



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

**March Activity Calendar 2026**



	Monday	Tuesday	Wednesday	Thursday	Friday
  	<p>2.            10am-Coffee/Tea hour  <b>11am-Paint &amp; Sip w/EYL Project</b>            12pm-Lunch            1pm-Health Wellness</p>	<p>3.            10am-Coffee/Tea  <b>10am-Eye Screening w/Prevention of Blindness</b>            12pm-Lunch            1pm-Music Hour</p>	<p>4.            10am-Social Hour/Health Wellness            11am- Open Discussion            12pm-Lunch            1pm-Domino</p>	<p>5.            10am-Chew &amp; Chat            11am-Health &amp; Wellness  <b>12pm-Luch/Nutrition Ed w/Ms.Minor</b>            1pm-Word Search</p>	<p>6.            10am-Greet &amp; Meet/Health Wellness            11am-Checkers            12pm-Lunch            1pm-Music</p>
	<p>9.            10am-Greet &amp; Meet/Health Wellness  <b>11am-Exercise w/Rodney Jordan</b>            12pm-Lunch            1pm-Brain Buster Games</p>	<p>10.            10am-Chew &amp; Chat/Health Wellness            11am-Word Search            12pm-Lunch            1pm-Connect Four</p>	<p>11.            10am-Coffee/Tea w/Health Wellness            11am-            12pm-Lunch            1pm-Trivia</p>	<p>12.            10am-Coffee and  <b>11am- Get Jiggy with Jazz w/ Julia Heart Program</b>            12pm-Lunch  <b>1pm- National Nutrition Month Eat Right on a Budget</b></p>	<p>13.  <b>Golden Corral</b>  <b>1001 Shoppers Way</b>  <b>Largo, MD</b>  <b>10am-1pm</b>  <b>11:30am-Health Promotion w/Irwin Royster</b>            10am-Coffee/Tea Hour/Health Wellness            11am-Table Games            12pm-Lunch            1pm-Music Hour</p>

	<p>16. 10am-Social Hour/Health Wellness 11am-Group Discussion 12pm-Lunch 1pm-Word Search</p>	<p>17. 10am-Greet &amp; Meet <b>11am-Mental Health Session w/Maryanne</b> 12pm-Lunch 1pm-Dance/ Movement</p>	<p>18. 10am-Greet &amp; Meet/Health Wellness <b>11am- National Nutrition Month Word Search &amp; Fact/Fiction (Prize)</b> 12pmLunch 1pm-Music</p>	<p>19. 10am-Social Hour 11am-Monopoly 12pm-Lunch 1pm-Trivia</p>	<p>20. 10am-Greet &amp; Meet/Health Wellness 11am-Maze <b>12pm-Luch/Nutrition Ed/w Ms. Minor</b> 1pm-Music</p>
	<p>23. 10am-Coffee/Tea Hour <b>11am-Exercise w/Rodney Jordan</b> 12pm-Lunch 1pm-Creative Art</p>	<p>24. 10am-Coffee/Tea w/Health Wellness <b>11am-Mental Health Session w/Maryanne</b> 12pm-Lunch <b>12:30pm-SNAP Ed w/Lockett</b> 1pm-Music</p>	<p>25. <b>Dollar Tree</b> <b>850 Largo Center Dr.</b> <b>Largo, MD 20774</b> <b>10am-1pm</b> 10am-Greet &amp; Meet/Health Wellness 11am-Art 12pm-Lunch 1pm-Group Discussion</p>	<p>26. 10am- Greet &amp; Meet <b>11am-Health Promotion w/Irwin Royster</b> 12pm-Lunch 1pm-Craft Hour</p>	<p>27. <b>SITE CLOSED</b> <b>DISCRETIONARY DAY</b> <b>(ALL STAFF TRAINING)</b></p>
	<p>30. 10am-Social Hour/Health Wellness <b>11am- National Nutrition Month: 20 Healthy Tip</b> 12pm-Lunch 1pm-Music Hour</p>	<p>31. 10am-Greet &amp; Meet/Health Wellness <b>11am-Mental Health Session w/Maryanne</b> 12pm-Lunch <b>1pm-Birthday Celebration</b></p>			

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

