

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

December Activity Calendar 2024



Recreation Coordinator George Marrow Jr. 202-243-8986

	Monday	Tuesday	Wednesday	Thursday	Friday
Birethian Month Month Month Month Month Month Month Month Month Mappy Stappy Stappy Stappy Stappy	2. <u>CLOSED</u>	3. 10am- Bean bag Toss 10:30am- Mental Health Counseling Session w/ Crawford 12pm- Lunch 1pm-Card Games	4. MARTHA'S TABLE 2375 Elvans Rd Se Washington, DC 10am-12pm 10am- Bean bag Toss 11am- Open Discussion 12pm- Lunch 1pm-Board Games	5. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Holiday Tradition Discussion	6. CLOSED
	9. <u>CLOSED</u>	10. MARLOW HIEGHTS SHOPPING CENTER 4801 Marlboro Pike Capitol Heights Md 10am-12pm 10am-Coffee Hour 11am- Current News 12pm- Lunch 1pm- Beanbag Toss	Mayor's 26th Annual Senior Holiday Celebration 2001 East Capitol Street, SE, WDC 20003 10am-2pm	12. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Brain Games	CLOSED ART Holiday Celebration w/Art Instructor Rain Young 10:30am-1:30pm PT Johnson/DHH 3440 Minnesota Avenue SE, Washington, DC 20019

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December is Seasonal Depression Awareness Worth Join Our Virtual REALITY CLASSES IN 2023 TO HELP RELEVE BRIDOM 800ST MODO STATES FOSTER CREATIVITY AND NOVATIVE THANKING 900AUZE AND DOMECT HAVE RIM SEASON	23. CLOSED	24. 10am-Chat and Chew 11am- Card Games 12pm- Lunch 1pm- Bingo	25. SITE CLOSED Happy Holiclays AND A JOYFUL NEW YEAR	26. 10am- Fitness Rodney 11am-Music Hour 12pm- Lunch 1pm-Nutrition Education w/Ms.Minor	IPIC Movie Theater 11830 Grand Park Ave Bethesda, MD 20852 10am-2pm \$10 per person – please sign up by December 6
	30. <u>CLOSED</u>	31. 10am- Bean bag Toss 11am- Open Discussion 12pm- Lunch 1pm-Board Games			

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