



EOTR Friendship Café/Mayfair

3744 Hayes ST NE, Washington DC 20019

Recreation Coordinator George Marrow Jr. 202-243-8986

January Activity Calendar 2025



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------|--|--|--|--------------------------|
|  | | | 1. CLOSED  | 2. 10am- Fitness w/ Rodney 11am- Music Hour 12pm- Lunch 1pm- Brain Games | 3. <u>CLOSED</u> |
|  | 6. <u>CLOSED</u> | 7. 10am-Coffee Hour 10:30am- Mental Health Counseling w/Patrick Crawford 11am- Current News 12pm- Lunch 1pm- Beanbag Toss | 8. Ellesworth Mall 8661 Colesville Rd, Silver Spring, MD 20910 10am-12 pm 10am-Social Hour 11am- Chat N Chew 12pm- Lunch 1pm- Youtube Video | 9. 10am- Fitness w/ Rodney 11am- Music Hour 12pm- Lunch 1pm- Brain Games | 10. <u>CLOSED</u> |
|  | 13. <u>CLOSED</u> | 14. Martha Table 2375 Elvans Rd Se 10am – 12pm 10am- Coffee Hour 11am- Open Discussion 12pm- Lunch/Nutrition Ed w/Ms.Minor 1pm-Chat N Chew | 15. 10am- Coffee/Tea Time 11am- Youtube Fitness 12pm-Lunch 1pm- Open Discussion | 16. 10am- Fitness w/Rodney 11am- Social Hour 12pm- Lunch 1pm- Card Games | 17. <u>CLOSED</u> |

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|   | <p>20.</p>  <p>MARTIN LUTHER KING JR DAY <u>SITE CLOSED</u></p> | <p>21.</p> <p>10am-Chat and Chew 11am- Card Games 12pm- Lunch 1pm- Bingo with Mrs. Ruth</p>  | <p>22.</p> <p>10am- Bean bag Toss 11am- Brain Games 12pm- Lunch 1pm-Crossword Puzzles</p> | <p>23.</p> <p>10am- Fitness Rodney 11am-Music Hour 12pm- Lunch 1pm- Brain Games</p> | <p>24.</p> <p><u>CLOSED</u></p> |
| | <p>27.</p> <p><u>CLOSED</u></p> | <p>28.</p> <p>Rinaldi's Riverdale Bowl 10am-12pm 6322 Kenilworth Ave Riverdale, MD 20737</p> <p>10am- Bean bag Toss 11am- Open Discussion 12pm- Lunch 1pm-Board Games</p> | <p>29.</p> <p>10am- Bean bag Toss 11am- Open Discussion 12pm- Lunch 1pm- Movie Time</p> | <p>30.</p> <p>10am- Fitness Rodney 10am- Bean bag Toss 11am- Open Discussion 12pm- Lunch 1pm-Chair Yoga</p> | <p>31.</p> <p><u>CLOSED</u></p> |

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