

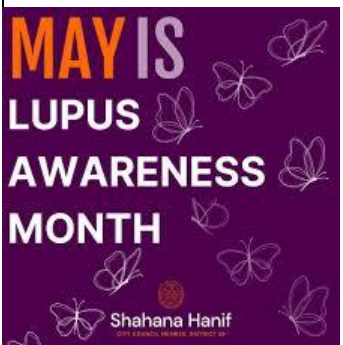







**EOTR Friendship Café/Mayfair**  
**3744 Hayes ST NE, Washington DC 20019**  
**Recreation Coordinator George Marrow Jr. 202-243-8986**

**MAY Activity Calendar 2025**



|   | Monday                          | Tuesday   | Wednesday  | Thursday   | Friday                          |
|---|---------------------------------|---|--|--|---------------------------------|
|    |                                 |   |  | 1.<br><b>10am- Fitness Rodney</b><br>11am- Arm Movement Exercise<br>12pm- Lunch<br>1pm- Card Games | 2.<br><br><u><b>CLOSED</b></u>  |
|   | 5.<br><br><u><b>CLOSED</b></u>  | 6.<br>10am-Coffee Hour<br>11am- Arm Movement Exercise<br>12pm- Lunch<br>1pm- Beanbag Toss | 7.<br><b>ROSES</b><br><b>10am-12pm</b><br><b>7706 Marlboro Pike</b><br><b>Forestville MD 20747</b><br>10am- Coffee Hour<br>11am- Beanbag Toss<br><b>12pm- Lunch/Nutrition Ed w/ Ms .Minor</b><br>1pm- Chair Aerobics | 8.<br><b>10am- Fitness w/ Rodney</b><br>11am- Music Hour<br>12pm-Lunch<br>1pm- Open Games          | 9.<br><br><u><b>CLOSED</b></u>  |
|  | 12.<br><br><u><b>CLOSED</b></u> | 13.<br>10am- Social Time<br>11am- Old School Music<br>12pm- Lunch                         | 14.<br>10am- Coffee/Tea Time<br><b>11am – Funky Good Time Fitness/Dancing session W/ Julia Heart Program</b>   | 15.<br><b>10am- Fitness w/Rodney</b><br>11am- Arm Exercises<br>12pm- Lunch                         | 16.<br><br><u><b>CLOSED</b></u> |

|  |   |   |  |   |                          |
|--|---|---|--|---|--------------------------|
|   |   | <b>12:45pm- Legal Counsel for the Elderly Senior Medicare Patrol</b><br>1pm – Mental Stimulation  | 12pm-Lunch<br>1pm- YouTube Health Videos   | 1pm- National Nutrition Month Literature/ Discussion  |                          |
|  | 19. <b><u>CLOSED</u></b>  | 20.<br><b>10am-EOTR HUB</b><br><b>Presentation by Social Service Coordinators</b><br><b>11am- Pottery Session w/EYL PROJECT</b><br>12pm- Lunch<br>1pm- Bingo                                  | 21.<br><b>Senior Fest Block Party</b><br><b>9am-3pm</b><br><b>Gateway Pavilion</b><br><b>2700 MLK JR AVE SE</b><br><b>Washington DC ,20020</b><br><br><b>No meals at site/ meals will be transferred to Kenilworth Rec</b>     | 22.<br><b>10am- Fitness Rodney</b><br>11am-Music Hour<br><b>12pm- Lunch/Nutrition Ed w/ Ms .Minor</b><br>1pm – Mindfulness & Meditation | 23. <b><u>CLOSED</u></b> |
|  | 26. <b><u>CLOSED</u></b>  | 27.<br><b>MARTHA'S TABLE</b><br><b>10am-12pm</b><br><b>2375 Elvans Rd SE</b><br><b>WDC 20020</b><br>10am- Coffee/Tea Hour<br>11am- Open Discussion<br>12pm- Lunch<br>1pm-Brain Games & Trivia | 28.<br><b>Older American Month Event</b><br><b>9:30am- 2pm</b><br><b>Kenilworth Recreation Center</b><br><b>4321 Ord ST NE</b><br><b>WDC 20019</b><br><br><b>No meals at site/ meals will be transferred to Kenilworth Rec</b> | 29.<br><b>10am- Fitness Rodney</b><br>11am- Beanbag Toss<br>12pm- Lunch<br>11am- Chair Aerobics   | 30. <b><u>CLOSED</u></b> |
|  |   |   |  |   |                          |

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