







**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**

**May Activity Calendar 2026**



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>hello May</p> <p>May is <b>MENTAL HEALTH</b> Awareness Month</p>					<b>1.</b> 10am- Current Events <b>10:30am- Mental Health Sessions w/ Dr. Crawford</b> 12pm – Lunch 1pm- Calander Review
	<b>4.</b> 10am-Coffee/Chat&Chew <b>10:30-ASL Spring w/ Rebekah</b> 12pm –Lunch 1pm- Bingo	<b>5.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am- Current Events 12pm- Lunch 1pm – Table Talk: Dealer’s Choice	<b>6.</b> 10am-Chat&Chew <b>11am- Spirit Fitness w/ Chris</b> 12pm Lunch <b>1pm- Health Promotion w/Irwin</b>	<b>7.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm – Lunch 1pm – Table Talk: Maintaining Independence	<b>8.</b> <b>Rinaldi’s Riverdale Bowl</b> <b>6322 Kenilworth Avenue</b> <b>Riverdale Park</b> <b>10am-12pm</b>  10am– Coffee/Chat&Chew 11am- Move&Groove 12pm – Lunch 1pm- Memory Mayhem

	<p><b>11.</b> 10am -Coffee/Chat&amp;Chew 11am- Current Events <b>12pm- Lunch/Healthy Eating for the Older American w/ Ms. Minor</b> 1pm- Open Games</p>	<p><b>12.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> <b>11am- Technology Training w/Wildtech</b> 12pm- Lunch <b>1pm- Social Isolation Discussion w/ Wildtech</b></p>	<p><b>13.</b> <b>10am-Information Session w/ Care Coordinators</b> <b>11am- Spirit Fitness w/ Chris</b> 12pm – Lunch/Movie&amp;Popcorn 1pm- Movie&amp;Popcorn continued</p>	<p><b>14.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm-Lunch 1pm- Table Talk: Favorite Spring Activities</p>	<p><b>15.</b> <b>2<sup>nd</sup> Ave Thrift</b> <b>201 Fort Meade Rd, Laurel, MD 20707</b> <b>10am-12pm</b></p> <p>10:am- Coffee/Chat&amp;Chew 11am- Move&amp;Groove 12pm – Lunch 1pm – Activity of Choice</p>
	<p><b>18.</b> 10am -Coffee/Chat&amp;Chew <b>10:30-ASL Spring w/ Rebekah</b> 12:00 – Lunch 1pm- Bingo</p>	<p><b>19.</b> <b>10am-Body wise w/ UDC Ms. Vernette</b> <b>11am -Travel Presentation/Wildtech</b> 12pm -Lunch <b>1pm- Health Awareness w/Wildtech</b></p>	<p><b>20.</b> <b>SENIOR FEST</b> <b>2700 MLK JR AVE SE</b> <b>9am-2pm</b></p>	<p><b>21.</b> <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm – Gem Hat Design</p>	<p><b>22.</b> <b>SITE CLOSED</b> <b>Discretionary Day</b></p>
	<p><b>25. Dining Site Closed</b> </p>	<p><b>26.</b> <b>10am- Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm – Jewelry making</p>	<p><b>27.</b> 10am-Coffee/Chat&amp;Chew <b>11am- Spirit Fitness w/ Chris</b> 12pm – Lunch <b>1pm- Health Promotion w/Irwin</b></p>	<p><b>28.</b> <b>10am-Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm – Karaoke</p>	<p><b>29.</b> <b>Older Americans Month Celebration</b> <b>Pennsylvania Avenue Baptist Church</b> <b>3000 Pennsylvania Ave</b> <b>10am-2pm</b></p>

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