

## EOTR Friendship Café/Mayfair OCTOBER Activity Calendar 2025 3744 Hayes ST NE, Washington DC 20019 Recreation Coordinator George Marrow Jr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
Breast Cancer Awareness Month	OCTOBEB		1. 10am- Coffee/Tea Hour 11am- Photography w/Arts for the Aging 12pm- Lunch 1pm-Brain Games & Trivia	2. 10am- Fitness W/Rodney 11am- YouTube Yoga 12pm- Lunch/ Nutrition Education w Ms. Minor 1pm-Brain Games & Trivia	3. <u>CLOSED</u>
Depression Education & Awareness Month	6. <u>CLOSED</u>	7.  MARTHA'S TABLE  2375 Elvan's RD SE Wash DC  10-11:30AM  10am-Coffee Hour 11am- Dance Old School Music Hour 12pm- Lunch 1pm- Beanbag Toss	8. 10am- Coffee Hour 11am- Photography w/Arts for the Aging 12pm- Lunch 1pm- Chair Aerobics	9. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Open Games	10. <u>CLOSED</u>

OCTOBER IS NATIONAL ORTHODONTIC HEALTH MONTH	13. SITE CLOSED  INDIGENOUS PEOPLES' DAY	14. 10am- Social Time 11am- Dance Hour Old School Music 12pm- Lunch 12:30pm to 2pm -Legal Counsel for the Elderly Services	15. 10am- Coffee/Tea Time 11am- Photography w/Arts for the Aging 12pm-Lunch 1pm- YouTube Chair Yoga	16.  10am- Fitness w/Rodney 11am- Arm Exercises 12pm- Lunch 1pm- Pokeno	17. <i>CLOSED</i>
ALONE MENTAL HEALTI AWARENESS MONTH	20. CLOSED	21.  10am-Chat and Chew 11am- Standing Exercises 12pm- Lunch 1pm- BINGO With Mrs. Ruth	22. 10am- Coffee Hour 11am- Photography w/Arts for the Aging 12pm- Lunch 1pm – Pokeno	23.  10am- Fitness Rodney 11am-Music Hour 12pm -Lunch/Nutrition Education w Ms. Minor 1pm - Card Games	24.  CLOSED
Happy Birthday Cotober Born	27. <u>CLOSED</u>	AMF Bowling 10:30am to 1:30pm 4601 Cooper Lane Hyattsville MD Pay DEADLINE 10/10/25 \$5 Limited to 13 10am- Coffee/Tea Hour 11am- Youtube Fitness 12pm- Lunch 1pm-Brain Games & Trivia	29. 10am- Coffee Hour 11am- Photography w/Arts for the Aging 12pm- Lunch 1pm – Pokeno	30.  10am- Fitness Rodney  11am-Music Hour  12pm- Lunch  1pm – Card Games	Halloween CLOSED

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