



EOTR Friendship Zion/DHH
1234 Kenilworth Ave NE Washington DC, 20019
DHH Recreation Coordinator - Jessica Bryant 202-441-1537
Zion Recreation Coordinator- Lia Elder 202-397-7300

March Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
 	2. 10am- Coffee/Chat&Chew 10am-12pm :Eye Screening w/POBS 12pm- Lunch 1pm- Open Games	3. 10am-Body wise w/ UDC Ms. Vernette 11am-Coffee/Teatime 12pm- Lunch 1pm – Open Games	4. 10am-Chat&Chew 11am-Spirit Fitness w/ Chris 12pm – Lunch 1pm-Health Promotion w/Irwin	5. 10am- Body wise w/ UDC Ms. Vernette 11am- EYL Project Paint & Sip 12pm- Lunch 1pm - Table Talk: why mental health matters	6. 10am- Tea &Coffee Time 11am-Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- Calander Review
	9. 10am-Coffee/Chat&Chew 10:30 -12pm:ASL Spring w/ Rebekah 12pm –Lunch/ Nutrition Ed. w/ Ms. Minor 1pm- Brain Games	10. 10am- Body wise w/ UDC Ms. Vernette 11am-Wild-Tech Computer Session 12pm- Lunch 1pm – Open Games	11. 10am-Chat&Chew 11am-Spirit Fitness w/ Chris 12pm – Lunch 1pm-Activity of Choice	12. 10am- Body wise w/ UDC Ms. Vernette 11am- National Nutrition Month Eat Right on a Budget 12pm – Lunch 1pm – Table Talk: Family life	13. Super Walmart 10am to 12pm 6303 Richmon Hwy, Alexandria, VA 22306 10am– Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Brain Games

	<p>16. 10am -Coffee/Chat&Chew 10:30- 12pm:ASL Spring w/ Rebekah 12pm –Lunch 1pm- Brain Games</p>	<p>17. 10am- Bodywise w/ UDC Ms. Vernette 11am- National Nutrition Month Word Search 12pm- Lunch 1pm- Table Talk: When you were young</p>	<p>18. 10am-Chat&Chew 11am- Spirit Fitness w/ Chris 12pm-Luch/Nutrition Edw Ms.Minor 1pm-Health Promotion w/Irwin</p>	<p>19. 10am- Body w`ise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm-Lunch 1pm- Table Talk: Music</p>	<p>20. 10am- Tea &Coffee Time 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm – Brain Games</p>
	<p>23. 10am -Coffee/Chat&Chew 11am- Get Jiggy with Jazz w/ Juila Heart 12:00pm – Lunch 1pm- Activity of Choice</p>	<p>24. 10am-Body wise w/ UDC Ms. Vernette 11am -Coffee/Teatime 12pm -Lunch 1pm- Open Games</p>	<p>25. Sight and Sound 4:30am- 6:30pm 300 Hartman Bridgeman Ronks, PA 17572 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm-Health Promotion w/Irwin</p>	<p>26. 10am-Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm - Table Talk: Travel Life</p>	<p>27. SITE CLOSED DISCRETIONARY DAY (ALL STAFF TRAINING)</p>
	<p>30. 10am -Coffee/Chat&Chew 11am- National Nutrition Month: 20 Healthy Tip 12pm - Lunch 1pm- Introduction to Pottery</p>	<p>31. The Holocaust Museum 100 Raoul Wallenberg Pl SW, Washington, DC 20024 10am- Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm – Activity of Choice</p>			

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