






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

**September Activity Calendar 2025**



	Monday	Tuesday	Wednesday	Thursday	Friday
 	1. <b>Closed</b>  <b>Labor Day</b>	2. 10am-Social Hour/ Health Wellness 11am-Chair Yoga 12pm-Lunch 1pm- Word Search	3. 10am-Chew&Chat/ Health Wellness 11am-Labor Day Trivia 12pm-Lunch 1pm-Music Hour	4. 10am-Greet & Meet/ Health Wellness 11am-Table Games 12pm-Lunch 1pm-Music Hour	5. 10am-Coffee/Tea Hour <b>11am-Fabric Art Session w/EYL Project</b> 12pm-Lunch 1pm- Brain Buster
	8. 10am- Greet & Meet <b>11am- Exercise w/Rodney</b> 12pm-Lunch 1pm-Trivia	9. 10am-Social Hour <b>10:30am – Mental Health Session w/Dr. Crawford</b> <b>11am- Continue Mental Health Session w/Dr. Crawford</b> 12pm- Lunch 1pm-Domino	10. 10am-Greet & Meet/ Health Wellness <b>10:30am- Group Mental Health Session w/Maryanne (1.5)</b> 12pm-Lunch 1pm-Trivia	11. <b>Dollar Tree</b> <b>3014 Donnell Dr.</b> <b>Forestville MD 20747</b> <b>10am-12pm</b> 10am-Coffee/Tea Time 11am-Bingo 12pm-Lunch 1pm-Music Hour	12. 10am-Greet & Meet 11am-Tech Express Library 12pm-Lunch 1pm-Connect Four

 	15. 10am-Greet & Meet/ Health Wellness <b>11am-Shake Rattle &amp; Go w/Julia Heart Program</b> 12pm-Lunch 1pm-Game Time	16. 10am- Greet & Meet/ Health Wellness 11am-Connect Four <b>11:30am- SNAP Ed. w/Ms.Lockett</b> 12pm-Lunch 1pm-Music Hour	17. 10am-Coffee/ Tea Hour/Health Wellness 12pm-Lunch 1pm-Card Games	18. 10am-Social Hour 11am- Floral Vase Making 12pm-Lunch 1pm-Bean Bag	19. <b>Central Union Misson</b> <b>3194 Bladensburg Road, NE</b> <b>Washington, D.C. 20018</b> <b>9am-1pm</b>  10am-Chew & Chat 11am-Music Hour 12pm-Lunch 1pm-Word Search
	22. 10am- Greet & Meet <b>11am- Fitness w/ Rodney</b> 12pm-Lunch 1pm-Bean Bag Toss	23. 10am-Coffee/ Tea w/Health Wellness <b>11am- FY26 Intake/Nutrition Screening Session</b> 12pm-Lunch 1pm-Games	24. 10am-Greet & Meet <b>11am- FY26 Intake/Nutrition Screening Session</b> 12pm-Lunch 1pm-Word Search	25. <b>Fall Prevention Awareness</b> <b>Howard University</b> <b>9:30am- 1:30pm</b> <b>501 W ST SE</b> 10am-Social Hour/ Health Wellness 11am – Open Discussion 12pm-Lunch 1pm- Bingo	26. 10am- Greet & Meet <b>11am-Presentation from DACL Dementia Program Coordinator Giovanna</b> 12pm-Lunch 1pm-Card Games
	29. 10am-Social Hour/ Health Wellness <b>10:30am- Group Mental Health Session w/Maryanne (1.5)</b> 12pm-Lunch 1pm-Tic-Tac-Toe	30. 10am-Greet&Meet 11am-Bingo 12pm-Lunch <b>12:30pm-Medicare Counseling w/DACL SHIP Program</b> <b>1pm-Continue -Medicare Counseling w/DACL SHIP Program</b>			

--	--	--	--	--	--

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