



EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 202-397-7300

November Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
	3. 10am- Tea / Coffee Hour 11am- Open Discussion 12pm- Nutrition Ed w/Ms. Minor 1pm- Beanbag Toss	4. 10am-Tea/Coffee Hour 10:30am- Group Mental Health Session w/ Maryanne 12pm-Lunch Time 1pm- Bingo	5. 10am- Tea/Coffee Hour 11am- Arts for the Aging 12pm-Lunch 1pm- Cards/ Open Games	6. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	7. Dollar Tree 1771 Ritchie Station Ct, Capitol Heights, MD 20743 10:30am-12:00pm 10am- Tea / Coffee Hour 11 am- Cards 12pm-Lunch 1pm- Chair Exercises
	10. 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm-Lunch 1pm- Cards/ Open Games	11. CLOSED 	12. Martha Table 10am to 12pm 2375 Elvan RD SE 10am-Tea/Coffee Hour 12pm-Lunch Time 1pm- Open Discussion	13. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	14. 10am- Tea /Coffee Hour 11am-Open Games 12pm-Lunch 1pm- Movie and Popcorn
	17. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm- Nutrition Ed w/Ms. Minor 1pm- Open Games	18. 10am-Tea/Coffee Hour 11am- Sip and Paint 12pm-Lunch Time 1pm- Open Discussion	19. 10am- Health Promotion w/ERFSC Director of CEP Irwin Royster 11am-Open Discussion 12pm-Lunch	20. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	21. 10am- Tea/Coffee Hour 11am- Thankful Discussion 12pm-Lunch 1pm- Music/ Games

			1pm- Open Games		
	24. Marthas Table 2375 Elvan's Rd SE 10:30am- 11:30am 10am- Tea / Coffee Hour 11am- Open Discussion 12pm- Lunch Time 1pm- Bean	25. 10am- Tea / Coffee Hour 10:30am- Group Mental Health Session w/ Maryanne 12pm-Lunch 1pm- Open Games	26. 10am-Tea/Coffee Hour 11am- Designing Oven Mittens w/EYL Project 12pm- Thanksgiving Luncheon 1pm- Bingo	27. CLOSED 	28. 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm-Lunch 1pm- Cards/ Open Games

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