



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

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

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