





EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 301- 909-2834

January Activity Calendar 2025



| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1. CLOSED | 2. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games | 3. Mall at Prince George's 10:00am-12:00pm 3500 East-West Hwy, Hyattsville,MD 20782 10am –Tea/Coffee Hour 11am- Fitness YouTube 12pm- Lunch 1pm -Open Discussion |
| | 6. 10am- Tea/Coffee Hour 11am-Music 12pm-Lunch 1pm-Art and Crafts | 7. 10am- Tea/Coffee Hour 11am- Fitness w/YouTube 12pm-Lunch 1pm- Music/ Games | 8. 10am-Tea/Coffee Hour 10:30am- Mental Health Session w/Crawford 12pm-Lunch 1pm- Cards/ Open Games | 9. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Bean Bag Toss | 10. 10am- Tea /Coffee Hour 11am- Beanbag Toss 12pm-Lunch 1pm-Open Games |
| | 13. 10am-Tea/ Coffee Open Discussion 11am- Walk the Gym 12pm-Lunch 1pm- Nutrition Ed w/Ms.Minor | 14. 10am-Tea/Coffee Hour 11am- Fitness w/YouTube 12pm-Lunch Time 1pm- Bingo | 15. Walmart Supercenter 10:00am-12:00pm 6303 Richmond Hwy, Alexandria, VA 22306 10am- Tea / Coffee Hour 11am- Walk the Gym 12pm-Lunch 1pm- Open Games | 16. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games | 17. 10am- Wild Tech Training w/Lou (Computer Training) 11am- Wild Tech Training w/Lou (Computer Training) 12pm-Lunch 1pm- Popcorn and Movie |



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| <div></div> | 20. MARTIN LUTHER KING JR DAY SITE CLOSED  | 21. 10am- Tea / Coffee Hour 11am Open Games 12pm-Lunch 1pm-Bean Bag Toss/ Games | 22. 10am-Tea/Coffee Hour 11am-Open Discussion 12pm-Lunch 1pm- Cards/ Open Games | 23 10am- Tea /Coffee Hour 11:30am-Fitness w/Rodney 12pm- Lunch 1pm- Open Discussion | 24. Martha Table 10:30am- 11:30pm 2375 Elvans Road SE Washington DC 20019 10am- Tea/ Coffee Hour 11am- Open Discussion 12pm-Lunch 1pm- Open Games |
| | 27. 10am- Tea / Coffee Hour 11am- Open Discussion 12pm- Lunch Time 1pm- Open Games | 28. 10am- Tea/Coffee Hour 11am- Walk the Gym 12pm-Lunch 1pm Open Games | 29. 10am-Tea/Coffee Hour 11am-Open Discussion 12pm-Lunch 1pm- Mindful Art | 30. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games | 31. 10am- Tea/ Coffee Hour 11am- Walk the Gym 12pm-Lunch 1pm- Movie  |

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