






***EOTR December Activity Calendar 2023***

*Paul Laurence Dunbar Friendship Café*

*2001 15<sup>th</sup> Street NW*

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
					<p>1. 10am- Tea time 11am- Table crafts 12pm- LUNCH 1pm- Music Hour</p>
	<p>4. 10am- Coffee Hour 11am- Chair fitness 12pm- Game (Bean bag Toss) 1pm- Brain game (Trivia)</p>	<p>5. 10am-Chat &amp;Chew 11am- life/ story time/reflection 12pm-Lunch 1pm-brain game (jeopardy)</p>	<p>6. 10am- Coffee hour 11am- Brain game (Name that tune) 12pm-Lunch 1pm - Financial Literacy</p>	<p>7. 10am-Chat&amp; Chew 11am- game (cards) 12pm- Lunch 1pm - Brain game (puzzles)</p>	<p>8. 10am- Tea Time 11am- Tech ED1 12pm- Lunch 1pm- Music hour</p>

   	<p>11.  <b>10am- Coffee Hour</b>  <b>11am- Nutrition Education</b>  <b>12pm- Lunch</b>  <b>1pm- Line dancing</b></p>	<p>12.  <b>10am-Chat &amp;Chew</b>  <b>11am- Game (Charades)</b>  <b>12pm- Lunch</b>  <b>1pm- Walk &amp; Talk</b></p>	<p>13.  <b>Excursion/Trip:</b>  <b>10am-2pm</b>  <b>Mayor Bower's 25<sup>th</sup></b>  <b>Senior Holiday</b>  <b>Celebration</b>  <b>2001 East Capitol Street</b>  <b>SE (Doors open at 9am)</b></p>	<p>14.  <b>10am-Coffee &amp; Conversation</b>  <b>11am-Chair fitness</b>  <b>12pm- Lunch</b>  <b>1pm-Vison board/ goal setting workshop</b></p>	<p>15.  <b>Excursion/ Trip: US Botanical Gardens</b>  <b>10am- Tea time</b>  <b>12pm- Lunch</b></p>
	<p>18.  <b>10am- Coffee Time</b>  <b>11am- Games (cards)</b>  <b>12pm- Lunch</b>  <b>1pm- Financial Literacy</b></p>	<p>19. <b>Excursion/Trip: Downtown Holiday Market</b>  <b>10am-Coffee hour</b>  <b>11am- Tech Education 2</b>  <b>12pm-Lunch</b>  <b>1pm- Music hour</b></p>	<p>20.  <b>10am- Tea Time</b>  <b>11am- Game (Bean Bag Toss)</b>  <b>12pm-Lunch</b>  <b>1pm -Walk &amp; Talk</b></p>	<p>21.  <b>10am-Tea Time</b>  <b>11am- Chair aerobics</b>  <b>12pm- Lunch</b>  <b>1pm- Brain Game (Jeopardy)</b></p>	<p>22.  <b>10am- Coffee Hour</b>  <b>11am- Journaling workshop</b>  <b>12pm- Lunch</b>  <b>1pm- Music Hour</b></p> 
	<p>25. <b>CLOSED</b></p> 	<p>26.  <b>10am-Tea time</b>  <b>1am-table crafts</b>  <b>12pm-Lunch</b>  <b>1pm- Centering/ calming activity (chair mediation/ chair yoga)</b></p>	<p>27.  <b>10am- Coffee Hour</b>  <b>11am- Brain games (puzzles)</b>  <b>12pm- Lunch</b>  <b>1pm- Centering calming activity (coloring activity)</b></p>	<p>28.  <b>10am-Tea Time</b>  <b>11am- Brain games (Current Events)</b>  <b>12pm- Lunch</b>  <b>1pm- Music Hour</b></p>	<p>29.  <b>10am- Coffee Time</b>  <b>11am- Journaling workshop</b>  <b>12pm- Lunch</b>  <b>1pm- Music Hour</b></p>