



EOTR Kenilworth FRIENDSHIP CAFÉ  
 4321 Ord St, NE DC  
 Zairra Baughan-Owens, Program Manager Ward 1 & 7  
 202-845-3384  
 Rickya Dodson, Recreation Coordinator  
 Donna Cobbs, Nutrition Aide

MAY 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<p>1.            10am- Coffee/ Tea &amp; <i>May Calendar Review</i>            11am- Chair Exercises            12pm- Lunch            1pm- Open Games</p>
	<p>4.            10am- Tea/ Coffee Hour            11am- Walk the Gym            12pm- Lunch &amp; <b>Healthy Eating for Older Americans w/Ms. Minor</b>            1pm- Corn Hole Toss</p>	<p>5.            10am- Coffee Conversation            11am- YouTube Fitness            12pm- Lunch            1pm- Bingo  <b>Excursion:</b>  <b>Marthas Table</b>  <b>2375 Elvans rd, SE DC</b>  <b>10:30am-12:30pm</b></p>	<p>6.            10am- Tea/ Coffee Hour  <b>11am- Health Promotion w/Irwin</b>            12pm- Lunch            1pm- Learn a New Game Challenge</p>	<p>7.            10am- Coffee Conversation  <b>11:30am- Fitness w/Rodney</b>            12pm- Lunch            1pm- Popcorn and Movie</p>	<p>8.            10am-Tea/ Coffee Hour            11am- <i>Mother's Day Tea Party/Best Hat</i>            12pm- Lunch            1pm- Brain Games</p>



11.  
10am- Coffee/Tea  
**10:30am- Mental Health Session w/Maryanne**  
12pm- Lunch  
1pm- Arts and Crafts

12.  
10am- Tea/ Coffee Hour  
11am- Walk the Gym  
12pm- Lunch  
1pm- Puzzle Hour

13.  
10am- Coffee/ Tea  
11am- Games of Your Youth  
12pm- Lunch  
1pm- Line Dancing

14.  
10am- Tea/ Coffee Hour  
**11:30am- Fitness w/Rodney**  
12pm- Lunch  
1pm- Brain Teaser Games

15.  
10am- Coffee/ Tea  
11am- Walk the Block  
12pm- Lunch  
1pm- Open Games



18.  
10am- Tea/ Coffee Hour  
11am- Chair Aerobics  
12pm- Lunch  
1pm- Arts/ Crafts

19.  
10am- Coffee/ Tea  
11am- Walk the Gym  
12pm- Lunch  
1pm- Word Search/ Crossword

20.  
10am- Tea / Coffee Hour  
11am- Chair Flex/Stretch  
12pm- Lunch  
1pm- Popcorn / Movie  
**Excursion :**  
**Senior Fest**  
**2700 MLK Jr Ave SE**  
**Washington, DC**  
**20032**  
**9:00am to 2:00pm**

21.  
10am- Coffee/ Tea  
**11:30am- Fitness w/Rodney**  
12pm- Lunch  
1pm- Popcorn and Movie

22.  
**SITE CLOSED**  
**DISCRETIONARY**  
**DAY**



26.  
10am- Tea / Coffee Hour  
11am- Chair Flex/Stretch  
12pm- Lunch  
1pm- Popcorn / Movie

27.  
10am- Coffee/ Tea  
**11am- Health Promotion w/Irwin**  
12pm- Lunch  
1pm- Puzzle Power Hour

28.  
10am- Tea/ Coffee Hour  
**11:30am- Fitness w/Rodney**  
12pm- Lunch  
1pm- Corn Hole Tournament

29.  
10am- Tea/ Coffee Hour  
11am- Walk the Block  
12pm- Lunch  
1pm-Corn Hole Toss  
**Excursion:**  
**Older American Month**  
**WELLNESS COOKOUT**  
**Penn ave Baptist Church**  
**10am – 2pm**

