



**EOTR Friendship Café/PT DHH**  
**3440 Minnesota Ave SE**  
**Recreation Coordinator Ciara Crawford**

**October Activity Calendar 2025**



|  | Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                  | Wednesday                                                                                                                                                                 | Thursday                                                                                                                                                          | Friday                                                                                                                                                                                   |
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|  |                                                                                                                                                                                                                                                     |                                                                                                                                                                                          | <b>1.</b><br>10am – Coffee/Teatime<br><b>11am – Spirit Fitness with Chris</b><br>12pm – Lunch<br><b>12:30pm- EYL 365 Project-Art Installation</b><br>1pm- Calander Review | <b>2.</b><br><b>10am - Body wise w/ UDC Ms. Vernette</b><br>11am- Coffee/ Teatime<br>12pm- Lunch<br>1pm- Table Talk: Do you celebrate Halloween ?                 | <b>3.</b><br>10am – Movie Time<br><b>11am- Legal Counsel of the Elderly</b><br>12pm – Lunch<br>1pm-Continue Movie Day                                                                    |
|  | <b>6.</b><br><b>KRC</b><br><b>4321 Ored ST NE</b><br><b>(CENTER CLOSED)</b><br><br>10am – Coffee/Teatime<br><b>10:30am- EYL 365 Project-Fabric Art</b><br><b>12pm -Lunch/Nutrition Education w Ms. Minor</b><br>1pm- Discussion of next month trips | <b>7.</b><br><b>KRC</b><br><b>4321 Ored ST NE</b><br><b>(CENTER CLOSED)</b><br><br><b>10am -Body wise w/ UDC Ms. Vernette</b><br>11am- Open Discussion<br>12pm- Lunch<br>1pm –Open Games | <b>8.</b><br>10am – Coffee/Teatime<br><b>11am – Spirit Fitness with Chris</b><br>12pm – Lunch<br><b>12:30pm- EYL 365 Project-Art Installation</b><br>1pm- Word Search     | <b>9.</b><br><b>10am -Body wise w/ UDC Ms. Vernette</b><br>11am- Coffee/ Teatime<br>12pm – Lunch<br>1pm – Table Talk: What are some things you need support with? | <b>10.</b><br><b>Botanical Gardens</b><br><b>100 Maryland Avenue SW</b><br><b>10:30 AM-12:00 PM</b><br><br>10am – Coffee/Teatime<br>11am-Current News<br>12pm – Lunch<br>1pm- Open Games |

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|   | <p>13.</p> <p><b>* Dining site closed *</b></p>                                                                                                                                        | <p>14.</p> <p><b>10am -Body wise w/ UDC Ms. Vernette</b></p> <p><b>11am- Ways to Protect Your Savings w/Chase Bank Community Manager Aja</b></p> <p>12pm- Lunch</p> <p>1pm- Social Time</p> | <p>15.</p> <p>10am – Coffee/Teatime</p> <p><b>11am – Spirit Fitness with Chris</b></p> <p>12pm – Lunch</p> <p>1pm – What would you do? film</p> | <p>16.</p> <p><b>10am -Body wise w/ UDC Ms. Vernette</b></p> <p>11am- Coffee/ Teatime</p> <p>12pm-Lunch</p> <p>1pm- Table Talk: What was your first job ?</p>               | <p>17.</p> <p>10am – Coffee/Teatime</p> <p><b>11am- Medication Management Presentation by DCATP</b></p> <p>12pm – Lunch</p> <p>1pm –Open games</p>                                                                                                            |
|                                                                                                                                                                      | <p>20.</p> <p><b>KRC</b></p> <p><b>4321 Ored ST NE</b></p> <p><b>(CENTER CLOSED)</b></p> <p>10am – Coffee/Teatime</p> <p><b>10:30am- EYL 365 Project – Enviornmental Art</b></p> <p><b>12pm -Lunch/Nutrition Education w Ms. Minor</b></p> <p>1pm- finish the Lyric</p> | <p>21.</p> <p><b>10am -Body wise w/ UDC Ms. Vernette</b></p> <p>11am- Coffee/ Teatime</p> <p>12pm- Lunch</p> <p>1pm-Oculus Day</p>                                                          | <p>22.</p> <p>10am – Coffee/Teatime</p> <p><b>11am – Spirit Fitness with Chris</b></p> <p>12pm – Lunch</p> <p>1pm- True or False</p>            | <p>23.</p> <p><b>10am -Body wise w/ UDC Ms. Vernette</b></p> <p>11am – Coffee/Teatime</p> <p>12pm-Lunch</p> <p>1pm- Table Talk – What did your family values teach you?</p> | <p>24.</p> <p><b>Anacostia Community Museum</b></p> <p><b>1901 Fort Place SE</b></p> <p><b>Washington, DC 20020</b></p> <p><b>10:30 AM –12:00 PM</b></p> <p>10am – Coffee/Teatime</p> <p>11am-Flower painting</p> <p>12pm – Lunch</p> <p>1pm- Social Time</p> |
|                                                                                                                                                                      | <p>27.</p> <p>10am – Coffee/Teatime</p> <p><b>10:30am- EYL 365 Project- Fabric Art</b></p> <p>12pm-Lunch</p> <p>1:00pm- social time</p>                                                                                                                                 | <p>28.</p> <p><b>10am -Body wise w/ UDC Ms. Vernette</b></p> <p>11am- Coffee/ Teatime</p> <p>12pm- Lunch</p> <p>1pm- Adult coloring</p>                                                     | <p>29.</p> <p>10am – Coffee/Teatime</p> <p><b>11am – Spirit Fitness with Chris</b></p> <p>12pm – Lunch</p> <p>1pm- Science Project</p>          | <p>30</p> <p><b>10am -Body wise w/ UDC Ms. Vernette</b></p> <p>11am- Coffee/ Teatime</p> <p>12pm- Lunch</p> <p>1pm- Table Talk: What does happiness mean to you ?</p>       | <p>31</p> <p><b>10am – Seabury</b></p> <p><b>Transportation: Grocery Shuttle Trip: Walmart Alexandria VA 10AM-1PM</b></p>                                                                                                                                     |

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