










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

JULY Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
  	<u>CLOSED</u>	1. 10am- Coffee Hour 11am- Beanbag Toss 12pm- Lunch 1pm- Chair Aerobics	2. 10am- Coffee Hour 11am- Motown Musical Chairs/Julia Heart Program 12pm- Lunch 1pm- Chair Aerobics	3. 10am- Fitness Rodney 11am- Arm Movement Exercise 12pm- Lunch 1pm- Card Games	4. <u>CLOSED</u> 
	<u>CLOSED</u>	8. DDS DEPT STORE 14170 Baltimore ave, Laurel Md 10am-Coffee Hour 11am- Dance Old School Music Hour 12pm- Lunch 1pm- Beanbag Toss	9. 10am- Coffee Hour 11am- Fire Safety Education w/ Fire Safety Specialist Patricia Everett 12pm- Lunch 1pm- Chair Aerobics	10. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Open Games	<u>CLOSED</u>

  	14.	<u>CLOSED</u>	15. 10am- Tea/Coffee Time 10:30am- Mental Health Session w/Dr.Crawford 12pm- Lunch/Nutrition Ed w/Ms.Minor 1pm – Pokeno	16. 10am- Coffee/Tea Time 11am-Minority Mental Health Session w/Dr. Phronie 12pm-Lunch 1pm-Minority Mental Health Session w/Dr. Phronie	17. 10am- Fitness w/Rodney 11am-Fianacial Exploitation Presentation w/TB Bank 12pm- Lunch 1pm- Pokeno	18.	<u>CLOSED</u>
	21.	<u>CLOSED</u>	22. 10am-Chat and Chew 11am- Fabric Art Session w/EYL Project 12pm- Lunch/Nutrition Ed w/Ms.Minor 1pm- Card Games	23. 10am- Coffee Hour 11am-Open Games 12pm- Lunch 1pm – Pokeno	24. 10am- Fitness Rodney 11am-Music Hour 12pm- Lunch 1pm – BINGO With Mrs. Ruth	25.	DISCRETIONARY DAY SITE CLOSED
	28.	<u>CLOSED</u>	29. 10am- Coffee/Tea Hour 11am- YouTube Fitness 12pm- Lunch 1pm-Brain Games & Trivia	30. 10am- Social Time 11am- Dance Hour - Old School Music 12pm- Lunch 1pm – Bean Bag/Open games	31. 10am- Fitness Rodney 11am- Beanbag Toss 12pm- Lunch 11am- Chair Aerobics		<u>CLOSED</u>

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