

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

1:00pm Card Games

## May 2023 Activity Calendar



Нарру	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Birthday to all clients celebrating	Better Sleep Month	2. 10:00am YouTube Fitness 11:00amTV Time 12:00pm LUNCH TIME 1:00pm Music Hour	3. Walmart Supercenter 10:00am-1:45pm 6303 Richmond Hwy Alexandria, VA 22306	4. 10:00am In Person Fitness w/ Rodney 11:00am Bingocize w/ Curlisa - Home Care Partners 12:00pm LUNCH TIME 1:00pm Wind Down Hour	5.
this month!!!  JHappy May Birthdays!	8.  CELEBRATING OUR NURSES  Happy Nurses Week   May 6-12	9. 10:00am YouTube Fitness 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Nutrition Education with Ms. Minor	10. 10:00am Chat & Chew 11:00am Bean Bag Toss 12:00pm LUNCH TIME 1:00pm Medicare and Mental Health w/ Legal Counsel for the Elderly	Publick Playhouse 9:45am-2:00pm 5445 Landover Rd Hyattsville, MD 20784 ONLY 10 SLOTS!	12.
Mask and COVID19	BLADDER CANCER AWARENESS MONTH	Miller Farms 10:00am-1:45pm 10140 Piscataway Rd. Clinton, MD 20735	17. 10:00am Dr. Crawford in-person Counseling Group Session 11:00am Nutrition Ed. w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Cultural Arts & Crafts	18. 10:00am In Person Fitness w/ Rodney 11:00am Bingocize w/ Curlisa - Home Care Partners 12:00pm LUNCH TIME 1:00pm Movie	National Strawberry Month
vaccination mandate has been lifted.  NATIONAL PHYSICAL FITNESS AND SPORTS MONTH	ASIAN AMERICAN NATIVE HAWAIIAN & PACIFIC ISLANDER HERITAGE MONTH	23. 10:00am YouTube Fitness 11:00am Bean Bag Toss 12:00pm LUNCH TIME 1:00pm Tv Time	24. 10:00am Teatime 11:00am Ready Set Go initiative - Intro to Legal Counsel Ombudsman Office and community resources. 12:00pm LUNCH TIME 1:00pm Card Games	EOTR Older America's Celebration Chevy Chase Community Center 10:00am-2:00pm 5601 Connecticut Avenue NW Washington, DC 20015	26.
#MOVEINMAY	CLOSED MEMORIAL DAY REMEMBER & HONOR OUR HEROES.	30. 10:00am Music Hour 11:00am DC Fire EMS In person presentation 12:00pm LUNCH TIME 1:00pm Card Games	31. Senior Fest- Gateway Pavilion 10:00am-2:00pm 2700 Martin Luther King Jr Ave Washington, DC 20032	Clean Air Month	ARTHRITIS AWARENESS MONTH