



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

January Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
			1. 	2. US BOTANICAL GARDENS 100 Maryland Avenue SW 10am to 12pm 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Pokeno	2. <u>CLOSED</u> 
5. <u>CLOSED</u>	6. 10am-Coffee Hour 11am-Motown Musical Chairs w/Julia's Heart 12pm- Lunch 1pm- Beanbag Toss	7. 10am- Coffee Hour 11am- Card Games 12pm- Lunch 12:45pm- Health Promotion w/Irwin 1pm – Open Discussion	8. 10am- Fitness w/ Rodney 11am- Music Hour 12pm-Lunch 1pm- Pokeno	9. <u>CLOSED</u>	



12. <u>CLOSED</u>	13. 10am- Social Time 11am- Paint & Sip w/EYL 12pm- Lunch/Nutrition Ed w/Ms Minor 1pm – Mental Meditation	14. BOWLING \$10 10am-12pm 10am- Fitness Warm Up 11am – Music Hour 12pm-Lunch 1pm- Open Games	15. 10am- Fitness w/Rodney 11am- Music Hour 12pm- Lunch 1pm- Pokeno	16. <u>CLOSED</u>
19. HAPPY MARTIN LUTHER KING JR. DAY WE WILL BE CLOSED	20. BINGO W/RUTH 10am-Fitness Warm Up 11am- Card Games 12pm- Lunch 1pm- Bingo 	21. 10am- Coffee Hour 10:30am- January Jumpstart Workshop w/Kajah 12pm- Lunch 1pm – Youtube Fitness	22. 10am- Fitness w/Rodney 11am- Music Hour 12pm- Lunch 1pm- Pokeno	23. <u>CLOSED</u> 
26. <u>CLOSED</u>	27. 10am- Coffee/Tea Hour 11am- Chair Yoga 12pm- Lunch 12:45pm- Health Promotion w/Irwin 1pm-Card Games	28. 10am- Social Time 11am- Motown Dance Music 12pm- Lunch 1pm – Mental Stimulation	29. 10am- Fitness w/Rodney 11am- Chat N Chew 12pm- Lunch 1pm – Pokeno	30. <u>CLOSED</u>

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