




May 2024 Calendar

EOTR Sarah Circle FRIENDSHIP CAFÉ
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator
 202-845-3378
 Nutrition Aide
 Phillis Adams Recreation Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am-Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Card Games</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Oldies Music</p>	<p>2.</p> <p>10:00am - 11:00am-Coffee Hour</p> <p>11:00am - 12:00pm-Spirit Club (In-Person)</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm- Table Games Competition</p>	<p>3.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am-Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Pick a Movie</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Word Search</p>	<p>4</p>
<p>6.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Chat about current events</p> <p>12:00pm - 1:00pm- Bean Bag Toss</p>	<p>7.</p> <p>Excursion: Anacostia Museum</p> <p>1901 Fort PI SE</p> <p>10am-2pm</p> <p>10:00am – 11:00-Coffee Hour</p> <p>12:00pm - 1:00pm- LUNCH</p>	<p>8.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm- Tik Tac Toe Competition</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Puzzles</p>	<p>9.</p> <p>10:00am – 11:00am - Coffee Time</p> <p>11:00am - 12:00pm- Competitive Bran Games (with prizes)</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm- Charades</p>	<p>10.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm- Arts/Crafts</p> <p>12:00pm - 1:00pm- LUNCH</p>	<p>11.</p>

<p>1:00pm - 2:00pm-Board Games</p>				<p>1:00pm - 2:00pm- Music Hour</p>	
<p>13.</p> <p>10:00am – 10:30am-Coffee Hour</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Neighborhood Walk</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Painting</p>	<p>14.</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Bingo (with prizes)</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Word Search</p>	<p>15.</p> <p>Older Americans Month Event 2024 "Powered by Connection 10am-2pm Busboys and Poets 2021 14th St NW</p>	<p>16.</p> <p>10:00am – 11:00am-Coffee Hour</p> <p>11:00am - 12:00pm- Spirt Club virtual fitness</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Card Games</p>	<p>17.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am-Spirit Club Virtual Fitness</p> <p>11:00am – Pick your Movie</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Board Games</p>	<p>18.</p> 
<p>20.</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Paint & Sip</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Next Month Conversation</p>	<p>21.</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Art/Crafts</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm- Card Games</p>	<p>22</p> <p>10:00am – 10:30am-Coffee/Tea</p> <p>10:30am - 11:00am-Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Pot-Holders</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Discussion Healthy Habits</p>	<p>23</p> <p>10:00am – 11:00am-Tea Time</p> <p>11:00am - 12:00pm- Table-top gardening</p> <p>12:00pm – Chef Demonstration Food Jonezi</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Bingo</p>	<p>24.</p> <p>10:00am – 10:30am- Coffee Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Neighborhood Walk</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Brain games (with prizes)</p>	<p>25</p>

27.



28.

10:00am – 10:30am-Coffee Time
10:30am - 11:00am- Spirit Club
Virtual Fitness
11:00am - 12:00pm-Word Search
12:00pm - 1:00pm- LUNCH
1:00pm - 2:00pm-Bean Bag Toss
Competition (with prizes)

29.

**DC Mayor Bowser's
Senior Fest
At The District of Columbia
4200 Connecticut Ave
10am-3pm**

30.

10:00am – 11:00 am-Tea Time
11:00am - 12:00pm- Self guided
painting activity
12:00pm - 1:00pm- LUNCH
1:00pm - 2:00pm- Line Dancing

31.

**Bus Trip: Walmart
10am-1:30pm
8745 Branch Ave
Clinton, MD**
**10:00am – 11:00-Coffee
Hour**
12:00pm - 1:00pm- LUNCH