








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

June Activity Calendar 2025



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|---|--|--|--|---|
| | 2. 10am- Tea sipping 11am- Fitness w/Rodney 12pm- Lunch 1pm- Heart Health | 3. 10am- Coffee 11am- Importance of washing our supermarket foods 12pm-Lunch 1pm- games | 4. 10am- Teatime 11am- Brain Fitness Program w/Julia Heart Program 12pm-Lunch 1pm- Music Hour | 5. Dutch Village Farmers Market 5030 Brown Station Rd, Upper Marlboro, MD 20772 9:30am – 12pm 10am- Coffee/Tea time 11am- Health Matters 12pm-Lunch 1pm-Oldies/Goodies | 6. 10am- Coffee and Teatime 11am- Uno games 12pm- Lunch 1pm- Health talk on Allergies |
| | 9. 10am-New Hours over Tea 11am- Fabric Art Session w/EYL Project 12pm- Lunch 1pm-Movie & Pop corn | 10. 10am- Morning Wake- Up 10:30am- Mental Health Session w/Dr. Crawford 12pm-Lunch 1pm- Foster care discussion | 11. 10am-Socializing Hour 11:30am- SNAP ED w/ Ms. Lockett 12pm- Lunch 1pm-Karaoke | 12. 10am- Coffee Soiree 11am- Prostate Health 12pm- Lunch 1pm-games | 13. 10am- Coffee 11am- Men's Bingo 12pm-Lunch 1pm- Father' Day Celebration |

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|  | 16. 10am- News over Tea 11am- Fitness w/Rodney 12pm-Lunch 1pm- Soul music | 17. 10am-Morning Wake-up 11am- Food Demonstration w/Food Jonezi 12pm-Lunch 1pm-Importance of sleep | 18. 10am –Coffee Hour 11am- Bingo 12pm-Lunch 1pm-Bingo Continued | 19. CLOSED  | 20. 10am-Coffee Hour 11am-Know your herbs (health) 12pm-Lunch 1pm-Oldies+Goodies |
|  | 23. <u>MONDAY</u> 10am- Java 11am- Chair Yoga 12pm-Lunch 1pm- Oldies/Goodies | 24. <u>TUESDAY</u> 10am- Coffee Hour 11am- Connect 4 12pm-Lunch 1pm-purpose of turmeric | 25. <u>WEDNESDAY</u> 10am- Coffee Hour 11am- Hygiene talk 12pm-Lunch 1pm- Sip & Paint  | 26. <u>THURSDAY</u> 10am-Coffee Hour 11am-Chair Yoga 12pm- Lunch 1pm- Domino game | 27. <u>FRIDAY</u> 10am- Coffee Hour 11am- Health Matters 12pm-Lunch 1pm-Oldies/Goodies |
| | 30. 10am –Coffee Hour 11am- Fitness w/Rodney 12pm-Lunch 1pm- Music Hour |  | | | |

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