



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

**February Activity Calendar 2026**



Monday	Tuesday	Wednesday	Thursday	Friday
2. <b><u>CLOSED</u></b>	<p>3.            10am- Coffee Hour            11am- Arm Movement Exercise            12pm- Lunch            1pm- Music Hour</p>	<p>4.            10am- Coffee Hour            11am- Black History Trivia            12pm- Lunch  <b>12:30pm- Health Promotion w/Irwin</b>            1pm- <b>POKENO</b></p>	<p>5.  <b>10am- Fitness Rodney</b>            11am- Music Hour            12pm- Lunch            1pm- Table Games</p>	<p>6.  <b><u>CLOSED</u></b></p>
9. <b><u>CLOSED</u></b>	<p>10.  <b>10am- Fitness Rodney</b>  <b>11am- Wild About Tech with Alexander</b>  <b>12pm- Lunch/Nutrition w/Ms. Minor</b>  <b>1pm- Wild about Tech with Alexander</b></p>	<p>11.  <b>Red, White, &amp; You Valentine's Party</b>  <b>Our Lady of Perpetual Help 600 Morris Rd SE</b>  <b>11am to 2pm</b></p>	<p>12.  <b>DUTCH AMISH MARKET</b>  <b>5030 Brown Station Rd, Upper Marlboro MD</b>  <b>10am to 1:30pm</b>            10 am-Chat N Chew            11am- Youtube Fitness            12pm- Lunch            1pm- Music Hour</p>	<p>13.  <b><u>CLOSED</u></b></p>
16. <b><u>CLOSED</u></b>	<p>17.            10am- Social Time            11am- Ol School Dance            12pm- Lunch            1pm- Old Movie Time</p>	<p>18.            10am- Coffee/Teatime  <b>11am – Activities w/ Kajah</b>            12pm-Lunch  <b>12:30pm-Health Promotion w/Irwin</b>            1pm- Music Hour</p>	<p>19.  <b>10am- Fitness w/Rodney</b>            11am- Chat N Chew            12pm- Lunch            1pm- Brain Games</p>	<p>20.  <b><u>CLOSED</u></b></p>

	23.  <b><u>CLOSED</u></b>	24.  <b>MARTHA'S TABLE</b> <b>2375 Evans Rd SE</b> <b>10am to 12pm</b> 10am- Chat N Chew 11am- YouTube Fitness 12pm- Lunch 1pm- Table Games	25. 10am- Coffee Hour 11am- Word Search 12pm- Lunch <b>12:30pm-Health Promotion</b> <b>w/Irwin</b> 1pm – <b>POKENO</b>	26.  <b>10am- Fitness Rodney</b> 11am- Coffee Social Time 12pm- Lunch 1pm- Music Hour	27.  <b><u>CLOSED</u></b>
	30.  <b><u>CLOSED</u></b>	31. 10am- Chat N Chew 11am- YouTube Fitness 12pm- Lunch 1pm- Brain Games			

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