



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

September 2023 Activity Calander



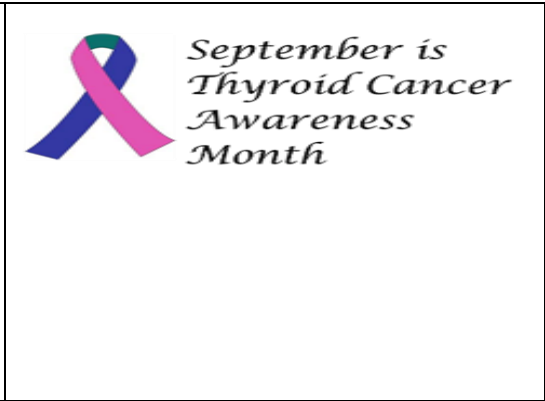
	Monday	Tuesday	Wednesday	Thursday	Friday
 					
	4. 	5. 10:00am- Coffee Time 11:00am- Hard of Hearing Presentation w/Ms. Rose 12:00pm- Lunch 1:00pm- Nutrition Education w/Ms. Minor	6. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	7. 10:00am- Fitness with Rodney 11:00am-Bingo 12:00pm- Lunch 1:00pm- TV Time	
		12. 10:00am- Coffee Hour 11:00am- Oldies but Goodies 12:00pm- Lunch 1:00pm- TV Time	13. 10:00am: Youtube Fitness 11:00am- Self Care Talk w/Ms. Robinson 12:00pm: Lunch 1:00pm Card Game	14. 10:00am- Fitness with Rodney 11:00am-Bingo 12:00pm- Lunch 1:00pm- Music Hour	
		19. 10:00am- Coffee Hour 11:00am -Youtube Fitness 12:00pm- Lunch 1:00pm- Nutrition Education w/Ms. Minor	20. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	21. 10:00am- Coffee Hour 11:00am- Oldies but Goodies 12:00pm- Lunch 1:00pm- TV Time	



26.
10:00am- Coffee Hour
11:00am- Word Search
12:00pm- Lunch
1:00pm- Music Hour

27.
10:00am Card Games
11:00am- Movie
12:00pm -Luch
1:00pm-Music Time

28.
10:00am- Fitness with Rodney
11:00am-Bingo
12:00pm- Lunch
1:00pm- Music Hour



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