







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

April Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
  			1. 10am - Greet & Meet/ Health Wellness 11am – Word Search 12pm – Lunch 1pm – Music Hour	2. 10am - Greet & Meet/ Health Wellness 11am - Bingo 12pm –Lunch/Nutrition Benefits & Egg Safety Trivia w/ Ms. Minor 1pm – Spring Art Coloring	3. 10am - Coffee/Tea Hour & Health Wellness 11am –Nature Songs w/Yaya from Arts for the Aging 12pm - Lunch 1pm – Chair Yoga
	6. 10am - Greet & Meet/ Health Wellness 10:30am to 12pm– Mental Health Sessions w/Maryanne (1.5) 12pm - Lunch 1pm - Trivia	7. PG Plaza 3500 East-West Highway Hyattsville, MD 20782 10:30am – 1pm 10am - Greet & Meet/ w Health Wellness 11am – Word Search 12pm – Lunch 1pm – Music Hour	8. 10am - Greet & Meet/ Health Wellness 11am – Pottery Fun w/EYL Project 12pm - Lunch 1pm - Monopoly	9. 10am – Coffee/Tea Hour & Health Wellness 11am - Health Promotion w/ Irwin Royster 12pm – Lunch 1pm – Word Search	10. 10am - Greet & Meet 11am - Health & Wellness Renew & Rejuvenate w/Julia’s Heart Program 12pm - Lunch 1pm - Group Discussion w/ Music
	13. 10am - Coffee/Tea Hour & Health Wellness 11am - Exercise w/ Rodney Jordan 12pm – Lunch 12:30pm to 2pm – Mental Health Sessions w/Maryanne (1.5)	14. 10am – Meet & Greet w/ Health Wellness 11am – Arm/ Leg Movement 12pm - Lunch 1pm – Music Discussion	15. 10am – Meet & Greet w/ Health Wellness 11am-How Can I Manage Stress (Health Discussion) 12pm - Lunch 1pm - Music Hour	16. Dining Site Closed 	17. 10am- Greet & Meet/ Health & Wellness 11am –Nature Songs w/Yaya from Arts for the Aging 12pm - Lunch 1pm - Music

	<p>20. 10am - Greet & Meet 11:30am – Walk With Ease w/Ms. Lockett 12pm - Lunch 1pm – Group Discussion/ Music</p>	<p>21. 10am - Coffee/Tea Hour & Health Wellness 11:30am – Walk With Ease w/Ms. Lockett 12pm - Lunch 1pm – Music Hour</p>	<p>22. 10am – Coffee/Teatime 11am – Autism Awareness for Grandparents 12pm - Lunch 1pm - Maze</p>	<p>23. Dutch Village 5303 Brown Station Rd Upper Marlboro, MD 20772 10:30am to 1pm 10am – Greet & Meet/ Health Wellness 11am- Hand movement 12pm - Lunch 1pm - Creative Art</p>	<p>24. 10am - Coffee/Tea Hour & Health Wellness 11:30am to 12:30pm- SNAP ED w/Lockett 12pm - Lunch 1pm – Music Hour</p>
	<p>27. 10am – Greet & Meet/ Health Wellness 11am - Exercise w/ Rodney Jordan 12pm – Lunch 12:30pm to 2pm – Mental Health Session w/Maryanne (1.5)</p>	<p>28. 10am – Coffee/Tea Hour & Health Wellness 11am - Movie 12pm - Lunch 1pm - Domino</p>	<p>29. 10am – Greet & Meet/ Health Wellness 11am – Word Search 12pm - Lunch 1pm – Table Games</p>	<p>30. 10am – Coffee/Tea Hour 11am – Health Promotion w/ Irwin Royster 12pm – Lunch/Food Labels Discussion w/Ms. Minor 1pm – Checkers <i>Birthday Celebrations</i></p>	

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