

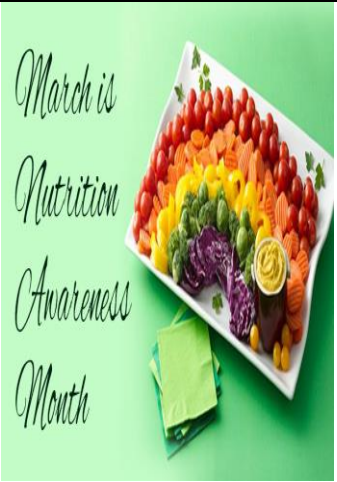


EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 301- 909-2834

March Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
  	3. 10am-Tea/ Coffee Open Discussion 11am- Walk the Gym 12pm-Lunch 1pm- Bingo	4. 10am- Tea / Coffee Hour 11am- Walk the Gym 12pm-Lunch Time 1pm- Open Games	5. 10am- Tea / Coffee Hour 10:30am- Mental Health Session w/Dr.Crawford 12pm-Lunch 1pm- Open Games	6. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	7. 10am –Tea/Coffee Hour 11am- Walk the Gym 12pm- Lunch 1pm – National Nutrition Month Literature/ Discussion
	10. 10am- Tea/Coffee Hour 11am-Music 12pm-Nutriton Education w Ms. Minor/Lunch 1pm- Light Arm Stretching	11. Marthas Table 10am- 11:30pm 2375 Elvans Road SE Washington DC 20019 10am- Tea/Coffee Hour 11am- Arm Lifting Exercises 12pm-Lunch 1pm- Bean Bag/ Floor Games	12. 10am-Tea/Coffee Hour 11 am- Healthy Sleeping Tips 12pm-Lunch 1pm- Cards/ Open Games	13. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Bean Bag Toss	14. 10am- Tea /Coffee Hour 11am-Open Games 12pm-Lunch 1pm- Music
	17. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Arm Exercises	18. DD's Discounts 10am-12pm 5560 Silver Hill RD District Heights, MD 20747 10am-Tea/Coffee Hour	19. 10am-Tea/Coffee Hour 11am-Open Discussion 12pm-Lunch 1pm- Mindfulness & Meditation	20. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	21. 10am- Tea/Coffee Hour 11am- Open Games 12pm-Lunch 1pm- Music/ Games

		11am- Fitness w/YouTube 12pm-Lunch Time 1pm- Black History Movie			
	24. 10am- Tea / Coffee Hour 11am- Open Discussion 12pm- Lunch Time 1pm- Open Game	25. 10am- Tea / Coffee Hour 11am Open Games 12pm-Lunch 1pm- Walking Club	26. 10am-Tea/Coffee Hour 11am-Presentation by Legal Counsel of the Elderly 12pm-Lunch 1pm- Cards/ Open Games	27. 10am- Tea /Coffee Hour 11:30am-Fitness w/Rodney 12pm- Lunch 1pm- Open Discussion	28. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Leg Movement Exercises
	31. 10am- Tea / Coffee Hour 11am Open Games 12pm-Nutriton Education w Ms. Minor/Lunch 1pm- Music/ Games				

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