








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

Recreation Coordinator George Marrow Jr. 202-243-8986

April Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
		1. 10am-Coffee/ Tea Time 10:30am- Mental Health Session w/Mr. Crawford 12pm- Lunch 1pm- Mental stimulation	2. 10am-Coffee Hour 10am- Sowing Seeds of Hope w/Outreach Coordinator Ms. Sharon Smith 12pm- Lunch 1pm- Beanbag Toss	3. 10am- Fitness w/ Rodney 11am- Leg Movement Exercise 12pm- Lunch 1pm- Card Games	4. <u>CLOSED</u>
	7. <u>CLOSED</u>	8. SUPER WALMART 310 Riggs Rd NE Washington DC 20011 10am-12pm 10am-Coffee Hour 11am- Arm Movement Exercise 12pm- Lunch 1pm- Beanbag Toss	9. 10am- Coffee Hour 11am- Beanbag Toss 12pm-Lunch/ Nutrition Ed Session w/Ms. Minor 11am- Chair Aerobics	10. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Open Games	11. <u>CLOSED</u>

 	14.	<u>CLOSED</u>	15.	10am- Social Time 11am- Old School Music 12pm- Lunch 1pm – Mental Stimulation	16.	SITE CLOSED 	17.	10am- Fitness w/Rodney 11am- Arm Exercises 12pm- Lunch 1pm- Meditation and Deep Breath	18.	<u>CLOSED</u>
	21.	<u>CLOSED</u>	22.	10am-Chat and Chew 11am-Hydration and Nutrition Talks 12pm-Lunch/ Nutrition Ed Session w/Ms. Minor 1pm- Bingo w/Ruth	23.	10am- Coffee Hour 11am-Open Games 12pm- Lunch 1pm – Arm Stretches	24.	10am- Fitness Rodney 11am-Music Hour 12pm- Lunch 1pm – Mindfulness & Meditation	25.	<u>CLOSED</u>
	28.	<u>CLOSED</u>	29.	US Botanic Gardens 100 Maryland Ave SW 10am-12pm 10am- Coffee/Tea Hour 11am- Open Discussion 12pm- Lunch 1pm-Brain Games & Trivia	30.	Baltimore Aquarium 10am-2pm 501 Pratt ST Baltimore, MD 21202 10am- Social Time 11am- Old School Music 12pm- Lunch 1pm- Stress Management Tips				

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