



EQTR Friendship Cafe / Mayfair
 3744 Hayes Street NE
 Washington D.C 20019
 Community Dining Site Supervisor
 George Marrow Jr. 202-249-8986

November 2022
Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Happy Birthday to all clients celebrating this month!!!</p> <p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p>		<p>1. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>2. 10:00am Painting 11:00am Painting Continued 12:00pm LUNCH TIME 1:00pm Family Feud</p>	<p>3. 10:00am In person Fitness w/ Rodney 11:00am Arts for Aging in Person Turning Back the Clock with Kathy and Chris 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>4. Dutch Village Amish Market 10:30am-1:00pm 5030 Brown Station Rd, Upper Marlboro, MD 20772</p>	
		<p>7. celebrate! Diabetes Awareness Month EDUCATE, ADVOCATE AND CURE</p>	<p>8. Election Day 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Honoring or Veterans 12:00pm LUNCH TIME 1:00pm Reflection Hour</p>	<p>9. Ellsworth Place (Michaels, FiveBelow, Marshalls, Burlington, DSW, ROSS, Etc. Blue Pearl Buffet - \$13.95 each) 10:00am-2:00pm 8661 Colesville Rd, Silver Spring, MD 20910</p>	<p>10. 10:00am In person Fitness w/ Rodney 11:00am Nutrition Education with Ms. Minor 12:00pm LUNCH TIME 1:00pm Bean Bag Toss</p>	<p>11. CLOSED <i>In Observance of Veterans Day</i></p>
		<p>14. NOVEMBER IS NATIONAL DIABETES MONTH ARE YOU AT RISK FOR TYPE 2 DIABETES? 1 IN 10 PEOPLE HAVE DIABETES (MOST HAVE TYPE 2 DIABETES) 1 IN 4 PEOPLE DON'T KNOW THEY HAVE DIABETES</p> <p>YOU CAN STAY HEALTHIER (LOWER YOUR RISK OF TYPE 2 DIABETES) WITH THESE STEPS: • STAY AT A HEALTHY WEIGHT • EAT WELL • BE ACTIVE</p> <p>THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES: Being Overweight, Family History, Age (Risk increases after age 45), Physical Inactivity, High Blood Pressure, High Cholesterol, Having had gestational diabetes, Being pregnant with a baby who weighed 9 lbs or more at birth.</p>	<p>15. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Thankful Hour</p>	<p>16. 10:00am Teatime 11:00am Honoring Caregivers 12:00pm LUNCH TIME 1:00pm Client's Choice</p>	<p>17. Thanksgiving Luncheon 10:00am-2:00pm Location TBD</p>	<p>18. Apple Cider Day </p>
		<p>28. NOVEMBER BIRTH FLOWER Chrysanthemum LOYALTY JOY LONGEVITY</p>	<p>22. Martha's Table Produce Pick-Up 11:00am-1:30pm 2375 Elvans Road SE Washington, DC 20020</p>	<p>23. 10:00am 11:00am Nutrition Education with Ms. Minor 12:00pm LUNCH TIME 1:00pm</p>	<p>24. Happy Thanksgiving Day </p>	<p>25. SALE BLACK FRIDAY </p>
			<p>29. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>30. 10:00am Coffee Hour 11:00am Oculus Virtual Reality 12:00pm LUNCH TIME 1:00pm Oculus Virtual Reality</p>	<p>Celebrated This Month</p> <ul style="list-style-type: none"> • Adopt a Turkey • American Diabetes • Aviation History • Bladder Health • COPD Awareness • Gluten-Free Diet Awareness • Native American Heritage Month 	<p>Celebrate the Caregivers In Your Life November is National Family Caregivers Month </p>