



## March Activity Calendar 2026

**EOTR Senior Health and Wellness Program**  
**4020 Minnesota Ave NE Washington DC 20019**  
**Kajah Watkins Outreach Coordinator 202-423-6725**  
**April Lee Program Coordinator 202-669-3727**

	Monday	Tuesday	Wednesday	Thursday	Friday
	2.	3. 	4. <b>Cooking Class</b> 10am-12pm Sur La Table 1101 S Joyce St Suite B-20 Arlington, VA 22202 10 seniors from Penn	5. <b>Bowling</b> 10:30am-12:30pm AMF 4717 Saint Barnabas Rd Temple Hills, MD 20748 18 seniors from Knoxhill	6. <b>Social Luncheon</b> 10am-2pm Moe's seafood 219 S President St Baltimore, MD 21202 10 seniors from Mayfair
	9. 	10.	11. <b>Perfume Making at Olfactory</b> 11am-1pm 1262 5 <sup>th</sup> St NE Washington, DC 20002 8 seniors from Kenilworth	12. <b>National Aquarium</b> 10am-2pm 501 E Pratt St Baltimore, MD 21202 20 seniors from Sarah Circle & CHV	13. <b>Golden Corral</b> 10:30am-1pm 1001 Shopper Way Unit 2486 Largo, MD 20774 25 Seniors from Arthur Capper
	16.	17. 	18. 	19. <b>Dave &amp; Buster's</b> 11am-1pm 1851 Ritchie Station Ct Capitol Heights, MD 20743 17 seniors from Sarah Circle	20. 

	<p>23.</p> 	<p>24.</p>	<p>25. Sight &amp; Sound 4am-6:30pm 300 Hartman Bridge Rd Ronks, PA 17572 45 seniors from Penn &amp; Zion</p>	<p>26.</p> 	<p>27.</p>
	<p>30.</p>	<p>31.</p>			<p>March is National Awareness Month for:  <b>Women's History Month</b>  <b>Disability Awareness Month</b>  <b>Social Work Month</b>  <b>National Nutrition Month</b>  <b>Brain Injury Awareness</b></p>

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