






EOTR Friendship Café – KENILWORTH - Activity Calendar 2026
4321 Ord Street NE
Recreation Coordinator RICKYA DODSON – 202-397-7300



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 		<p>IRRITABLE BOWEL SYNDROME (IBS) AWARENESS MONTH</p> <ul style="list-style-type: none"> ➤ IBS is a common digestive tract disorder ➤ There is no specific cure for the condition 	<p>1. 10am- - Tea/Coffee & April Calendar Review 11am- Health Promotion w/ Irwin 12pm- Lunch 1pm- Puzzling Puzzles</p>	<p>2. 10am- Tea/Coffee Hour 11am- Fitness w/Rodney 12pm- Lunch 1pm- Brain Teaser Game</p>	<p>3. Marthas Table 2375 Elvans Rd SE 10:30am to 12pm 10am- Tea/Coffee Hour 11am- Easter Word Search 12pm- Lunch 1pm- Easter Egg Hunt</p>
	<p>6. 10am- Tea/Coffee Hour 11am- Chair Exercises 12pm- Lunch & Nutrition ED w/Ms. Minor 1pm- Corn Hole Toss</p>	<p>7. 10am- Tea/ Coffee Hour 11am- Autism & Grandchildren 12pm- Lunch 1pm- Arts and Crafts</p>	<p>8. 10am- Tea/ Coffee Hour 11am- Chair Aerobics 12pm- Lunch 1pm- Line Dancing</p>	<p>9. 10am- Tea/ Coffee Hour 11am- Fitness w/ Rodney 12pm- Lunch 1pm- Bingo</p>	<p>10. 10am- Tea/ Coffee Hour 11am- Walk the Block 12pm- Lunch 1pm- May Calendar Suggestions /Musical Hour</p>
	<p>13. 10am- Tea/ Coffee Hour 11am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Move and Groove</p>	<p>14. Bernice Fonteneau 3531 Georgia Ave NW 10am to 2pm 10am-Tea/ Coffee Hour 11am- Walk the Gym 12pm- Lunch 1pm- Puzzling Puzzles</p>	<p>15. 10am- Coffee/ Tea Hour 11am- Health Promotions/w Irwin 12pm- Lunch 1pm-Word Search/ Cross Word</p>	<p>16. CLOSED</p>	<p>17. 10am- Tea/ Coffee Hour 11am- How to Manage Stress 12pm- Lunch 1pm- Mind and Mingle Puzzle</p>

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	<p>20. 10am- Tea/ Coffee Hour 11am- Mental Health Session w/ Maryanne 12pm- Lunch & Nutrition ED w/ Ms. Minor 1pm- Walk the Gym</p>	<p>21. 10am- Tea/ Coffee Hour 11am- YouTube Fitness 12pm- Lunch 1pm- Line Dancing</p>	<p>22. 10am- Tea/ Coffee Hour 11am- Chair Aerobics 12pm- Lunch 1pm- Sip and Paint</p>	<p>23. 10am- Tea/ Coffee 11am- Fitness w/ Rodney 12pm- Lunch 1pm- Shuffle & Social</p>	<p>24. 2nd Ave 201 Fort Meade Rd, Laurel, MD 20707 10:30am- 12pm 10am- Tea / Coffee Hour 11am- Board Games 12pm- Lunch 1pm- Chair Aerobics</p>
	<p>27. 10am- Tea/ Coffee 11am- Chair Aerobics 12pm- Lunch 1pm- Brain Teaser Games</p>	<p>28. 10am-Tea/ Coffee Hour 11am- Walk the Block 12pm- Lunch 1pm- Puzzling Puzzles</p>	<p>29. 10am- 11am- Health Promotion w/ Irwin 12pm- Lunch 1pm- 70s Groove & Move</p>	<p>30. 10am- Tea/ Coffee 11am- Fitness w/ Rodney 12pm- Lunch 1pm- April Birthday Party</p>	

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