Ms. Vernette 11:00am- Word Search 12:00pm- Lunch 1:00pm- Social Hour</p>	<p>18. Miller Farms 10am -12pm 10140 Piscataway Rd, Clinton Md 20735 12:00pm- Lunch 1:00pm- Current Events</p>	<p>19. 10:00am – BODYWISE w/UDC Ms. Vernette 11:00am- Puzzles 12:00pm- Lunch 1:00pm Crossword Puzzles</p>	<p>20. 10am-Current Events 11:00am- Coffee Hour 12:00pm- Luch 1:00pm- Trivia</p>	

 <p>OCTOBER PREGNANCY AND INFANT LOSS Awareness month Remembering all the babies gone too soon</p>		<p>24. 10:00am - BODYWISE w/UDC Ms. Vernetta 11:00am- Puzzles 12:00pm- Lunch 1:00pm- Oldies and Goodies</p>	<p>25. Roses 10am -12pm 7706 Marlboro Pike Forestville, MD 20727 12:00pm- Lunch 1:00pm- Continue Movie</p>	<p>26. 10:00am - BODYWISE w/UDC Ms. Vernetta 11:00am- Word Search 12:00pm- Lunch 1:00pm- Social Hour</p>	<p>27. 10am-Chat and Chew 11:00am- Current Events 12:00pm- Lunch 1:00pm- Crossword Puzzle</p>
 <p>OCTOBER IS BREAST CANCER AWARENESS MONTH 1 in 8 women 1 in 53 men in the United States will be diagnosed with breast cancer in their lifetime. There are over 3.5 million breast cancer survivors in the United States. DOMESTIC VIOLENCE AWARENESS MONTH 1 in 3 women 1 in 4 men have suffered from some sort of domestic abuse whether physical, sexual, verbal or psychological.</p>	<p>30. 10am-Coffee Hour 11:00am- Bean bag Toss 12:00pm- Lunch 1:00pm- Music</p>	<p>31. 10:00am - BODYWISE w/UDC Ms. Vernetta 11:00am- Arts and Crafts 12:00pm- Lunch 1:00pm- Current Events</p>			 <p>OCTOBER BIRTH FLOWER Marigold 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.