

## EOTR Friendship Café/Mayfair 3744 Hayes ST NE, Washington DC 20019





Recreation Coordinator George Marrow Jr. 202-243-8986

	Monday	Tuesday	Wednesday	Thursday	Friday
December.	1. <u>CLOSED</u>	2. 10am-Coffee Hour 11am- Youtube fitness 12pm- Lunch 1pm- Beanbag Toss	3.  10:15am-12:15pm US BOTANICAL GARDENS  100 Maryland Avenue SW 10am-Coffee Hour 11am- Chair Yoga 12pm- Lunch 1pm- Beanbag Toss	4.  10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Pokeno	5. <u>CLOSED</u>
	8. CLOSED	9. 10am-Coffee Hour 11am-Indoor Walking 12pm- Lunch/Nutrition Ed w/ Ms Minor 1pm- Beanbag Toss	10. 10am- Coffee Hour 11am- Health Talk 12pm- Lunch 1pm – Card Games	11.  Great Big Game Show 10am to 1:30pm 3325 M St NW 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Brain Games	12. <u>CLOSED</u>
DECEMBER	15. CLOSED	16  10am-12pm WALMART 310 RIGGS RD NE 10am- Social Time 11am- Motown Dance &Visit from ERFSC Care Coordinators	17. 2025 Senior Holiday Party 10am to 2pm Southeast Tennis & Learning 701 Mississippi Ave SE	18. 10am- Fitness w/Rodney 11am- Music Hour 12pm- Lunch 1pm- Pokeno	19. <u>CLOSED</u>

AIDS AWARENESS		12pm- Lunch 1pm – Mental Stimulation			
WIOTSTIT	CLOSED	Bingo w/Ruth 10am-Chat and Chew 11am- Card Games 12pm- Lunch/Nutrition Ed w/ Ms Minor 1pm- Bingo	24. 10am- Coffee Hour 11am- Health Talk 12pm- Lunch 1pm – Youtube Fitness	CHRISTMAS DAY CLOSED  DECEMBER	26. <u>CLOSED</u>
	29. <u>CLOSED</u>	30. 10am- Coffee/Tea Hour 11am- Card Games 12pm- Lunch 1pm-Chair Yoga	NEW YEARS EVE 10am- Social Time 11am- Motown Dance Music 12pm- Lunch 1pm – Mental Stimulation		<u>CLOSED</u>

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