

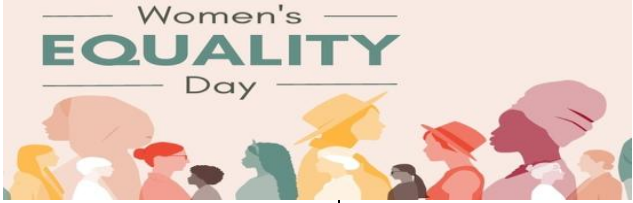








**EOTR Friendship Café/Knox Hill**  
**2700 Jasper ST SE , WDC 20020**  
**Recreation Coordinator Tamar Bennett 202-397-7300**

**August Activity Calendar 2025**



	Monday	Tuesday	Wednesday	Thursday	Friday
  	  				<b>1.</b> 10am- Coffee 11am- Dental Hygiene 12pm- Lunch 1pm- Brain Teasers
	<b>4.</b> 10am-Teatime <b>11am- Fitness w/Rodney</b> 12pm- Lunch 1pm-Movie & Pop corn	<b>5.</b> 10am- Coffee 11am- Stretches <b>12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor</b> 1pm- Games	<b>6.</b> 10am- Teatime <b>10:30am- Mental Health Session w/Dr. Crawford</b> 12pm-Lunch 1pm- games	<b>7.</b> <b>Jamaican Country Kitchen</b> <b>7572 Annapolis Rd</b> <b>Hyattsville, MD 20784</b> <b>10:30am to 1pm</b> 10am- Coffee Soiree 11am- Discussion about sugar 12pm- Lunch 1pm- Music Hour	<b>8.</b> 10am- Coffee <b>11am- Paint and Sip w/EYL Project</b> 12pm-Lunch 1pm- Games
	<b>11.</b> 10am- News over Tea <b>10:30am- Group Mental Health Session Counseling w/Maryanne(1.5)</b> 12pm-Lunch 1pm- Games	<b>12.</b> 10am-Morning Teatime 11am- Puzzle search 12pm-Lunch 1pm- Health Talk	<b>13.</b> 10am –Coffee Hour 11am- Bingo 12pm-Lunch 1pm- Continued Bingo	<b>14.</b> 10am –Coffee Hour <b>11am- Natural Disaster Workshop with JC Cruz from Homeland Security</b> 12pm-Lunch 1pm- Guessing game	<b>15.</b> 10am-Coffee Hour 11am- Health talk 12pm-Lunch 1pm- Art

	<b>18. <u>MONDAY</u></b>  10am- Java <b>11am- Fitness w/Rodney</b> 12pm-Lunch 1pm- Games	<b>19. <u>TUESDAY</u></b>  10am- Coffee Hour 11am- Health tips 12pm-Lunch 1pm- Meditation	<b>20. <u>WEDNESDAY</u></b>  10am- Coffee Hour 11am- Hygiene talk <b>12pm- Lunch/ Drink your H2O Discussion w/ EOTR Nutritionist Ms. Minor</b> 1pm-Free style painting	<b>21. <u>THURSDAY</u></b>  10am-Coffee Hour 11am-Chair Yoga 12pm- Lunch 1pm- Games	<b>22. <u>FRIDAY</u></b>  10am- Coffee Hour <b>11am- Motown Musical Chairs w/Julia's Heart</b> 12pm-Lunch 1pm- Discussion about communication
	<b>25.</b> 10am –Coffee Hour 11am- Discussion on Black Business 12pm-Lunch <b>12:45pm- Original Medicare vs Medicare Advantage w/ Legal Counsel for the Elderly</b>	<b>26.</b> 10am- Coffee Hour <b>10:30am- Group Mental Health Session Counseling w/Maryanne (1.5)</b> 12pm-Lunch 1pm - Games	<b>27.</b> <b>DD's Discount Store</b> <b>5560 Silver Hill Rd</b> <b>District Heights, MD</b> <b>10am -12pm</b> 10am- Coffee Hour 11am- health tips 12pm-Lunch 1pm- Word Search	<b>28.</b>  10am- Coffee 11am – Open Discussion 12pm-Lunch 1pm- Karaoke	<b>29.</b>  <b>SITE CLOSED</b> <b>DISCRETIONARY</b> <b>DAY</b>

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