














**EOTR Friendship PT Johnson/DHH**  
**3440 Minnesota Avenue SE, Washington, DC 20019**  
**Recreation Coordinator Rickya Dodson 646-926-0137**

**May Activity Calendar 2024**



	Monday	Tuesday	Wednesday	Thursday	Friday
			1 10am-Coffee & Tea <b>11am- Spirit Club Fitness</b> 12pm- Lunch 1pm- Cards and Domino	2 <b>10am- Bodywise w/UDC Ms. Vernette</b> 11am- Popcorn/Movie Time 12pm-Lunch 1pm- Open Talk	3. <b>Roses Store</b> <b>7706 Marlboro Pike</b> <b>Forestville, Md 20774</b> <b>10am-11:30am</b> 10am- Chat and Chew 11am-Word Search 12pm-Lunch 1pm-Open Games
	6 <b>CLOSED</b>	7 <b>10am- Bodywise w/UDC Ms. Vernette</b> 11am- Word Search 12pm- Lunch 1pm- Music Hour	8 10am- Sip and Craft (make bouquet of flowers) <b>11am-Spirit Club Fitness</b> 12pm-Lunch 1pm- Bean Bag Toss	9 <b>10am- Bodywise w/UDC Ms. Vernette</b> 11am- Mindful Coloring 12pm-Lunch 1pm- Open Discussion	10. <b>Dutch Farmers Market</b> <b>9701 Fort Meade Rd,</b> <b>Laurel , MD 20707</b> <b>10:00am- 11-30am</b> 10am-Coffee & Tea 11am- Puzzles 12pm-Lunch 1pm-Open Games
	13. <b>10am- Mother's Day Celebration Tea Party Social/ Best Hat</b> <b>11am-Spirit Club Fitness</b> 12pm -Lunch <b>1pm- 2pm Nutrition Education w/Ms. Minor</b>	14 <b>10am- Bodywise w/ UDC Ms. Vernette</b>  11am- Art Hour/ Coloring 12pm- Lunch 1pm- Open Games	15 10am- Coffee & Music <b>11am- Spirit Club Fitness</b>  12pm-Lunch 1pm-Cards/Dominos	16 <b>10am- Bodywise w/UDC Ms.Vernette</b>  11am- Bingo 12pm- Lunch 1pm- Music Time	17 10am- Coffee & Chat <b>11am- Live Nutritional Cooking Demo w/ Chef Herb</b> 12pm- Lunch 1pm- Open Games

 	<p>20</p> <p style="text-align: center;"><b><u>CLOSED</u></b></p>	<p>21 .</p> <p style="text-align: center;"><b>Celebrating Older Americans Month</b>  <b>10 am –2pm</b>  <b>Chateau ;</b>  <b>3439 Benning Rd NE,</b>  <b>20019</b></p>	<p>22</p> <p>10am- Coffee and Tea  <b>11am-Spirit Club Fitness</b>  12pm-Lunch  1pm- Bingo</p> 	<p>23</p> <p><b>10am- Bodywise w/UDC</b>  <b>Ms.Vernette</b>  11am- Sip and Paint  12pm-Lunch  1pm-Open Discussion</p> 	<p>24. <b>White Oak Duckpin Bowling (\$10 fee)</b>  <b>10am-12pm</b>  <b>11207 New Hampshire Ave, Silver Spring MD 20904</b></p> <p>10am-Coffee &amp; Coloring  11 am-Open Games  12pm-Lunch  1pm-Music Time</p>
	<p>27. <b>CLOSED</b></p> 	<p>28</p> <p><b>10am-Bodywise w/UDC</b>  <b>Ms. Vernette</b>  11am- Movie Time  12pm-Lunch  1pm- Open Discussion</p>	<p>29</p> <p style="text-align: center;"><b>Senior Fest</b>  <b>10am-3pm</b>  <b>University of the District of Columbia</b>  <b>4200 Connecticut Avenue</b>  <b>NW</b></p>	<p>30</p> <p><b>10am- Bodywise w/UDC</b>  <b>Ms. Vernette</b>  11am- Uno  12pm- Lunch  1pm- Board Games</p>	<p>31</p>  <p style="text-align: center;"><b>MENTAL HEALTH AWARENESS MONTH</b></p>

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