



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
  	3. 10am-Coffee / Teatime 11am- Fitness w/Rodney 12pm- Lunch 1pm- Movie... Sara's Oil	4. 10am- Coffee / Teatime 11am- Walk on the spot 12pm- Lunch 1pm- Cone Games	5. Senior Prom Eaton Hotel 1201 KST NW WDC 20005 2PM TO 6PM 10am- Coffee / Tea 11am- Arm Movements 12pm- Lunch 1pm- Karaoke	6. 10am- Coffee / Tea 10:30am- Group Mental Health Session w/Crawford 12pm- Lunch 1pm- Bingo	7. 10am- Coffee / Tea 11am- Standing Stretches 12pm- Lunch 1pm- Movie
	10. 10am- Coffee / Teatime 11am- Walk on the spot 12pm- Lunch 1pm- Cone Games	11. 10am- Coffee / Teatime 11am- Squats 12pm- Lunch 1pm- 80s Music	12. 10am- Coffee / Tea 11am- YMCA Healthy Heart 12pm- Lunch 1pm- Games	13. 10am- Tea 11am- Hand stretches 12pm- Lunch 1pm- Health Promotion w/Irwin	14. 10am- Teatime 11am- Hula Hoop workout 12pm- Lunch 1pm- Tix Tax Toe Game
	17. 10am- Hot Beverage 11am- Fitness w/Rodney 12pm- Lunch 1pm- Games	18. 10am- Coffee/Teatime 10:30am- SNAP ED w/Ms. Lockett 12pm- Lunch 1pm- Bingo	19. Petey Green 2907 Martin Luther King Jr Ave SE 10:30am to 12:30pm 10am- Coffee & Tea 11am- Arm Movements 12pm- Lunch 1pm- Brain Games	20. 10am- Coffee 11am- Walk on the spot 12pm- Lunch 1pm- Games	21. 10am- Coffee 10:30pm- Group Mental Health Session w/Maryanne 12pm- Lunch 1pm- Movie

 International Day of World's Indigenous Peoples	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HAPPY August Birthday	24. Millers Farm 10140 Piscataway Rd Clinton, MD 20735 10am-12:30pm 10am- Coffee & Tea 11am- Arm Movements 12pm- Lunch 1pm- Puzzles	25. 10am- Hot Beverage 11am- Health Talk 12pm- Lunch 1pm- Word Search	26. 10am- Coffee / Tea 11am- Chair Stretches 12pm- Lunch 1pm - Karaoke 	27. 10am- Coffee / Tea 11am- Card Games 12pm- Lunch 1pm- Health Promotion w/Irwin	28. 10am- Coffee & Tea 11am- Arm Movements 12pm- Lunch 1pm- Puzzles
	31. 10am- Coffee / Tea 11am- Fitness w/Rodney 12pm- Lunch 1pm- Plenty of Games	 National immunization awareness month August		 Celebrating WOMEN'S EQUALITY DAY AUGUST 26	

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