



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

**March Activity Calendar 2026**



	Monday	Tuesday	Wednesday	Thursday	Friday
  	<b>2.</b> 10am- Coffee/Chat&Chew <b>10am-12pm :Eye Screening w/POBS</b> 12pm- Lunch 1pm- Open Games	<b>3.</b> <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am-Coffee/Teatime 12pm- Lunch 1pm – Open Games	<b>4.</b> 10am-Chat&Chew <b>11am-Spirit Fitness w/ Chris</b> 12pm – Lunch <b>1pm-Health Promotion w/Irwin</b>	<b>5.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> <b>11am- EYL Project Paint &amp; Sip</b> 12pm- Lunch 1pm - Table Talk: why mental health matters	<b>6.</b> 10am- Tea &Coffee Time <b>11am-Mental Health Sessions w/ Dr. Crawford</b> 12pm – Lunch 1pm- Calander Review
	<b>9.</b> 10am-Coffee/Chat&Chew <b>10:30 -12pm:ASL Spring w/ Rebekah</b> <b>12pm –Lunch/ Nutrition Ed. w/ Ms. Minor</b> 1pm- Brain Games	<b>10.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> <b>11am-Wild-Tech Computer Session</b> 12pm- Lunch 1pm – Open Games	<b>11.</b> 10am-Chat&Chew <b>11am-Spirit Fitness w/ Chris</b> 12pm – Lunch 1pm-Activity of Choice	<b>12.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> <b>11am- National Nutrition Month Eat Right on a Budget</b> 12pm – Lunch 1pm – Table Talk: Family life	<b>13.</b> <b>Super Walmart 10am to 12pm 6303 Richmon Hwy, Alexandria, VA 22306</b> 10am– Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Brain Games

	<p>16. 10am -Coffee/Chat&amp;Chew <b>10:30- 12pm:ASL Spring w/ Rebekah</b> 12pm –Lunch 1pm- Brain Games</p>	<p>17. <b>10am- Bodywise w/ UDC Ms. Vernette</b> <b>11am- National Nutrition Month Word Search</b> 12pm- Lunch 1pm- Table Talk: When you were young</p>	<p>18. <b>10am-Chat&amp;Chew</b> <b>11am- Spirit Fitness w/ Chris</b> <b>12pm-Luch/Nutrition Edw Ms.Minor</b> <b>1pm-Health Promotion w/Irwin</b></p>	<p>19. <b>10am- Body w`ise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm-Lunch 1pm- Table Talk: Music</p>	<p>20. 10am- Tea &amp;Coffee Time <b>11am- Mental Health Sessions w/ Dr. Crawford</b> 12pm – Lunch 1pm – Brain Games</p>
	<p>23. 10am -Coffee/Chat&amp;Chew <b>11am- Get Jiggy with Jazz w/ Juila Heart</b> 12:00pm – Lunch 1pm- Activity of Choice</p>	<p>24. <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am -Coffee/Teatime 12pm -Lunch 1pm- Open Games</p>	<p>25. <b>Sight and Sound 4:30am- 6:30pm</b> <b>300 Hartman Bridgeman Ronks, PA 17572</b> 10am-Coffee/Chat&amp;Chew <b>11am- Spirit Fitness w/ Chris</b> 12pm – Lunch <b>1pm-Health Promotion w/Irwin</b></p>	<p>26. <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm - Table Talk: Travel Life</p>	<p>27. <b>SITE CLOSED</b> <b>DISCRETIONARY DAY</b> <b>(ALL STAFF TRAINING)</b></p>
	<p>30. 10am -Coffee/Chat&amp;Chew <b>11am- National Nutrition Month: 20 Healthy Tip</b> 12pm - Lunch 1pm- Introduction to Pottery</p>	<p>31. <b>The Holocaust Museum 100 Raoul Wallenberg Pl SW, Washington, DC 20024</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm – Activity of Choice</p>			

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