



EOTR Friendship Café/Mayfair
3744 Hayes ST NE, Washington DC 20019
Recreation Coordinator 202-243-8986

MARCH Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
	2.	3.	4.	5.	6.
	<p>CLOSED</p>	<p>10am- Coffee Chat N Chew 11am- Mind, Body & Soul w/WildTech 12pm- Lunch 1pm- National Nutrition Month Eat Right 20 Health Tips</p>	<p>10am- Coffee Chat N Chew 11am- Youtube Aerobics 12pm- Lunch 1pm- POKENO</p>	<p>10am- Fitness Rodney 11am- Music Hour 12pm- Lunch 1pm- National Nutrition Month Eat Right on a Budget</p> 	<p>CLOSED Moe's Seafood 219 S. President St Baltimore, MD 21202 10am to 2pm</p>
	9.	10.	11.	12.	13.
	<p>CLOSED</p>	<p>10am- Coffee Chat N Chew 11am- YouTube Exercise 12pm- Lunch & Nutrition Health w/Minor 1pm- Art & Paint</p>	<p>PG PLAZA MALL 3500 East-West Hwy Hyattsville MD 10am to 12pm 10am- Coffee Hour 11am- Women's History Trivia 12pm- Lunch 12:30pm- Health Promotion w/ Irwin 1:30pm- Table Games</p>	<p>10am- Fitness w/ Rodney 11am- Music Trivia 12pm- Lunch 1pm- National Nutrition Month Word Search & Fact/Fiction (Prize)</p> 	<p>CLOSED</p>



16.

CLOSED

17.

 10am- Coffee **Chat N Chew on Youthful Dreams in Senior Years w/Sharon**
 11am- Medicare Fraud Prevention w/DC SMP
 12pm- Lunch
 1pm – Old School Dance

18.

 10am- Coffee Chat N Chew
 11am- Youtube Stretching
 12pm- Lunch
 1pm- Arts & Crafts: Ceramic Pots/Animals


19.

10am- Fitness w/Rodney
11am- Mental Health Session w/Maryanne
12pm- Lunch & Nutrition Health w/Minor
 1pm- **POKENO**

20.

CLOSED

23.

CLOSED

24.
MARTHA'S TABLE
2375 Elvans Rd SE
10am to 12pm

 10am- Coffee Chat and Chew
 11am- YouTube Fitness
 12pm- Lunch
 1pm- Table Games

25.
SIGHT & SOUND
300 Hartman Bridge Rd
Rocks, PA

 10am- Coffee Chat n Chew
 11am- Youtube Fitness
 12pm- Lunch
12:30pm - Health Promotion w/ Irwin
 1:30pm– Music Hour

26.

10am- Fitness w/Rodney
11am- Mental Wellness Technique w/WildTech (Zoom)
 12pm- Lunch
 1pm- Women's History Month

27.

CLOSED

DISCRETIONARY DAY
Staff Training

30.

31.
 10am- Coffee Chat N Chew & Youtube Warm Up TV
11am- Great Way to Start Your Day w/WildTech (Zoom)
 12pm- Lunch

March is....
 National Nutrition Month, National Kidney Month, Colorectal Cancer Awareness Month, Brain Injury Awareness Month, Developmental

		<i>1pm- March Birthday Party</i>			Disabilities Awareness Month, Endometriosis Awareness Month, Multiple Sclerosis (MS) Awareness Month, Bleeding Disorders Awareness Month, and Workplace Eye Wellness (Save Your Vision) Month.
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living.