



EOTR Mayfair FRIENDSHIP CAFÉ
3744 Hayes Street NE
Program Manager Ward 1 & 7
Ziairra Baughan-Owens 202-845-3384
Ciara Crawford, Recreation Coordinator
Phone: 202-397-7300

**May
2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>**CLOSED**</p>	
<p>** CLOSED **</p>	<p>5. Cinco De Mayo!! 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Terracotta Painting 11:00am-12:00pm Loteria (BINGO) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Take flight & Travel to Mexico (Virtual)</p>	<p>6. 10am-10:30am Coffee, Chat & Chew 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Brain Puzzles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Calendar Review & June trip planning</p>	<p>7. 10am- Coffee, Chat & Chew 10:30am- Fitness w/ Rodney 11:00am-12:00pm DIY Soap Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Cont' Soap Making</p>	<p>** CLOSED **</p>	

**** CLOSED ****

12.
10am-10:30am Coffee, Chat & Chew
10:30am-12:00pm Mental Health Session w/Maryanne
12:00pm-1:00pm LUNCH & Nutrition Supplements w/Ms. Minor
1:00pm-2:00pm Brain Puzzles

13.
10am-10:30am 10am- Coffee, Chat & Chew
10:30am-11:00am Virtual Exercise (Persons Choice)
11:00am-12:00pm Movie
12:00pm-1:00pm LUNCH
12:30pm-1:30pm Health Promotions w/Irwin
1:00pm-2:00pm Movie pt2

14.
10am-10:30am Coffee, Chat & Chew
10:30am Fitness w/ Rodney
11:00am-12:00pm Garden with Mayfair!
12:00pm-1:00pm LUNCH
1:00pm-2:00pm Brain Puzzles

**** CLOSED****



**** CLOSED ****

19.
10am-10:30am 10am- Coffee, Chat & Chew
10:30am-12:00pm Mental Health Session w/Maryanne
12:00pm-1:00pm LUNCH
1:00pm-2:00pm Name that Logo

20.
10am-10:30am 10am- Coffee, Chat & Chew
10:30am-11:00am Virtual Exercise (Persons Choice)
11:00am-12:00pm Brain Games
12:00pm-1:00pm LUNCH
1:00pm-2:00pm Paint and sip
Excursion: Senior Fest
2700 Martin Luther King Jr Ave SE, Washington, DC 20032
9:00am-2:00pm

21
10am-10:30am Coffee, Chat & Chew
10:30am Fitness w/ Rodney
11:00am-12:00pm Candle Making
12:00pm-1:00pm LUNCH
1:00pm-2:00pm Cont' Candle Making

**** CLOSED****



25.



Site ClosurHonor & Remember

26.
10am-10:30am 10am- Coffee, Chat & Chew
10:30am-11:00am Virtual Exercise (Persons Choice)
11:00am-12:00pm Brain Games
12:00pm-1:00pm LUNCH
1:00pm-2:00pm Paint and sip
Excursion: Rinaldis bowling
6322 Kenilworth Ave, Riverdale, MD 20737
10:00am-2:00pm

27.
10am-10:30am 10am- Coffee, Chat & Chew
10:30am-11:00am Virtual Exercise (Persons Choice)
11:00am-12:00pm Trivia
12:00pm-1:00pm LUNCH
12:30pm-1:30pm Health Promotions w/Irwin
1:00pm-2:00pm Mug decorating

28.
10am-10:30am 10am- Coffee, Chat & Chew
10:30am Fitness w/ Rodney
11:00am-12:00pm
12:00pm-1:00pm LUNCH
1:00pm-2:00pm **Birthday Celebration**

29.
Excursion: Older American Month WELLNESS COOKOUT Penn ave Baptist Church 10am - 2pm

Site is Closed

Board Bus at the community room entrance

May is Mental Health Awareness Month, Stroke Awareness Month, Lupus Awareness Month, Asthma & Allergy Awareness Month, Women's Health Month, Arthritis Awareness Month, Hepatitis Awareness Month, and Brain Cancer Awareness Month, and it also includes Cinco de Mayo (May 5), Mother's Day (second Sunday of May), National Nurses Day (May 6), and Memorial Day

