

EOTR Friendship Café/Mayfair February Activity Calendar 2025 3744 Hayes ST NE, Washington DC 20019 Recreation Coordinator George Marrow Jr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY Birthdays		BLACK HISTORY MONTH		I HAVE A DREAM	BLACK HISTORY M O N T H
FEBRUARY IS HEART HEALTH MONTH	3. <u>CLOSED</u>	4. 10am- Fitness w/ Rodney 11am- Current News 12pm-Lunch/Nutrition Ed w Ms.Minor 1pm- Beanbag Toss	5. 10am- Coffee Hour 11am- Open Discussion 12pm- Lunch 1pm- Spirit Club Fitness Virtual	6. DUTCH FARMERS MARKET 10am-12pm 5030 Brownstation Rd Upper Marlboro MD 10am- Coffee/Tea Time 11am- Music Hour 12pm-Lunch 1pm- Brain Games	7. <u>CLOSED</u>

February is RARE DISEASE	10. <u>CLOSED</u>	11. WALMART 8745 Branch Ave	12. 10am- Coffee/Tea Time\ 11am – Music Hour	13. 10am- Fitness w/Rodney 11am- Social Hour	14.
AWARENESS MONTH & RAYNAUD'S AWARENESS MONTH **CASCOGGENA** **CAS		Clinton, Md 10am-12pm 10am- Coffee Hour 11am- Open Discussion 12pm- Lunch 1pm – Card Games	12pm-Lunch 1pm- Presentation from Legal Counsel for the Elderly	12pm- Lunch 1pm- Brain Games	Happy Valentine's Day
AMD / LOW VISION AWARENESS MONTH	17. CLOSED PRESIDENTS' DAY	18. Martha's Table 2375 Elvans Road SE 10am – 12 noon 10am-Chat and Chew 11am- Beanbag Toss 12pm- Lunch 1pm- Bingo	19. 10am- Coffee Hour 11am- Open Discussion 12pm- Lunch 1pm – Black History Music	20. 10am- Fitness Rodney 11am-Music Hour 12pm- Lunch 1pm – Card Games	21. The Breakfast Club 10:30am-12pm Silver Diner 1250 Half St SE Washington, DC 20003 10 to 12people
National Cancer Prevention Month — FEBRUARY—	24. <u>CLOSED</u> ?:	25. 10am- Bean bag Toss 11am- Open Discussion 12pm-Lunch/Nutrition Ed w Ms.Minor 1pm-Board Games	26. 10am- Coffee Hour 11am- Open Discussion 12pm- Lunch 1pm- Spirit Club Fitness Virtual	27. 10am- Fitness Rodney 11am- Open Discussion 12pm- Lunch 1pm – Current Ecent	Carnival Event w/Performances 10am-1pm 3440 Minnesota Avenue SE Washington, DC 20029

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