





EOTR Friendship Café/MAYFAIR



Recreation Coordinator Ciara Crawford 202-631-4409

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 		1. 10am- Coffee, Chat & Chew 11am- How to Manage Stress 12pm- Lunch 1pm- April Calendar Review & Word Search	2. 10am- Fitness w/Rodney 11am- Spring is here! Canvas Painting 12pm- Lunch 1pm- Cont. Canvas Painting & May Trip Planning	3. <i>Closed</i>	
	6. <i>Closed</i>	7. 10am- Coffee, Chat & Chew 11am- Mental Health Session w/Maryanne 12pm- Lunch & Nutrition ED w/Ms. Minor 1pm- Music Hour	8. 10am- Coffee, Chat & Chew 11am- Health Promotion w/Irwin 12pm- Lunch 1pm- Crosswords	9. 10am- Fitness w/Rodney 11am- Apps for DC and DC Emancipation Day w/Wild Tech 12pm- Lunch 1pm- "The Investigation of Lucy Letby" Documentary & Discussion	10. <i>Closed</i>
	13. <i>Closed</i>	14. AMF Bowling 4717 Saint Barnabas Rd Temple Hills MD 20748 10am – 2pm 10am- Coffee, Chat & Chew 11am- Virtual Fitness 12pm- Lunch 1pm- Table Games	15. 10am- Coffee, Chat & Chew 11am- Autism and Grandchildren 12pm- Lunch 1pm- Art & Paint	16. CLOSED 	17. <i>Closed</i>

	<p>20.</p> <p><i>Closed</i></p>	<p>21. Museum of the Bible 400 4th st NW Washington Dc 20024 10am –2pm 10am- Coffee, Chat & Chew 11am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Crosswords</p>	<p>22.</p> <p>10am- Coffee, Chat & Chew 11am- Health Promotion w/Irwin 12pm- Lunch 1pm- Do – it- Yourself Body Scrub</p>	<p>23.</p> <p>10am- Fitness w/Rodney 11am- Four Corners of Black Excellence w/ Wild Tech (Virtual) 12pm- Lunch 1pm- Table Games</p>	<p>24.</p> <p><i>Closed</i></p>
	<p>27.</p> <p><i>Closed</i></p>	<p>28</p> <p>10am- Coffee Chat & Chew 11am- Music hour 12pm- Lunch 1pm- Skill Ability Cup Challenge “Fastest Stack WINS”</p>	<p>29.</p> <p>10am- Coffee, Chat & Chew 11am- Resin Sculptures 12pm- Lunch 1pm- Brain Games</p>	<p>30.</p> <p>10am- Fitness w/Rodney 11am- Black Community & Culture w/Wild Tech 12pm- Lunch 1pm- Birthday Celebration</p>	

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