





EOTR Friendship Café / Mayfair  
 3744 Hayes ST NE  
 Washington D.C. 20019  
 Community Dining Site Supervisor  
 George Marrow Jr. 202-249-8986

# August 2023 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Birthday to all clients celebrating this month!!!</b></p>  		<p>1. 10:00am Social Hour 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm Bean Bag Toss outside (weather permitting)</p>	<p>2. 10:00am YouTube Fitness <b>11:00am AARP presentation</b> 12:00pm LUNCH TIME 1:00 pm Book Review</p>	<p>3. 10:00am In Person Fitness w/ Rodney 11:00am Bingocize w/ Curlisa - Home Care Partners 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>4.</p> 
	<p>7.</p> 	<p>8. 10:00am Coffee Time 11:00am Nutrition Education w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Music Appreciation</p>	<p>9:</p> <p><b>WALMART TRIP</b>  <b>10:00 am- 12:00 pm</b>  <b>310 Riggs Rd NE,</b>  <b>Washington, DC 20011</b>  12:30pm LUNCH TIME at site</p>	<p>10. 10:00am In Person Fitness w/ Rodney 11:00am Bingocize w/ Curlisa - Home Care Partners 12:00pm LUNCH TIME 1:00pm Music Hour</p>	<p>11.</p> 
	<p>14.</p> 	<p>15. 10:00am Current Events 11:00am Oldies Music 12:00pm LUNCH TIME 1:00pm Self Care with Ms. Robinsons</p>	<p>16. 10:00am Youtube Fitness 11:00am TeaTime 12:00pm LUNCH TIME <b>1:00pm United Health Dual Choice presentation</b></p>	<p>17. <b>Community Dining Site Closed</b></p>	<p>18.</p> 
	<p>21.</p> 	<p>22. 10:00am Coffee Time 11:00am Dr. Crawford in-Person counseling 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>23.</p> <p><b>MARTIN LUTHER KING</b>  <b>10:00 am- 12:00 pm</b>  <b>901 G St NW,</b>  <b>Washington, DC 20001</b>  12:30pm LUNCH TIME at site</p>	<p>24. 10:00am In Person Fitness w/ Rodney 11:00am Bingocize w/ Curlisa - Home Care Partners 12:00pm LUNCH TIME 1:00pm Arts &amp; Crafts</p>	<p>25.</p> 

	<p>28.</p>  <p>A yellow triangular sign with a black border. Inside the triangle, there are black silhouettes of a child and an adult walking. A speech bubble above the silhouettes contains the text "Back to School".</p>	<p>29.</p> <p><b>10:00am Social Hour</b>  <b>11:00am TV Time</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Nutrition Education w/ Ms. Minor</b></p>	<p>30.</p> <p><b>10:00am Youtube Fitness</b>  <b>11:00am TeaTime</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Card Games</b></p>	<p>31.</p> <p><b>10:00am In Person Fitness w/ Rodney</b>  <b>11:00am Bingocize w/ Curlisa - Home Care Partners</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Card Games</b></p>	 <p>A colorful graphic for the month of August. It features a pink smoothie cup with a straw, watermelon slices, and sunglasses. The text "HELLO AUGUST" is written in a playful font, with "AUGUST" in large, bold letters.</p>
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*Part of the Senior Services Network – Supported by the Department of Aging and Community Living.*