



EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 301- 909-2834

October Activity Calendar 2025



 	Monday	Tuesday	Wednesday	Thursday	Friday
			1. 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm-Lunch 1pm- Cards/ Open Games	2. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	3. 10am- Tea / Coffee Hour 11 am- Cards 12pm-Lunch 1pm- Chair Exercises
	6. 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm -Lunch/Nutrition Education w Ms. Minor 1pm- Cards/ Open Games	7. Marthas Table 2375 Elvan's Rd.SE 10:30am-11:30am 10am- Tea/Coffee Hour 11am- Cards 12pm-Lunch 1pm- Floor Games	8. Pumpkin Patch 1720 Crain Hwy 10:30am to 1:30pm Upper Marlboro, MD 20774 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Line Dancing	9. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	10. 10am- Tea /Coffee Hour 11am-Open Games 11:30am to 12:30pm – Legal Counsel for the Elderly 12pm-Lunch 1pm- Cards/ Open Games
	13. Dining Site Closed 	14. 10am-Tea/Coffee Hour 11am- Fitness chair aerobics 12pm-Lunch Time 1pm- Popcorn/ Open Discussion	15. 10am-Tea/Coffee Hour 11am-Open Discussion 12pm-Lunch 1pm- Open Games	16. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Movie Time	17. 10am- Tea/Coffee Hour 11am- Open Games 12pm-Lunch 1pm- Music/ Games

	20. 10am- Tea / Coffee Hour 11am- Open Discussion 12pm -Lunch/Nutrition Education w Ms. Minor 1pm- Bean	21. 10am- Tea / Coffee Hour 11am Walking Club 12pm-Lunch 1pm- Open Games	22. Roses Discount 10:30am-12:00pm 7706 Marlboro Pike Upper Marlboro 20774 10am-Tea/Coffee Hour 11am- Open Discussion 12pm-Lunch 1pm- Open Games	23. 10am- Tea /Coffee Hour 11:30am-Fitness w/Rodney 12pm- Lunch 1pm- Open Discussion	24. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Leg Movement Exercises
	27. 10am- Tea / Coffee Hour 11am Open Games 12pm-Lunch 1pm- Music/ Games	28. 10am-Tea/Coffee Hour 11am- Help Avoid Frauds and Scams as You Age w/Chase Bank Community Manager Aja 12pm-Lunch Time 1pm- Popcorn/ Open Discussion	29. 10am- Tea / Coffee Hour 11am Open Games 12pm-Lunch 1pm- Walking Club	30. 10am- Tea /Coffee Hour 11:30am-Fitness w/Rodney 12pm- Lunch 1pm- Open Discussion	31. 10am-Tea/Coffee Hour 11am- Arts and crafts 12pm-Lunch Time 1pm- Popcorn/ Open Discussion

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