

EOTR Friendship Café/Mayfair November Activity Calendar 2025 4020 Minnesota Avenue NE, Washington, DC 20019 Recreation Coordinator George Marrow Jr. 202-243-8986



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|------------|--|---|---|---|
| Happy Birthday November Born | CLOSED | Hello | | | NOVEMBER NATIONAL ALZHEIMER'S AWARENESS MONTH |
| NOVEMBER EISTE MONTH SLOWES | 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 | EPILEPSY AWARENESS MONTH |
| | 10. CLOSED | 11. CLOSED VETERANS DAY | 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. Jaguardic Pancreatic CANCER MONTH |

| NOVEMBER BIRTHSTONE November | 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 | 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 | NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH |
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| | 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 | CLOSED |

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