



EOTR SENIOR HEALTH & WELLNESS PROGRAM
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October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October is National Awareness Month for: American Heritage Month Breast Cancer Awareness National Domestic Violence Awareness National AIDS Awareness National Dental Hygiene	October is National Awareness Month for: National Bullying Prevention Awareness Month National Physical Therapy National Crime Prevention World Hunger Awareness	1. 	2. 	3. 	
6.	7.	8. Pumpkin Patch 10:30am-2pm Montpelier Farm 1720 North Crain Hwy Upper Marlboro, MD 20774 13 seniors from Kenilworth	9.	10.	
13. Office is closed 	14.	15.	16.	17. Top Golf 6400 Clipper Way, Oxon Hill, MD 20745 10:30am -2pm 25 seniors from WSWC & Arthur Capper	
20.	21. 	22.	23. Buffet at Flaming Grill 6051 Oxon Hill Rd, MD 20745 10:30am-1pm 18 seniors from Knoxville	24.	

27.	28. HalloBowl 10:30am-2pm 4601 Cooper LN, Hyattsville MD 20784 13 seniors from Mayfair	29. Holistic Horsemanship 8:30am-2pm 18815 Lincoln Road Purcellville, VA 20132 22-25 seniors from WSWC	30.	31.
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living