


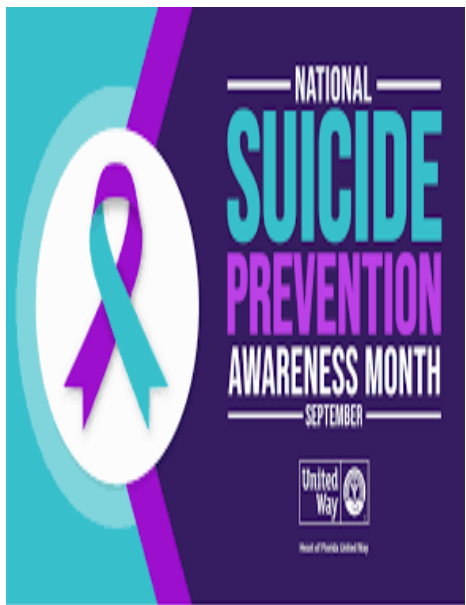


EOTR Friendship Café/Mayfair
3744 Hayes ST NE, Washington DC 20019
Recreation Coordinator George Marrow Jr. 202-243-8986

SEPTEMBER Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>SEPTEMBER IS Healthy Aging MONTH</p>	1. <p>LABOR DAY</p>	2. 10am- Coffee/TeaTime 11am – Physical Fitness w/Julia Heart Program 12pm-Lunch/ Nutrition Education w/Ms.Minor 1pm- Pokeno	3. 10am- Fitness w/Rodney 10:30am-Mental Health Counseling Session w/ Dr.Crawford 11am-Continue Mental Health Counseling Session w/ Dr.Crawford 12pm- Lunch 1pm-Brain Games & Trivia	4. Amish Market 10am-12pm 5030 Brown Station RD Upper Marlboro MD 10am- Coffee/ Tea Time 11am- YouTube Yoga 12pm- Lunch 1pm-Brain Games & Trivia	5. <p><u>CLOSED</u></p>
	8. <p><u>CLOSED</u></p>	9. 10am-Coffee Hour 11am- Meditation w/ EYL Project 12pm-Lunch/ Nutrition Education w/Ms.Minor 1pm- Beanbag Toss	10. 10am- Coffee Hour 11am- Beanbag Toss 12pm- Lunch 12:30pm-Group Mental Health Session w/Maryanne(1.5) 1pm-Contiue Group Mental Health Session w/Maryanne(1.5)	11. 10am- Fitness w/ Rodney 11am- Open Games 12pm-Lunch 12:30pm-Medicare Counseling w/DACL SHIP Program 1pm-Continue -Medicare Counseling w/DACL SHIP Program	12. <p><u>CLOSED</u></p>

 	15. <u>CLOSED</u>	16. 10am- Social Time 11am-Alex w/Wildtech (Computer Session) 12pm- Lunch 1pm – Alex w/Wildtech (Computer Session)	17. 10am- Coffee/Tea Time\ 11am – Outdoor Walking 12:30pm-Group Mental Health Session w/Maryanne 1pm-Continue Group Mental Health Session w/Maryanne(1.5)	18. 10am- Fitness w/Rodne 11am- Ways to Protect Your Savings w/Chase Bank Community Manager Aja 12pm- Lunch 1pm- Pokeno	19. <u>CLOSED</u>
	22. <u>CLOSED</u>	23. MARTHA’S TABLE 10am- 11:30am 2375 Elvans Road SE Wash DC 20020 10am-Chat and Chew 11am- Standing Exercises 12pm- Lunch 1pm- Card Games	24. 10am- Fitness with Rodney 11am- Presentation from DACL Dementia Program Coordinator Giovanna 12pm- Lunch 12:30 to 2pm- FY26 Intake/Nutrition Screening Session	25. Fall Prevention Awareness Howard University 9:30am- 1:30pm 501 W ST SE 10am- Coffee/Tea Time 11am- Current News 12pm- Lunch 1pm – BINGO With Mrs. Ruth	26. <u>CLOSED</u>
	29. <u>CLOSED</u>	30. Brain Games MLK Library 9am -1:30pm 901 G ST NW 10am- Coffee/Tea Hour 11am- Youtube Fitness 12pm- Lunch 1pm- Open Games			 <u>CLOSED</u>

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