

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





	Monday	Tuesday	Wednesday	Thursday	Friday
ZOOM Meeting ID # 951 4112 0645 CALL IN # 301 715-8592	3. VIRTUAL ONLY 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645	4. 10:00am Current events 11:00am Puzzle Time 12:00pm LUNCH TIME 1:00pm Arts & Crafts	5. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm Open Game Time	6. 10:00am Mad Hatter Day! Wear a silly hat 11:00am Painting 12:00pm LUNCH TIME 1:00pm Oldies but Goodies	7. VIRTUAL ONLY 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645
Happy Birthday to all clients celebrating this month!!!	10. SITES CLOSED!	11. 10:00am Breast cancer documentary 11:00am Doc. continued 12:00pm LUNCH TIME 1:00pm Hand Dancing	12. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Chat & Chew 12:00pm LUNCH TIME 1:00pm Family Feud	13. 10:00am YouTube Fitness w/ Paul Eugene 11:00am Nutrition Ed. w/Ms. Minor 12:00pm LUNCH TIME 1:00pm Open Game Time	14.VIRTUAL ONLY10:00am Fitness w/ Rodney ONZOOM 951 4112 0645
Facial Masks are	17. VIRTUAL ONLY 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645	18. 10:00am YouTube Fitness w/ Paul Eugene 11:00am Open Game Time 12:00pm LUNCH TIME 1:00pm Legal Counsel for the Elderly. Tenant Advocacy & Support info	19. 10:00am Sipping Cider <mark>Woman King at Marlow 6</mark> <mark>11:15am-1:30pm 3899 Branch Ave Temple Hills, MD 20748</mark>	20. 10:00am In-person Fitness w/ Rodney 11:00am Oculus Virtual Reality 12:00pm LUNCH TIME 1:00pm Virtual Reality continued	21.
Required. Proof of vaccination required.	24.	session w/ Ms. Connelly 25. 10:00am YouTube Fitness w/ Paul Eugene 11:00am Nutrition Ed. w/Ms. Minor 12:00pm LUNCH TIME 1:00pm Bean Bag Toss	26. National Air and Space Museum 10:15am-1:00pm 6th St. and Independence Ave SW Washington, DC 20560	27. 10:00am In-person Fitness w/ Rodney 11:00am Harvest Wreath making 12:00pm LUNCH TIME 1:00pm Wreath making continued.	28. National Chiropractic Health Month National Chiropractic Health Month OCTOBER
BREAST CANCER awareness month	31. HAPPY HALLOWEEN	LGBTQ+ HISTORY MONTH	Celebrated this monthBreast Cancer AwarenessNational Economic EducationDown Syndrome AwarenessEmotional WellnessNational Arts & HumanitiesLGBT HistoryNational Chiropractic Month	Hello October!	Vegetarian

Part of the Senior Services Network - Supported by the Department of Aging and Community Living