



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



Activity Calendar 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. 10am- Hot Beverage 11am- Fitness w/Rodney 12pm- Lunch 1pm- Discuss December's Calendar 	2. 10am Hot Beverage 10:30- Group Mental Session w/Maryanne (1.5) 12pm- Lunch 1pm- Card Games	3. Atlas (Mosaic) Theater 10am to 1pm 1333 H ST NE Washington DC 20002 10am- Hot Beverage 11am- Health Tips 12pm- Lunch 1pm- Games 	4. 10am- Hot Beverage 11am- Health Promotion w/ Irwin 12pm- Lunch 1pm- Music Hour 	5. 10am- Hot Beverage 11am- Health Tips 12pm- Lunch 1pm- Legal Counsel for the Elderly
	8. 10am- Teatime 11am- Transportation Training Session w/Capitol Hill Village 12pm- Lunch 1pm- Music Hour	9. 10am- Coffee 10:30- Group Mental Session w/Maryanne (1.5) 12pm- Lunch 1pm- Bingo	10. 10am- Coffee 11am- Health Talk 11:30am- SNAP Ed. W/Ms. Lockett 12pm- Lunch 1pm- Bingo 	11. 10am- Coffee 11am- Health Talk 12pm- Lunch/Nutrition Ed w/ Ms Minor 1pm- Music Hour 	12. 10am- Coffee 11am- Health Tips 12pm- Lunch 1pm- Word Search
	15. 10am- Coffee 11am- Fitness w/Rodney 12pm- Lunch 1pm- Movie 	16. 10am- Coffee 10:30- Group Mental Session w/Maryanne (1.5) 12pm- Lunch 1pm- Music Hour	17. 2025 Senior Holiday Party 9am to 2pm Southeast Tennis & Learning 701 Mississippi Ave SE	18. Joy Evans Therapeutic Recreation Center 10am to 12pm 3030 G ST SE Washington DC 20019 10am- Coffee 11am- Stretches 12pm- Lunch 1pm- Games 	19. 10am- Coffee 11am- What is COPD 12pm- Lunch 1pm- Music Hour 





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SEASONAL AFFECTIVE DISORDER Awareness Month</p>	<p>22. 10am- Coffee 11am- Arm Stretches 12pm- Lunch 1pm- Word Search</p>	<p>23. 10am- Coffee 11am- Winter Wonderland Musical w/Julia's Heart 12pm- Lunch 1pm- Games</p>	<p>24. 10am- Coffee 11am- Health Talk 12pm- Lunch 1pm- Games</p>	<p>25. SITE CLOSED</p> <p><i>Merry Christmas</i></p> 	<p>26. 10am- Coffee 11am- Health Talk 12pm- Lunch 1pm- Games</p>
 	<p>29. 10am- Coffee 11am- Health Talk 12pm- Lunch/Nutrition Ed w/ Ms Minor 1pm- Discussion on the danger of overeating</p>	<p>30. 10am- Coffee 11am- Pottery Session w/EYL Project 12pm- Lunch 1pm- How to do a detox cleanse</p>	<p>31. 10am- Coffee 11am- Discuss January's Calendar 12pm- Lunch 1pm- Games</p> 		

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

