









EOTR Friendship Café/Mayfair October Activity Calendar 2023
3440 Minnesota Avenue NE, Washington, DC 20019
Recreation Coordinator George Marrow Jr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
		3. 10:00am – Coffee Chat 11:00am- Finding Your Rhythm w/Arts for the Aging 12:00pm- Lunch 1:00pm- Music Hour	4. 10:00am- Coffee Hour 11:00am- Movie Time 12:00pm: Lunch 1:00pm: Music and Dance	5. 10:00am- In person Fitness w/Rodney 11:00am – Music Hour 12:00pm- Lunch 1:00pm Card Games	
	9. SITE CLOSED 	10. 10:00am-Coffee Chat 11:00am- Finding Your Rhythm w/Arts for the Aging 12:00pm- Lunch 1:00pm Crossword puzzles	11. 10:00am- Coffee Houe 11:00am- Life Story Exercises / Senior reflect on their own life experiences 12:00pm- Lunch 1:00pm- Nutrition Education w/Ms. Minor	12. 10:00am- In person Fitness w/Rodney 11:00am – Youtube Documentary 12:00pm- Lunch 1:00pm Card Games	
		17. 10:00am-Coffee Chat 11:00am- Finding Your Rhythm w/Arts for the Aging 12:00pm- Lunch 1:00pm -Card Games	18. Miller Farms 10am -12pm 10140 Piscataway Rd, Clinton Md 20735 12:00pm- Lunch 1:00pm- Open Discussion	19. 10:00am- In person Fitness w/Rodney 11:00am – Life Insurance talk with Ms. Paula Mascendora 12:00pm-Lunch 1:00pm Crossword Puzzles	

 <p>OCTOBER IS BREAST CANCER AWARENESS MONTH #BREATHEGOOD</p> <p>1 in 8 women 1 in 333 men in the United States will be diagnosed with breast cancer in their lifetime. There are over 3.5 million breast cancer survivors in the United States.</p> <p>1 in 3 women 1 in 4 men have suffered from some sort of domestic abuse whether physical, sexual, verbal or psychological. #BREATHEGOOD</p> <p>DOMESTIC VIOLENCE AWARENESS MONTH #BREATHEGOOD</p>	<p>The hidden meaning of the name</p> <p><i>October</i></p> <p>Observant. Confident. Trustworthy. Obedient. Breathtaking. Emotional. Realistic.</p>	<p>24. 10:00am- Coffee Hour 11:00am- Finding Your Rhythm w/Arts for the Aging 12:00pm- Lunch 1:00pm- Youtube Fitness</p>	<p>25. Roses 10am -12pm 7706 Marlboro Pike Forestville, MD 20727 12:00pm- Lunch 1:00pm- Continue Movie</p>	<p>26. 10:00am- In person Fitness w/Rodney 11:00am- Open Discussion about current events 12:00pm- Lunch 1:00pm-Card Game</p>	
		<p>31. 10:00am-Coffee Chat 11:00pm- Finding Your Rhythm w/Arts for Aging 12:00pm- Lunch 1:00pm- Card Game</p>			 <p>OCTOBER BIRTH FLOWER</p> <p><i>Marigold</i></p> <p>THE MARIGOLD SYMBOLIZES COMFORT, GRACE, JOY, GOOD LUCK AND GRATITUDE.</p> <p>IF YOUR BIRTH FLOWER IS MARIGOLD: YOU ARE SPIRITUAL AT TIMES. BY NATURE, YOU ARE GENTLE AND SENSITIVE. YOU LIKE PEACE AND HARMONY IN YOUR LIFE. YOU CAN BECOME A GOOD NEGOTIATOR AND HENCE A GREAT LEADER.</p>

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