EAST FAMILY STRENGTHENING COLLABORATIVE, INC. Empowering families, youti, seniors, and communities.		EOTR Friendship Café / P.T. Johnso 3440 Minnesota Ave NE Washington, D.C. 20019 George Marrow Sr. 202-701-7394	Activi	lay 2023 ity Calendar	DACL DEPARTMENT OF AGING AND COMMUNICATION LIVE BOLDLY
Нарру	Monday	Tuesday	Wednesday	Thursday	Friday
Birthday to all clients celebrating this	LOSED F	2. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Client Satisfaction Survey w/ East River 12:00pm LUNCH TIME 1:00pm Card Games	3. Walmart Supercenter 10:00am-1:45pm 6303 Richmond Hwy Alexandria, VA 22306	4. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Arts for Aging - Healing Connections Between Movement & Music with Annetta and Chris 12:00pm LUNCH TIME 1:00pm Movie	5. <b>10:00am YouTube Fitness</b> <b>11:00am Happy Hour</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm TV Time</b>
month!!! Happy May Birthdays!	8. 10:00am YouTube Fitness 11:00am Chat & Chew 12:00pm LUNCH TIME 1:00pm Puzzles	9. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Nutrition Education With Ms. Minor 12:00pm LUNCH TIME 1:00pm Bean Bag Toss	10. 10:00am Teatime 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Remembering our moms	11. Publick Playhouse 9:45am-2:00pm 5445 Landover Rd Hyattsville, MD 20784 ONLY 8 SLOTS!	12. <b>10:00am YouTube Fitness</b> <b>11:00am Movie</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Movie Continued</b>
Birmaays.	15. CLOSED F CLEANIN	16.Miller Farms10:00am-1:45pm10140 Piscataway Rd.	17. 10:00am Current Events 11:00am Medicare and Mental Health w/ Legal Counsel for the Elderly 12:00pm LUNCH TIME 1:00pm Puzzles	18. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Arts for Aging - Healing Connections Between Movement & Music with Annetta and Chris 12:00pm LUNCH TIME 1:00pm BINGO	19. <b>10:00am YouTube Fitness</b> <b>11:00am Chat &amp; Chew</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Card Games</b>
Mask and COVID19 vaccination mandate has been lifted.	22. 10:00am YouTube Fitness 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Open Game Time	Fitness w. UDC's Ms. Vernette 11:00am DC Fire EMS In person	24. 10:00am Coffee Hour 11:00am Oldies & Goodies 12:00pm LUNCH TIME 1:00pm Open Game Time	25. EOTR Older America's Celebration Chevy Chase Community Center 10:00am-2:00pm 5601 Connecticut Avenue NW Washington, DC 20015	26. 10:00am YouTube Fitness 11:00am TV Time 12:00pm LUNCH TIME 1:00pm Open Game Time
*MOVEINMAY	29. CLOSED MEMORIAI • REMEMBER & HONOR OUR HT	30. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Dr. Crawford in person counseling 12:00pm LUNCH TIME 1:00pm Nutrition Education With Ms. Minor	31. Senior Fest- Gateway DC Pavilion 10:00am-2:00pm 2700 Martin Luther King Jr Ave Washington, DC 20032	Clean Air Month	ARTHRITIS AVVARENESS MONTH MAY

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