



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

JANUARY 2023 Activity Calendar



Happy Birthday to all clients celebrating this month!!!



Facial Masks are Required.

Proof of vaccination required.

	Monday	Tuesday	Wednesday	Thursday	Friday
	2. CENTERS CLOSED 	3. 10:00am YouTube- Fitness 11:00am New Year's Resolutions 12:00pm LUNCH TIME 1:00pm Bean Bag Toss	4. 10:00am Sipping Cider 11:00am Nutrition Education W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Music Hour	5. 10:00am In person Fitness w/ Rodney 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Card Games	6. 
	9. 	10. Walmart Supercenter 10:30am-1:00pm 310 Riggs Rd NE Washington, DC 20011	11. 10:00am Teatime 11:00am BINGO 12:00pm LUNCH TIME 1:00pm Card Games	12. 10:00am In person Fitness w/ Rodney 11:00am Paint & Sip 12:00pm LUNCH TIME 1:00pm Paint & Sip	13. 
	16. CENTER CLOSED 	17. 10:00am YouTube- Fitness 11:00am Bean Bag Toss 12:00pm LUNCH TIME 1:00pm Remembering Dr. King	18. Regal Gallery Place 10:00am-2:00pm 701 7th St NW, Washington, DC 20001 Ticket Price: \$11.66 Whitney Houston: I Wanna Dance with Somebody	19. 10:00am In person Fitness w/ Rodney 11:00am Nutrition Education W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Bean Bag Toss	20. 
	23.  Lunar New Year January 21st -January 27th	24. 10:00am YouTube- Fitness 11:00am Site Decoration for Lunar New Year 12:00pm LUNCH TIME 1:00pm Chat & Chew	25. Anacostia Community Museum Smithsonian Institution 11:00am-1:00pm 1901 Fort PI SE Washington, DC 20020 Free Admission	26. 10:00am In person Fitness w/ Rodney 11:00am Shirt Decoration 12:00pm LUNCH TIME 1:00pm Decoration Continued	27. 
	30. 	31. 10:00am YouTube- Fitness 11:00am Oculus Virtual Reality 12:00pm LUNCH TIME 1:00pm Oculus Virtual Reality		<u>January Celebrations</u> <ul style="list-style-type: none"> • Celebration of life Week • Cervical Health Awareness • National Blood Donor • National Soup month • Thyroid Awareness • Hot Tea month 	