










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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 					1. 10am- Coffee 11am- <b>Stretches</b> 12pm- Lunch 1pm- <i>May Calendar Review &amp; Games</i>
	4 10am- Teatime 11am- <b>Fitness w/Rodney</b> 12pm- Lunch 1pm- Karaoke 	5. 10am- Coffee Hour 11am- <b>Hula Hoop Workout</b> 12pm- <b>Lunch &amp; Healthy Eating for Older Americans w/Ms. Minor</b> 1pm- Games	6. 10am- Coffee Hour 11am - <b>Walk on Spot</b> 12pm- Lunch 1pm- Music Hour	7. <b>Farmers Market</b> <b>5030 Brown Station Rd</b> <b>Upper Marlboro, MD 20772</b> <b>10am – 12pm</b>  10am- Tea & Talk 11am- <b>Chair Workout</b> 12pm- Lunch 1pm- Games	8. 10am- Teatime 10:30am – <b>Mental Health Session w/Maryanne</b> 12pm- Lunch 1pm- Word Search
	11. 10am- Coffee Hour 11am- <b>“Parade of Hats”</b> 12pm- Lunch 1pm- <i>Mother’s Day Appreciation</i> 	12. 10am- Teatime 11am- <b>Let’s dance</b> 12pm- Lunch 1pm- Movie time	13.  <b>Older America Month</b> <b>Odyssey Boat</b> <b>Pier 4 580 Water St SW</b> <b>10:45am – 2:30pm</b>	14. 10am- Coffee Hour 11am- <b>Walk on Spot</b> 12pm- Lunch 1pm- <b>Health Promotions w/Irwin</b>	15. 10am- Coffee Hour 11am- <b>Hula Hoop Workout</b> 12pm- Lunch 1pm- Games

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 <p><b>BRAIN CANCER AWARENESS MONTH</b> MAY</p> 	<p>18.</p> <p>10am- Coffee Hour  <b>11am- Fitness w/Rodney</b>  <b>12pm- Lunch &amp; Nutrition Supplements w/Ms. Minor</b>            1pm- Card Games</p> 	<p>19.</p> <p>10am- Coffee Hour  <b>11am- "Joy of Movement" w/Arts for the Aging</b>            12pm- Lunch            1pm- Word Search</p>	<p>20.</p> <p><b>Senior Fest</b>  <b>2700 MLK Jr. Ave SE</b>  <b>Washington, DC 20032</b>  <b>9:00am to 2:00pm</b></p>	<p>21.</p> <p>10am- Teatime            11am- <b>Knee Stretches</b>            12pm- Lunch            1pm- Games</p>	<p>22.</p> <p><b>SITE CLOSED</b>  <b>Discretionary Day</b></p>
	<p>25.</p>  <p>WE WILL BE  <b>CLOSED</b>            IN HONOR OF  <b>Memorial Day</b>  <small>23 MAY 2022</small></p>	<p>26.</p> <p>10am- Teatime  <b>11am- Walking With Ease w/Lockett</b>            12pm- Lunch  <i>1pm- Birthday Celebration</i></p> 	<p>27.</p> <p>10am- Coffee Hour  <b>11am- "Joy of Movement" w/Arts for the Aging</b>            12pm- Lunch            1pm- Bingo</p> 	<p>28.</p> <p>10am- Coffee Hour            11am- Games            12pm- Lunch  <b>1pm- Health Promotions w/Irwin</b></p>	<p>29.</p> <p>10am- Coffee Hour            11am- <b>Stretches</b>            12pm- Lunch            1pm- Current Events</p>

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

