



EOTR Friendship Café/Arthur Capper December Activity Calendar 2025
1000 5th ST SE Washington, DC 20020
Recreation Coordinator Vivian Abdullah 301-580-0271



	Monday	Tuesday	Wednesday	Thursday	Friday
  	<p>1. 10am-Social Hour 10:30- Group Mental Session w/Maryanne (1.5) 12pm-Lunch 1pm- December Calendar Discussion</p>	<p>2. 10am-Greet&Meet/ Health Wellness 11am-Golden Hour w/ Julia's Heart 12pm-Lunch 1pm-Brain Buster Activity</p>	<p>3. 10am-Chat & Sip 10:30- Group Mental Session w/Crawford 12pm-Lunch 1pm-Word Search</p>	<p>4. 10am-Coffee/Tea Hour 11am-Table Games 12pm-Lunch/Nutrition Ed w/Ms. Minor 1pm-Music Hour</p>	<p>5. 10am-Greet & Meet Health Discussions 11am- Transportation Training Session w/Capitol Hill Village 12pm-Lunch 1pm-Music Hour</p>
	<p>8. 10am-Coffee/Tea Hour 11am-Fitness w/Rodney 12pm-Lunch 1pm-Brain Buster Games w/ Music</p>	<p>9. PG Plaza Mall 3500 East-West Hwy Hyattsville, MD 20782 10am-1pm 10am-Meet & Greet 11am-Trivia 12pm-Lunch 1pm-Music Hour (Holiday)</p>	<p>10. 10am-Greet & Meet/ Health Wellness 10:30- Group Mental Session w/Crawford 12pm-Lunch 1pm-Holiday Music</p>	<p>11. 10am-Coffee/Tea Hour 11am- Find Your Rhythm w/Arts of the Aging 12pm-Lunch/SNAP ED W/Ms.Lockett 1pm-Creative Art</p>	<p>12. 10am-Chat & Chew + Sip (Apple Cider, Popcorn) 11am-Tic-Tac-Toe 12pm-Lunch 1pm-Legal Counsel for the Elderly(Health Promotion)</p>
	<p>15. 10am- Greet & Meet/ Health Wellness 11am- Find Your Rhythm w/Arts of the Aging 12pm-Lunch 1pm-Holiday Crafts (Hanukkah)</p>	<p>16. Super Center Walmart 7910 Richmond Hwy, Sherwood Lane Alexandria,VA 10am-1pm 10am-Greet & Meet Health Discussion 11am- Brain Games 12pm-Lunch 1pm-Monopoly</p>	<p>17. Mayor' Senior Holiday Celebration Southeast Tennis & Learning Ctr 701 Mississippi Ave SE 9am to 2pm</p>	<p>18. 10am-Greet & Meet/ Group Discussion 11am- Health Promotion w/Irwin 12pm-Lunch 1pm-Music Hour</p>	<p>19. 10am-Greet & Meet Health Discussions 11am-Maze 12pm-Lunch 1pm-Word Search</p>

	<p>22. 10am-Coffee/Tea Hour 11am- Fitness w/ Rodney 12pm-Lunch 1pm-Group Discussion</p>	<p>23. 10am-Greet & Meet/ Health Wellness 11am- “Paint & Sip” w/EYL Project 12pm-Lunch 1pm-Festive Hour Songs/Dance</p>	<p>24. 10am-Greet & Meet 11am-Sip & Stretch/Chair Yoga 12pm-Lunch 1pm-Table Games</p>	<p>25. CLOSED</p>  <p>CHRISTMAS</p>	<p>26. 10am-Social Hour/Discussion About Your Birthday 11am-Craft Hour (Kwanzaa) 12pm-Lunch 1pm-Kwanzaa Discussion</p>
 	<p>29. 10am-Greet & Meet/ Health Wellness 11am-Bingo 12pm-Lunch 1pm-Festive Music</p>	<p>30. 10am-Coffee/Tea Hour 11am- “Not so Silent Night” w/Julia’s Heart 12pm-Lunch/Nutrition Ed w/Ms. Minor 1pm-Festive Music</p>	<p>31. 10am-Greet & Meet/ Health Wellness 11am-“Ring Out The Old: Ring In The New” Festive 11:30am- Discuss January’s Calendar 12pm-Lunch 1pm- Open Discussion</p>		

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