






EOTR Friendship Café/Arthur Capper
1000 5th ST SE Washington, DC 20020

Recreation Coordinator Vivian Abdullah 301-580-0271

March Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
	3. 10am-Social Hour 11am-Chair Yoga 12pm-Lunch 1pm-Word Search	4. 10am-Greet & Meet 11am-Music Trivia 12pm-Nutriton Education w Ms. Minor/Lunch 1pm-Painting Hour	5. 10am-Chew & Chat 11am-Art 12pm-Lunch 1pm-Music Hour	6. 10am-Greet & Meet 11am-Bingo 12pm- Lunch 1pm-Music	7. Super Walmart 6303 Richmond Hwy Alexandria, VA 22306 10am-12:30pm 10am-Social Hour 11am-Word Search 12pm – Lunch 1pm-Music Hour
	10. 10am-Greet & Meet 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm-Table Games	11. 10am-Greet & Meet 11am-Open Discussion 11:30am-Snap Ed w/ Ms. Lockett 12pm-Lunch 1pm-Music Hour	12. 10am-Greet&Meet 11am-Chair Yoga 12pm-Lunch 1pm-Social Time	13. 10am-Social Hour 11am- Open Discussion 12pm-Lunch 1pm-Connect Four	14. 10am-Greet & Meet 10:30am- Mental Health Session w/Dr.Crawford 11am-Art 12pm-Lunch 1pm-Craft Hour
	17. Happy St. Patrick's Day 10am-Chat & Chew 11am-Brain Buster 12pm-Lunch 1pm-Music Hour	18. 10am-Greet & Meet 11am- Presentation by Legal Counsel for the Elderly 12pm-Lunch 1pm-Chair Yoga	19. 10am-Social Hour 11am- Sleep Health Tips 12pm-Lunch 1pm-Trivia	20. 10am- Meet &Greet 11am-Bingo 12pm-Lunch 1pm- Arm Lifting Exercises	21. Forman Mills 3745 Branch Ave. Hillcrest, MD 20748 10am-12:30pm 10am-Chew & Chat 11am-Bean Bag 12pm-Lunch 1pm-Music Hour



	24.o 10am-Greet&Meet 11am- Exercise w/Rodney Jordan 12pm-Nutriton Education w Ms. Minor/Lunch 1pm-Maze	25. 10am- Social Hour 11am- Table Games 12pm-Lunch 1pm-Music	26. 10am-Tea/Coffee Hour 11am-Bean Bag 12pm-Lunch 1pm-Chair Yoga	27. 10am-Chew & Chat 11am-Open Games 12pm-Lunch 1pm-Word Search	28. 10am-Tea/Coffee Hour 11am-Tech Express Library 12pm-Lunch 1pm-BIRTHDAY CELEBRATION
	31. 10am-Greet & Meet 11am-Domino 12pm-Lunch 1pm-Music Hour				

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