

EOTR Friendship Café/Mayfair January 2024 Activity Calendar 3744 Hayes ST NE, Washington, DC 20019 Recreation Coordinator George Marrow Jr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
Happy January Birthday	1.CLOSED Happy New Year	2. 10am - Bean Bag Toss 11am – Card Games 12pm – Lunch 1pm – Music Trivia	3. 10am- Coffee and Chat 11am- Dancing 12pm- Lunch 1pm- Open Discussion	<b>4.</b> 10am - Exercise with Rodney 11am - Youtube Music 12pm - Lunch 1pm -Youtube Movie	5. JANUARY BIRTH MONTH FLOWER
January is Cervical	8. JANUARY IS THYROID AWARENESS MONTH	9. 10am - Music Hour 11am – Coffee Chat 12 pm - Lunch 1 pm – Painting/Art	10. 10am-Coffee Hour 11am – Cards 12pm-Lunch 1pm- Story Telling	<ul> <li>11.</li> <li>10am - Exercise with</li> <li>Rodney</li> <li>11am - Youtube Music</li> <li>12 pm - Lunch</li> <li>1pm -Nutrition Education</li> <li>w/Ms. Minor</li> </ul>	12. Security of the second sec
Cancer Awareness Month Fight, Support & Hope	15.CLOSED	16. 10am – Coffee Hour 11am – Card Games 12pm- Lunch 1pm – Bean Bag Toss	17. 10am - Music Hour 11am – Coffee Chat 12 pm - Lunch <b>1pm – Nutrition</b> Education w/Ms. Minor	18. <b>Farmer's Market</b> <b>11am- 1pm</b> <b>5030 Brown Station Rd.</b> <b>Upper Marlboro MD</b> 10am - Exercise with Rodney 11am - Youtube Music 12pm – Lunch 1pm -Youtube Movie	19. The the the the the the the the the the t

One small positive	22. EEEES	23. 10am – Youtube Yoga 11am – Tea Time 12 pm - Lunch 1 Pm – Arts & Crafts	24. African American Museum 10am -12pm 1400 Constitution Avenue NW	25. 10am - Exercise with Rodney 11am - Youtube Music 12pm - Lunch 1Pm -Youtube Movie	26. NATIONAL HUMAN TRAFFICKING
thought in the morning	JANUARY IS GLAUCOMA AWARENESS MONTH		10am-Coffee Hour 11am – Movies 12pm-Lunch 1pm- Dancing		PREVENTION MONTH JANUARY
can change your whole day	29. January is POVERTY AWARENESS MONTH The COVID-19 pandemic is estimated to have pushed an additional 88 million people into extreme poverty in 2020. By the end of 2021, the global number of people living in extreme poverty is estimated to be as many as 150 million. wordbank.org	30. 10am - Music Hour 11am – Coffee Chat 12 Noon - Lunch 1 pm – Puzzle Construction Hour	31. 10am- Coffee Chat 11am-TV Show Game 12pm-Lunch 1pm- Discussion Groups		

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