




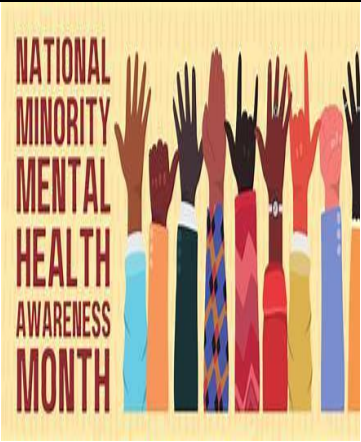
EOTR Friendship Café/Kenilworth
Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 301- 909-2834

July Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
 		1. Beltway Plaza Mall 10am-12pm 6000 Greenbelt Rd, Greenbelt MD 20770 10am- Tea / Coffee Hour 11am- Walk the Gym 12pm-Lunch Time 1pm- Open Games	2. 10am- Tea / Coffee Hour 11 am- Cards 12pm-Lunch 12:30pm- Fall Recovery Prevention Workshop w/ Home Care Partners Elexa Waugh	3. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	4. CLOSED
	7. 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm-Lunch/Nutrition Ed w/Ms.Minor 1pm- Bingo	8. 10am- Tea/Coffee Hour 11am-Fianacial Exploitation Presentation w/TB Bank 12pm-Lunch 1pm- Bean Bag/ Floor Games	9. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Cards/ Open Games	10. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	11. 10am- Tea /Coffee Hour 11am- Fabric Art Session w/EYL Project 12pm-Lunch 1pm- Cards/ Open Games
	14. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch	15. 10am-Tea/Coffee Hour 11am- Fitness chair aerobics 12pm-Lunch Time	16. 10am-Tea/Coffee Hour	17. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Movie Time	18. 10am- Tea/Coffee Hour 11am- Jewelry Making/ Crafts 12pm-Lunch

	1pm- Cards/ Open Games Cards/ Open Games	1pm- Popcorn/ Open Discussion	11am- Fire Safety Education w/ Fire Safety Specialist Patricia Everett 12pm-Lunch 1pm- Open Games		1pm- Music/ Games
	21. 10am- Tea / Coffee Hour 11am- Sip and Paint 12pm- Lunch/Nutrition Ed w/Ms.Minor 1pm- Open Game	22. 10am- Tea / Coffee Hour 11am-Physical Fitness w/ Julia Heart Program 12pm-Lunch 1pm- Walking Club	23. 10am-Tea/Coffee Hour 11am- Open Discussion 12pm-Lunch 1pm- Bingo	24. 10am- Tea /Coffee Hour 11:30am-Fitness w/Rodney 12pm- Lunch 1pm- Open Discussion	25. DISCRETIONARY DAY SITE CLOSED
	28. 10am- Tea / Coffee Hour 11am-Minority Mental Health Session w/Dr. Phronie 12pm-Lunch 1pm-Minority Mental Health Session w/Dr. Phronie	29. 10am-Tea/Coffee Hour 11am- Fitness chair aerobics 12pm-Lunch Time 1pm- Popcorn/ Open Discussion	30. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Cards/ Open Games		

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