










**EOTR Friendship Zion/DHH**  
**1234 Kenilworth Ave NE Washington DC, 20019**  
**DHH Recreation Coordinator - Jessica Bryant 202-441-1537**  
**PT Recreation Coordinator- Lia Elder 202-397-7300**

**April Activity Calendar 2026**



	Monday	Tuesday	Wednesday	Thursday	Friday
  			<b>1.</b> 10am-Chat&Chew <b>11am-Spirit Fitness w/ Chris</b> <b>11am- Health Promotion w/Irwin</b> 12pm – Lunch 1pm- Open Games	<b>2.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm- Lunch 1pm -Table Talk: Favorite Activities	<b>3.</b> <b>10am- Health Promotion w/Irwin</b> <b>11am- Mental Health Sessions w/ Dr. Crawford</b> 12pm – Lunch 1pm- Calander Review
	<b>6.</b> 10am-Coffee/Chat&Chew <b>10:30-ASL Spring w/ Rebekah</b> 12pm –Lunch 1pm- Brain Games	<b>7.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> <b>11am-Wild-Tech Computer Session</b> 12pm- Lunch 1pm – Table Talk: Technology	<b>8.</b> 10am-Chat&Chew <b>11am- Spirit Fitness w/ Chris</b> 12pm Lunch/Movie&Popcorn: 1pm- Movie Continued	<b>9.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm – Lunch 1pm – Table Talk: Dealer’s Pick	<b>10.</b> <b>Forestville Mall</b> <b>3393 Donnell Dr,</b> <b>MD 20747</b> <b>10am-12pm</b> 10am– Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Activity of Choice

	<p><b>13.</b> 10am -Coffee/Chat&amp;Chew <b>11am-Pottery w/EYLProject</b> <b>12pm –Lunch/Nutrition Benefits &amp; Egg Safety Trivia w/ Ms. Minor</b> 1pm- Open Games</p>	<p><b>14.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm- Lunch 1pm- Table Talk: Gardening</p>	<p><b>15.</b> 10am- Current Event <b>11am- Spirit Fitness w/ Chris</b> 12pm – Lunch 1pm- Arts&amp;Crafts: Pottery</p>	<p><b>16. Dining Site Closed</b></p>  <p>HAPPY EMANCIPATION DAY</p>	<p><b>17.</b> <b>10am- How Can I Manage Stress (Health Discussion)</b> <b>11am- Mental Health Sessions w/ Dr. Crawford</b> 12pm – Lunch 1pm – Activity of Choice</p>
 	<p><b>20.</b> 10am -Coffee/Chat&amp;Chew <b>10:30-ASL Spring w/ Rebekah</b> <b>12:00 – Lunch/Nutrition Ed. w/ Ms. Minor</b> 1pm- Bingo</p>	<p><b>21.</b> <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am -Coffee/Teatime 12pm -Lunch 1pm- Table Talk: Dealer’s Pick</p>	<p><b>22.</b> 10am-Coffee/Chat&amp;Chew <b>11am- Spirit Fitness w/ Chris</b> 12pm – Lunch 1pm- Arts&amp;Crafts: Crochet</p>	<p><b>23.</b> <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm - Table Talk: Healthy Boundaries</p>	<p><b>24.</b> <b>Hains Point Picnic Area</b> <b>2301 Ohio Dr SW, DC 20024</b> <b>10am-12pm</b> 10am– Coffee/Chat&amp;Chew 11am-Move&amp;Groove 12pm – Lunch 1pm- Brain Games</p>
 <p>NATIONAL GARDENING DAY APRIL 14</p>	<p><b>27.</b> 10am -Coffee/Chat&amp;Chew <b>11am- Think Tank w/Juila Heart Program</b> <b>12pm – Lunch/Food Labels Discussion w/Ms. Minor</b> 1pm- Arts&amp;Crafts: Painting</p>	<p><b>28.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm – Activity of Choice</p>	<p><b>29.</b> 10am-Coffee/Chat&amp;Chew <b>11am- Spirit Fitness w/ Chris</b> 12pm – Lunch <b>12:30-2pm- Senior Transportation Options Workshop w/ Heather Foote</b></p>	<p><b>30.</b> <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm - Table Talk: Juicing for Nutrition</p>	

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