





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

AUGUST Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
					1. <u>CLOSED</u>
	4. <u>CLOSED</u>	5. WALMART 10am to 12pm 310 Riggs Rd NE Washington, DC 10am-Coffee Hour 11am- Dance Old School Music Hour 12pm- Lunch 1pm- Beanbag Toss	6. 10am- Coffee Hour 11am- Beanbag Toss 12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor 1pm- Chair Aerobics	7. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Open Games	8. <u>CLOSED</u>

 	11. <u>CLOSED</u>	12. 10am- Social Time 10:30am- Group Mental Health Session Counseling w/Maryanne(1.5) 12pm- Lunch 1pm – Pokeno	13. 10am- Coffee/Teatime 11am-Natural Disaster Workshop with JC Cruz from Homeland Security 12pm-Lunch 1pm- YouTube Chair Yoga	14. 10am- Fitness w/Rodney 11am- Brain Fitness Program w/Julia's Heart 12pm- Lunch 1pm- Pokeno	15. <u>CLOSED</u>
	18. <u>CLOSED</u>	19. 10am-Chat and Chew 10:30am- Group Mental Health Session Counseling w/Maryanne(1.5) 12pm- Lunch 1pm- Card Games	20. MARTHA'S TABLE 10am to 11:30am 2375 Elvans Road SE Washington DC 10am- Coffee Hour 11am-Open Games 2pm- Lunch 1pm – Pokeno	21. 10am- Fitness Rodney 11am-Paint and Sip w/EYL Project 12pm- Lunch 1pm – BINGO With Mrs. Ruth	22. <u>CLOSED</u>
	25. <u>CLOSED</u>	26. 10am- Coffee/ Tea Time 11am- YouTube Fitness 12pm- Lunch 1pm-Brain Games & Trivia	27. 10am- Coffee and Tea Time 11am- Dance Hour - Old School Music 12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor 12:45pm- Original Medicare vs Medicare Advantage w/ Legal Counsel for the Elderly	28. 10am- Fitness w/ Rodney 11am- Health Wellness Discussion 12pm- Lunch 1pm- Card Games	29. <u>DINING SITE</u> <u>CLOSED</u> <u>EOTR</u> <u>DISCRETIONARY DAY</u>

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