






EOTR Friendship Café/Arthur Capper
1000 5th ST SE Washington, DC 20020
Recreation Coordinator Vivian Abdullah 301-580-0271

August Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
 					1. 10am-Coffee/Tea Time Health Wellness 11am-Brain Buster 12pm-Lunch 1pm-Music Hour
	4. 10am-Greet & Meet 11am-Word Search 12pm-Lunch 1pm – Moving with the World/ Arts for the Aging w/ Anetta Dexter Sawyer	5. 10am-Sip & Chat 10:30am- Mental Health Session w/ Dr. Crawford(1.5) 12pm-Lunch 1pm-Domino	6. Roses Discount Store 3737 Branch Ave, Hillcrest Heights, MD 20748 10am-12:30pm 10am-Greet & Meet 11am-Group Discussion 12pm-Lunch 1pm-Music Hour	7. 10am-Social Hour 11am-Health Wellness 12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor 1pm-Card Games	8. 10am-Chew & Chat 10:30am- Group Counseling Session w/Maryanne (1.5) 12pm-Lunch 1pm-Scrabble

   	11. 10am-Chew & Chat 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm-Word Search	12. 10am-Greet & Meet/Health Wellness 11am-Craft Hour 12pm-Lunch 1pm-Connect Four	13. 10am-Social Hour/ Health Wellness 11am-Chair Yoga 12pm-Lunch 1pm-Music Hour	14. 10am-Sip & Chat/Health Wellness 11am- Plenty of Games 12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor 1pm- Open Discussion	15. 10am-Social Hour/ Health Wellness 11am-Motown Musical Chairs w/ Julia's Heart 12pm-Lunch 1pm-Music Hour
	18. 10am-Social Hour 11am-Checkers 12pm-Lunch 12:45pm- Original Medicare vs Medicare Advantage w/ Legal Counsel for the Elderly	19. B-Thrifty 4917 Allentown Rd, Camp Springs, MD 20746 10am-12:30pm 10am-Greet & Meet 11am-Tic-Tac-Toe 12pm-Lunch 1pm-Line Dance	20. 10am-Chew & Chat 11am- Pottery Session w/EYL Project 12pm-Lunch 1pm-Music Hour	21. 10am-Greet & Meet 11am-Table Art & Craft 12pm- Lunch 12:30- Help Avoid Fraud and Scams as you Age with Aja from Morgan Chase Bank	22. 10am-Social Hour 11am- Natural Disaster Workshop with JC Cruz from Homeland Security 12pm-Lunch 1pm-Art
	25. 10am-Greet & Mee 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm – Moving with the World/ Arts for the Aging w/ Anetta Dexter Sawyer	26. 10am-Sip & Chat 11am-Art + Craft 12pm-Lunch 1pm-Music Hour	27. 10am-Greet & Meet/ Health Wellness 11am-Bean Bag Toss 12pm-Lunch 1pm-Music Hour	28. 10am-Social Hour/ Health Wellness 10:30am- Group Counseling Session w/Maryanne(1.5) 12pm-Lunch 1pm-Word Search	29. SITE CLOSED DISCRETIONARY DAY

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