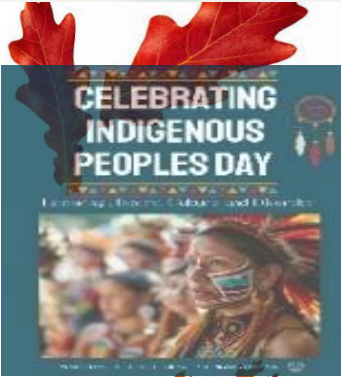
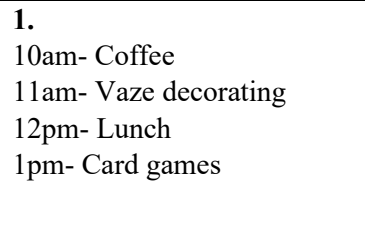
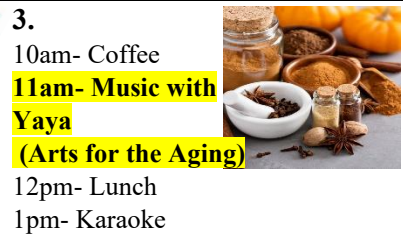


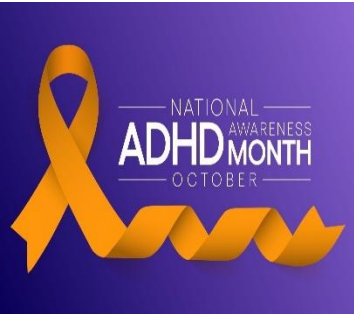


EOTR Friendship Café/Knox Hill
2700 Jasper ST SE , WDC 20020
Recreation Coordinator Tamar Bennett 202-397-7300

October Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
  					
	6. 10am-Teatime 11am- Fitness w/Rodney 12pm- Lunch 1pm-Movie & Pop corn 	7. Martha's Table 2375 Elvans Rd SE DC 20020 10am – 12pm 10am- Coffee 11am- Stretches 12pm- Lunch 1pm- Games	8. 10am- Teatime 11:00am- Hepatitis B 11:30 to 12:30- SNAP Ed w/ Ms. Lockett 12pm-Lunch 1pm- games	9. 10am- Coffee 11am- Breast Cancer 12pm- Lunch/Nutrition Education w Ms.Minor 1pm- Music Hour 	10. 10am- Coffee 11am- Health Tips 12pm-Lunch 1pm- Games 
	13. Dining Site Closed 	14. 10am- Pumpkin Spice Latte 11am- Health talk 12pm-Lunch 1pm- Word Search 	15. 10am- Pumpkin Latte 11am- Benefits of Teas 12pm-Lunch 1pm- Tea party 	16. 10am- Pumpkin Latte 11am- Domestic Violence & Mental Health 12pm-Lunch 1pm- Word Scramble 	17. 10am- Pumpkin Latte 11am- Health talk 12pm-Lunch 12:30 to 1:30- 1pm- Games 
	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>

	20. 10am- Coffee & Tea 11am- Fitness w/Rodney 12pm-Lunch 1pm- Games 	21. 10am- Coffee Hour 11am- Health tips 12pm-Lunch 1pm- meditation 	22. 10am- Coffee Hour 11am- Hygiene talk 12pm-Lunch 1pm-Music Hour 	23. 10am-Coffee Hour 11am-Chair Yoga 12pm- Lunch 1pm- What is Red Ribbon about	24. Flaming Grill 6051 Oxon Hill Rd, Oxon Hill, MD 20745 10:30am – 1:30pm 10am- Coffee Hour 11am- How to stay drug free 12pm-Lunch 1pm- Games
	27. 10am –Coffee Hour 11am- what is ADHD 12pm-Lunch 1pm- Games 	28. 10am- Coffee Hour 11am- Health Talk 12pm-Lunch 1pm - Games 	29. 10am- Coffee Hour 11am- health tips 12pm-Lunch 1pm- Games 	30. 10am- Coffee Hour 11am- Health talk 12pm- Lunch/Nutrition Education w Ms.Minor 1pm- Games 	31. 10am- Coffee 11am- health talk 12pm-Lunch 12:30 to 1:30 -Legal Counsel for the Elderly 1:30pm- Games 

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