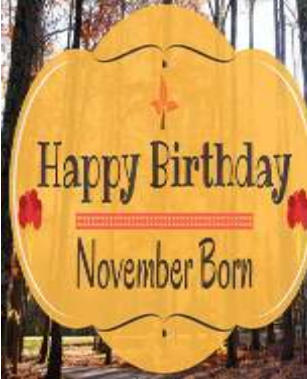




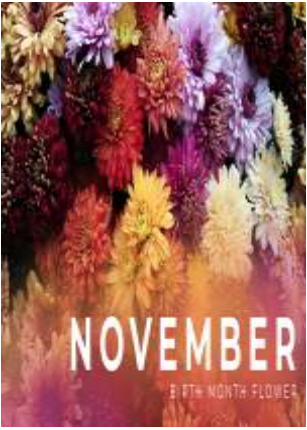











EOTR Friendship Café/Mayfair
4020 Minnesota Avenue NE, Washington, DC 20019
Recreation Coordinator George Marrow Jr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
	CLOSED				
	3.. CLOSED	4. MARTHA'S TABLE 10am-12pm 2375 Elvan's Rd SE 10am-YouTube Fitness 11am- Music 12pm-Lunch 1pm-Discussion hour	5. 10am - Tea Time 10:30am- Mental Health Session w/Maryanne 12pm -Lunch 1pm - Card Games	6. 10am-Fitness w/Rodney 11am YouTube 12pm- Nutrition Ed w/Ms. Minor 1pm card Games	7. 
	10. CLOSED	11. CLOSED 	12. 10am-Coffee Hour 10:30am- Mental Health Session w/Maryanne 12pm-Lunch 1pm-Crossword Puzzles	13. 10am- Fitness w/Rodney 11am coffee/tea hour 12pm Lunch 1pm Open Discussion	14. 

 	17. CLOSED	18. 10am- Fitness w/Rodney 11am-Bean bag Toss 12pm-Lunch 1pm-Crossword Puzzles	19. 10am- Coffee Hour 11am-Card Games 12pm Lunch 12:45pm-Health Promotion w/ERFSC Director of CEP Irwin Royster	20. Amish Market 10am-12pm 5030 Brown Station Rd, Upper Marlboro MD 10am- YouTube TV 11am Paint Hour 12pm- Nutrition Ed w/Ms. Minor 1-pm Open Discussion	21. 
	24. CLOSED	25. 10am- Fitness w/Rodney 11am-Bean bag Toss 12pm-Lunch 1pm-Crossword Puzzles	26. 10am-Coffee Hour 11am-Design a Charcuterie Board 12pm -Thanksgiving Luncheon 1pm-Crossword Puzzles	27. CLOSED 	28. CLOSED

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