

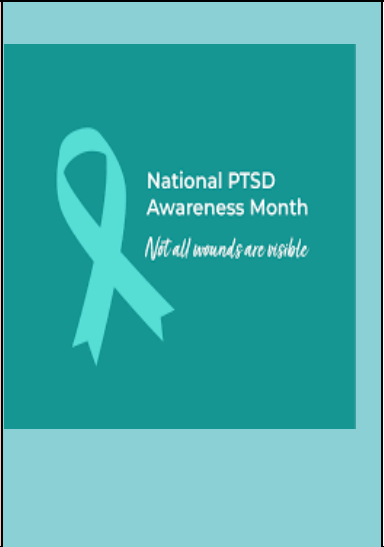


EOTR Mayfair FRIENDSHIP CAFÉ
 3744 Hayes St, NE DC
 Ziairra Baughan-Owens, Program Manager Ward 1/7
 202-845-3384
 Ruth McPherson, Nutrition Aide
 Ciera Crawford, Recreation Coordinator

**June
2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
** CLOSED**	2. 10am-10:30am Coffee, Chat & Chew 10:30am-12:00am 10:30am-12:00am Mental Health Session w/Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 7 Mens Health Tips and Puzzles	3. 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Brain Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Talk : Life Stories & Memory Lane	4. 10am-10:30am Coffee, Chat & Chew 10:00am Fitness w/ Rodney 11:00am-12:00pm MayFair Drafthouse – Beverly hills Cops 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish Film w/ Discussion	*CLOSED*	
	9. 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Juneteenth – Pokeno	10. Roses 7706 Marlboro Pike Forestville MD 10AM-1PM 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Health Promotion w/Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table TALK : Juneteenth Trivia	11. 10am-10:30am Coffee, Chat & Chew 10:00am Fitness w/ Rodney 11:00am-12:00pm Mayfair Drafthouse – AVATAR Fire & Ash (2025) 12:00pm-1:00pm LUNCH& Men's Health & Nutrition Month w/Ms. Minor 1:00pm-2:00pm Finish Film w/ Discussion		

** CLOSED **	16. Wal-Mart 6303 Richmond Hwy Alexandria, VA 10:00am - 1:00am 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm DACL APS & Dementia Informational 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Pokeno	17. 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Stained glass 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish Stained glass / Clean up	18. 10am-10:30am Coffee, Chat & Chew 10:00am Fitness w/ Rodney 11:00am-12:00pm Mayfair Draffhouse –The Six Triple Eight (2024) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish Film W/ Discussion	19. Site Closed	
	23. 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Paint by numbers 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music Hour	24. 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Games 11:00am-12:00pm Health Promotion w/Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Talk: Music, Movies and Culture	25. 10am-10:30am Coffee, Chat & Chew 10:00am Fitness w/ Rodney 11:00am-12:00pm WildTECH: Technology & DC Resources Training: Your DC, Your Resources: Aging Well 12:00pm-1:00pm LUNCH 1:00pm-2:00pm WildTECH Travel Presentation: Braids, Locs & Afros/A Cultural Celebration!	* CLOSED *	
	30. 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Migraine and Headache awareness 12:00pm-1:00pm LUNCH & Calcium Benefits for Older Americans Ice Cream Social w/ Ms. Minor				June is Pride Month, Men's Health Month, PTSD Awareness Month, Alzheimer's & Brain Awareness Month, Migraine & Headache Awareness Month, Cataract Awareness Month, and Gun Violence Awareness Month, and it also includes Juneteenth National Independence Day (June 19), Flag Day (June 14), and Father's Day (June 21).

	1:00pm-2:00pm Birthday Celebration				
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Network – Supported by the Department of Aging and Community Living