




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

March Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
	3. <u>CLOSED</u>	4. 10am-Coffee Hour 10:30am- Mental Health Session w/Dr.Crawford 12pm- Lunch 1pm- Beanbag Toss	5. 10am- Coffee Hour 11am- Beanbag Toss 12pm- Lunch 11am- Chair Aerobics	6. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Bingo w/Ruth	7. <u>CLOSED</u>
	10. <u>CLOSED</u>	11. Marthas Table 10am- 12pm 2375 Elvans Road SE Washington DC 20019 10am- Social Time 11am- Old School Music 12pm- Lunch 1pm-Nutriton Education w Ms. Minor	12. 10am- Coffee/Tea Time\ 11am- Beanbag Toss 12pm-Lunch 1pm- Chair Yoga	13. 10am- Fitness w/Rodney 11am- Arm Exercises 12pm- Lunch 1pm- National Nutrition Month Literature/ Discussion	14. <u>CLOSED</u>
	17. <u>CLOSED</u>	18. DD's Discounts 10:00am-12pm 5560 Silver Hill RD District Heights, MD 20747	19. 10am- Coffee Hour 11am-Open Games 12pm- Lunch 1pm – Health Sleeping Tips	20. 10am- Fitness Rodney 11am-Music Hour 12pm- Lunch 1pm – Mindfulness & Meditation	21. <u>CLOSED</u>

		10am-Chat and Chew 11am- Youtube Fitness 12pm- Lunch 1pm- Bingo w/Ruth			
	24. <p style="text-align: center;"><u>CLOSED</u></p>	25. 10am- Coffee/Tea Hour 11am- Open Discussion 12pm- Lunch 1pm-Brain Games & Trivia	26. 10am- Social Time 11am- Old School Music 12pm- Lunch 1pm-Nutrition Education w Ms. Minor	27. 10am- Fitness w/ Rodney 11am- Current Affairs 12pm- Lunch 1pm – Bingo w/Ms. Ruth	28. <p style="text-align: center;"><u>CLOSED</u></p>

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