






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

**May Activity Calendar 2026**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
  					1. 10am - Greet & Meet/ Health Wellness <b>11am - "Nature Songs" w/Arts for the Aging</b> 12pm - Lunch 1pm - Finger Exercise
	4. 10am - Greet & Meet <b>10:30am – Mental Health Session w/Maryanne</b> 12pm - Lunch 1pm – Music Hour	5. 10am - Greet & Meet/ Health Wellness 11am – Paint & Sip 12pm – Lunch 1pm – Maze	6. <b>Forman Mills</b> <b>7700 Marlboro Pike</b> <b>Forestville MD 20747</b> <b>10am – 12:30p</b> 10am - Greet & Meet 11am – Mother’s Day Craft 12pm - Lunch 1pm – Word Search	7. 10am – Coffee/Tea Hour/ Health Wellness 11am – Word Search <b>12pm – Lunch &amp; Healthy Eating for Older Americans: Let’s Celebrate Older Americans Month w/Ms. Minor</b> 1pm – Creative Mother’s Day Cards	8. 10am - Greet & Meet 11am – Health Wellness 12pm - Lunch 1pm – Music Hour
	11. 10am - Greet & Meet/ Health Wellness <b>11am - Exercise w/ Rodney Jordan</b> 12pm – Lunch	12. 10am – Coffee/Tea Hour & Health Wellness 11am – Spoken Words “Mother’s Day” 12pm - Lunch	13. <b>Older America Month</b> <b>Odyssey Boat</b> <b>Pier 4 580 Water St SW</b> <b>10am – 2:30pm</b>	14. 10am - Greet & Meet/ Health & Wellness <b>11am - Health Promotion w/ Irwin Royster</b> 12pm - Lunch	15. 10am- Coffee/Tea Hour & Health Wellness <b>11am - "Nature Songs" w/Arts for the Aging</b> 12pm - Lunch

	1pm – Table Games	1pm – Memorial Day Craft		1pm – Bingo	1pm – Memorial Day Trivia
	18. 10am - Greet & Meet <b>10:30am – Mental Health Session w/Maryanne</b> 12pm - Lunch 1pm – Coloring Patterns	19. 10am - Coffee/Tea Hour & Health Wellness <b>11:30am – Walk With Ease w/Lockett</b> 12pm - Lunch 1pm – Dance/ Movement	20. <b>SENIOR FEST</b> <b>2700 MLK Jr. Ave SE</b> <b>Washington, DC 20032</b> <b>9:00am to 2:00pm</b>	21. 10am – Greet & Meet/ Health Wellness 11am – Painting Memorial Day Flags 12pm - Lunch 1pm – Brain Buster	22. <b>SITE CLOSED</b> <b>Discretionary Day</b>
	25. <b>Memorial Day</b>  <b>Closed</b>	26. 10am – Greet & Meet/ Health Wellness 11am – Music Trivia 12pm - Lunch <b>1pm – Birthday Celebrations</b>	27. 10am – Greet & Meet/ Health Wellness 11am – Creative Art 12pm - Lunch 1pm – Word Search	28. 10am – Coffee/Tea Hour <b>11am – Health Promotion w/ Irwin Royster</b> <b>12pm – Lunch &amp; Nutrition Health w/Ms. Minor</b> 1pm – Table Games	29. 10am – Chat & Chew w/ Health Wellness 11am – Tech Express Library 12pm - Lunch 1pm – Plenty of Games

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