



*EOTR Friendship Café/Knox Hill  
2700 Jasper ST SE, WDC 20020  
Recreation Coordinator Tamar Bennett 202-397-7300*



*Activity Calendar 2026*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1.</b> 10am- Coffee / Tea 11am- Brain Games 12pm- Lunch 1pm- Calendar Review & Games	<b>2.</b> 10am- Coffee 11am- Current Events 12pm- Lunch 1pm- Word search	<b>3.</b> 10am- Coffee / Tea 11am-Movie 12pm- Lunch 1pm- Continue Movie
		<b>6.</b> 10am-Coffee / Teatime <b>11am- Fitness w/Rodney</b> 12pm- Lunch 1pm- Easter, Bunnies & Eggs	<b>7.</b> 10am- Coffee / Teatime <b>11am- Paint &amp; Sip w/EYL Project</b> 12pm- Lunch 1pm- Mental Relaxation	<b>8.</b> 10am- Coffee / Tea 11am- Leg Movements 12pm- Lunch 1pm- Games	<b>9. Teppanyaki Grill Buffet</b> <b>9345 Annapolis Rd Lanham, MD 20706</b> <b>11am -1pm</b>  10am- Tea 11am- Music hour <b>12pm- Lunch &amp; Food Benefit &amp; Egg Safety Trivia w/Ms. Minor</b> <b>1pm- Health Promotion w/ Irwin</b>
	<b>13.</b> 10am- Coffee 11am- Bingo 12pm- Lunch 1pm- Arm Movement	<b>14.</b> 10am- Coffee & Tea <b>11am- Brain Games &amp; Mind Maze w/Julia Heart Program</b> 12pm- Lunch 1pm- Open Discussion	<b>15. Petey Green</b> <b>2907 Martin Luther King Jr Ave SE</b> <b>10:30am to 12:30pm</b> 10am- Coffee & Tea <b>11:30am – Walk With Ease w/Ms. Lockett</b> 12pm- Lunch 1pm- Bingo	<b>16. Dining Site Closed</b>  <b>HAPPY EMANCIPATION DAY</b>	<b>17.</b> 10am- Coffee <b>10:30am to 12pm- Mental Health Session w/Maryanne</b> 12pm- Lunch 1pm- Music Hour

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	<p>20. 10am- Hot Beverage 11am- Fitness w/Rodney 12pm- Lunch 1pm- Games</p> 	<p>21. Go-Go Museum &amp; Café 1920 MLK Jr Ave. SE WDC 20020 10am-12pm</p> <p>10am- Hot Beverage 11am- Chair Exercises 12pm- Lunch 1pm- Word Search</p>	<p>22. 10am- Coffee / Tea 11am- Chair Stretches 12pm- Lunch 1pm - Karaoke</p> 	<p>23. 10am- Coffee / Tea 11am- Meditation 12pm- Lunch &amp; Food Labels Discussion w/Ms. Minor 1pm- Health Promotion w/ Irwin</p>	<p>24. 10am- Coffee / Tea 11am- Mindfulness Discussions 12pm- Lunch 1pm- Arbor Day (Tree Planting)</p> 
	<p>27. 10am- Coffee / Tea 11am- Arm Movement 12pm- Lunch 1pm- Games</p>	<p>28. 10am- Coffee / Tea 11am- Autism Awareness for Grandparents 12pm- Lunch 1pm- Word search</p>	<p>29. 10am- Coffee / Tea 11am-How Can I Manage Stress (Health Discussion) 12pm- Lunch 1pm- Games</p>	<p>30. 10am- Coffee / Tea 11am- Health Discussion 12pm- Lunch 1pm- Word search</p> <p><b>Birthday Celebrations</b></p>	

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

