

September Activity Calendar 2024 EOTR Friendship Café/Mayfair 3744 Hayes ST NE, Washington DC 20019





Friday



10am- Fitness w/Rodney 11am-Social Hour 12pm- Lunch 1pm- Card Games

Thursday





800-273-8255 or dial 988

10. **Tanger Outlets** 10:00am-12:30pm 6800 Oxon Hill Rd National Harbor MD

10am-Coffee Hour 11am- Current News 12pm- Lunch 1pm- Beanbag Toss

10am-Social Hour 10:30am- Group Mental **Health Session w/Patrick** Crawford(1.5) 12pm- Lunch 1pm- Youtube Video

1pm-Beanbag Toss

10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch/Nutrition Ed/w Ms.Minor 1pm- Brain Games



