



**EOTR Friendship Café/Kenilworth**  
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**MARCH 2026 Calendar**



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MARCH</b> NATIONAL NUTRITION MONTH</p>	<p><b>2.</b> 10am- Tea /Coffee Hour <b>11am- Women's History Month w/ Sharon</b> <b>12pm-Lunch &amp; Nutrition Health w/Minor</b> 1pm- Chair Fitness</p>	<p><b>3.</b> 10am- Coffee/ Tea 11 am- Brain Games 12pm- Lunch 1pm- Puzzles Power Hour</p>	<p><b>4.</b> 10am- Tea/Coffee Hour <b>11am- Health Promotion w/ Irwin</b> 12pm- Lunch 1pm- Brain Teaser Game</p>	<p><b>5.</b> 10am- Tea/Coffee Hour <b>11:30am- Fitness w/Rodney</b> 12pm-Lunch 1pm- Corn Hole Toss Tournament</p>	<p><b>6. Dutch Village Farmers Market</b> <b>5030 Brown Station Rd</b> <b>Upper Marlboro, Maryland</b> <b>10:00am- 1:30pm</b> 10am- Tea/Coffee Hour 11 am- Open Health Discussion 12pm-Lunch 1pm- Bingo</p>
	<p><b>9.</b> 10am- Tea/Coffee Hour 11am- Chair Exercises 12pm- Lunch 1pm- Popcorn and Movie</p>	<p><b>10.</b> 10am- Tea/Coffee Hour <b>11am- Mental Health Session w/Maryanne</b> 12pm- Lunch 1pm- Arts &amp; Crafts: Ceramic Pots/Animals</p>	<p><b>11. Perfume Making at Olfactory 1262 5<sup>th</sup> St. NE</b> <b>11am to 1pm (8 slots)</b> 10am- Tea/Coffee 11am- Chair Aerobics 12pm- Lunch 1pm- Line Dancing</p>	<p><b>12.</b> 10am- Tea/Coffee Hour <b>11:30am- Fitness w/Rodney</b> 12pm- Lunch 1pm- National Nutrition Month Eat Right on a Budget</p>	<p><b>13.</b> 10am- Tea/Coffee <b>10:30am- Flash Table Celebrating Women's History Month (Chef Demo)</b> 12pm- Lunch <b>1pm- Flash Table Health Promotion</b></p>
	<p><b>16.</b> 10am- Tea/Coffee Hour <b>11am- Medicare Fraud Prevention w/Lillian SMP</b> <b>12pm- Lunch &amp; Nutrition Health w/Minor</b> 1pm- Brain Games</p>	<p><b>17. Wear Your Green</b> 10am- Tea/Coffee Hour 11am- Walk the gym 12pm- Lunch Time 1pm- Bingo (St. Patrick's Day)</p>	<p><b>18.</b> 10am- Coffee/Tea <b>11am- Health Promotion w/Irwin</b> 12pm- Lunch 1pm- National Nutrition Month Word Search &amp; Fact/Fiction (Prize)</p>	<p><b>19.</b> 10am- Tea/Coffee Hour <b>11:30am- Fitness w/Rodney</b> 12pm- Lunch 1pm- Popcorn and Movie</p>	<p><b>20.</b> 10am- Tea/Coffee Hour 11am- Walk the gym 12pm- Lunch 1pm- Mind &amp; Mingle Puzzle</p>

	<p>23.</p> <p>10am- Tea/Coffee Hour 11am- Walk the Gym 12pm- Lunch 1pm- Corn Hole Toss Tournament</p>	<p>24</p> <p><b>Iverson Mall</b> <b>3737 Branch Ave.</b> <b>Hillcrest Heights, MD</b> <b>10:00am – 11:45am</b></p> <p>10am- Tea / Coffee Hour 11am- Walking Club 12pm- Lunch 1pm- 70's Groove &amp; Move Line Dancing</p>	<p>25.</p> <p>10am- Tea/Coffee Hour <b>11am- Health Promotion w/ Irwin</b> 12pm- Lunch 1pm- Spring Craft &amp; Planting</p> 	<p>26.</p> <p>10am- Tea/Coffee &amp; <b>Mental Health Session w/Maryanne</b> <b>11:30am- Fitness w/Rodney</b> 12pm- Lunch 1pm- Shuffle &amp; Social</p>	<p>27.</p> <p><b>SITE CLOSED</b> <b>DISCRETIONARY DAY</b> <b>ERFSC Staff Meeting</b></p>
	<p>30.</p> <p>10am- Tea/Coffee 11am- Chair Aerobics 12pm- Lunch 1pm- National Nutrition Month: 20 Healthy Tips</p> 	<p>31.</p> <p>10am- Tea/Coffee Hour 11am- Fitness chair aerobics 12pm- Lunch <b>1pm- March Birthday Party</b></p> 			<p><b>March is....</b> National Nutrition Month, National Kidney Month, Colorectal Cancer Awareness Month, Brain Injury Awareness Month, Developmental Disabilities Awareness Month, Endometriosis Awareness Month, Multiple Sclerosis (MS) Awareness Month, Bleeding Disorders Awareness Month, and Workplace Eye Wellness (Save Your Vision) Month.</p>

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