



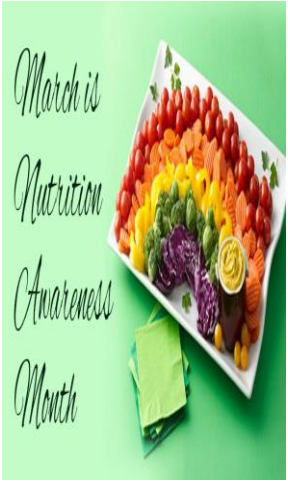
EOTR Friendship Café/Knox Hill
2700 Jasper ST SE, WDC 20020

MARCH 2025 Activity Calendar



Recreation Coordinator: LEWIS FOUNTAIN 202-397-7300

	Monday	Tuesday	Wednesday	Thursday	Friday
 	3. 10am-Coffee Hour 11am- Bingo 12pm-Lunch 1pm- National Nutrition Month Literature/ Discussion	4. 10am-Coffee Hour 11am-Scrabble 12pm-Lunch 1pm-Hidden Colors 2	5. AMISH MARKET 10:00am- 12pm 5030 Brown Station RD Upper Marlboro MD 20772 10am-Coffee Hour/Tea Time 11am-Current Events 12pm- Lunch 1pm-Open Games	6. 10am-Java Hour 11am- Finances 12pm-Lunch 1pm- Chair Yoga Exercises	7. 10am- Open Discussion 11am- Scrabble 12pm- Lunch 1pm- Open Games
	10. 10am-Coffee Hour 11am- Fitness w/Rodney 12pm- Lunch 1pm-Discussion	11. 10am- Coffee Hour 11am- Arts & Crafts 12pm-Nutriton Education w Ms. Minor/Lunch 1pm- Light Arm Stretching	12. 10am- Coffee Hour 11am- SNAP Education w/Ms.Lockett 12pm- Lunch 1pm-Karaoke	13. 10am- Coffee Soiree 11am-Board Games 12pm- Lunch 1pm- Leg Exercises	14. 10am-Socializing Hour 11am- Board games 12pm-Lunch 1pm- Health Sleeping Tips Discussion
	17. 10am- Coffee Hour 11am- News Talk 12pm-Lunch 1pm-Bingo	18. 10am-Morning Wake-up 11am-Comedy 12pm-Lunch 1pm-HIDDEN COLORS 3	19. MARTHA'S TABLE 2375 Elvan's Rd. SE Washington DC 20020 10am –Coffee Hour 11am-Finances 12pm-Lunch 1pm- Chair Aerobics	20. 10am-Coffee Hour 11am-Meditation and Mindfulness 12pm-Lunch 1pm- Comedy Time	21. 10am-Socializing Hour 11am- Board games 12pm- Lunch 1pm-Open Games

	<p>24. 10am- Java 11am- Fitness w/Rodney 12pm-Lunch 1pm- Oldies/Goodies</p>	<p>25. 10am-Coffee Hour 11am-Bean Bag Toss 12pm-Nutrition Education w Ms. Minor/Lunch 1pm-Mindfulness Exercises</p>	<p>26. 10am-Social Hour 11am-Meditation 12pm-Lunch 1pm- Comedy Time</p>	<p>27. 10am-Socializing Hour 11:00am- Board games 12pm- Lunch 1pm-Cards</p>	<p>28. 10am- Coffee Hour 11am- Bid Whiz 12pm-Lunch 1pm-Arm Movement Exercises</p>
	<p>31. 10am- Coffee Hour 11am- News Talk 12pm-Lunch 1pm- Leg Stretching Exercises</p>				

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