







EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 301- 909-2834

August Activity Calendar 2025



 AUGUST Psoriasis Awareness Month  SPINAL MUSCULAR ATROPHY AWARENESS MONTH <small>AUGUST</small>	Monday	Tuesday	Wednesday	Thursday	Friday
					1. 10am- Tea / Coffee Hour 11 am- Cards 12pm-Lunch 1pm- Chair Exercises
	4. 10am- Tea/Coffee Hour 10:30am- Mental Health Session w/ Dr .Crawford(1.5) 12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor 1pm- Cards/ Open Games	5. 10am- Tea/Coffee Hour 10:30am- Group Mental Health Session Counseling w/Maryanne(1.5) 12pm-Lunch 1pm- Bean Bag/ Floor Games	6. Martha Table 2375 Elvans Rd SE 10am -11:30am 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Line Dancing	7. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	8. 10am- Tea /Coffee Hour 11am-Motown Musical Chairs w/Julia Heart Program 12pm-Lunch 1pm- Cards/ Open Games
	11. 10am-Tea/Coffee Hour 11 am-Original Medicare vs Medicare Advantage w/ Legal Counsel for the Elderly 12pm-Lunch 1pm- Bingo	12. Walmart 3549 Russett Green Laurel MD 10am – 12pm 10am-Tea/Coffee Hour 11am- Fitness chair aerobics 12pm-Lunch Time 1pm- Popcorn/ Open Discussion	13. 10am-Tea/Coffee Hour 11am-Collage w/EYL Project 12pm-Lunch 1pm- Open Games	14. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Movie Time	15. 10am- Tea/Coffee Hour 11am- Open Games 12pm-Lunch 1pm- Music/ Games

 					
	18. 10am- Tea / Coffee Hour 11am-Natural Disaster Workshop with JC Cruz from Homeland Security 12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor 1pm- Open Game	19. 10am- Tea / Coffee Hour 11am Open Games 12pm-Lunch 1pm- Walking Club	20. 10am-Tea/Coffee Hour 11am- Open Discussion 12pm-Lunch 1pm- Bingo	21. 10am- Tea /Coffee Hour 11:30am-Fitness w/Rodney 12pm- Lunch 1pm- Open Discussion	22. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Leg Movement Exercises
	25. 10am- Tea / Coffee Hour 10:30am- Group Mental Health Session Counseling w/Maryanne(1.5) 12pm-Lunch 1pm- Music/ Games	26. 10am-Tea/Coffee Hour 11am- Games of Plenty 2pm-Lunch Time 1pm- Popcorn/ Open Discussion	27. 10am-Tea/Coffee Hour 11am- Open Discussion 12pm-Lunch 1pm- Cards/ Open Games	28. 10am- Tea / Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Music/ Games	29. SITE CLOSED DISCRETIONARY DAY

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