







EOTR Friendship Café/Knox Hill
2700 Jasper ST SE, WDC 20020

APRIL 2025 Activity Calendar

Recreation Coordinator: Tamar Bennett 202-397-7300



	Monday	Tuesday	Wednesday	Thursday	Friday
		1. 10am-Coffee Hour 11am-Scrabble 12pm-Lunch 1pm- Chair Yoga	2. 10am-Meat & Great Coffee Hour 11am- Mindfulness & Meditation 12pm- Nutrition Education Session w/Ms. Minor/ Lunch 1pm-Open Games	3. ROSES 10:00am- 12pm 3737 Branch Ave Temple Hills, MD 20748 10am-Java Hour 11am- Current Events 12pm-Lunch 1pm- Music expression (TV)	4. 10am- Computer Session w/WildTech 11 am- Computer Session w/WildTech 12pm- Lunch 1pm- Chair Aerobics
	7. 10am-Coffee Hour 11am- Fitness w/Rodney 12pm- Lunch 1pm-Current Events	8. 10am- Coffee Hour 10:30am- Mental Health Session w/ Dr. Crawford 11am- Arts & Crafts 12pm-Lunch 1pm- Leg Stretches	9. Toby's Dinner Theatre 10:30am – 1:30pm 5900 Symphony Woods Rd Columbia, MD 21044 10am- Coffee Hour 11am- Arm Stretches 12pm- Lunch 1pm-Karaoke	10. 10am- Coffee Soiree 11am-Board Games 12pm- Lunch 1pm-Arm Stretches	11. 10am-Socializing Hour 11:00am- Board games 12pm-Lunch 1pm- Leg Stretches Exercises
	14. 10am- Coffee Hour 11am- News Talk 12pm-Lunch 1pm-Chair Yoga	15. 10am-Morning Wake-up 11am-Wellness Discussion 12pm-Lunch 1pm- Arts & Crafts	16. SITE CLOSED 	17. 10am-Coffee Hour 11am-Meditation 12pm-Lunch 1pm- Comedy Time	18. 10am-Coffee Hour 11am-Word Search 12pm-Lunch 1pm- Healthy Topic Conversations

	21. 10am- Java 11am- Fitness w/Rodney 12pm-Lunch 1pm- Oldies/Goodies	22. 10am-Coffee Hour 11am-Bean Bag Toss 12pm-Lunch 1pm-Arm Movement Exercises	23. GO GO MUSEUM 10am-12pm 1920 MLK AVE SE Washington DC 20020 10am-morning wake up 11am-current affairs (TV) 12 noon-Lunch 1pm-Cards	24. 10am-Social Hour 11am-Meditation 12pm- Nutrition Education Session w/Ms. Minor/ Lunch 1pm- Comedy Time	25. 10am- Coffee Hour 11am-Leg Movement 12pm-Lunch 1pm-Bingo
	28. 10am- Coffee Hour 11am- News Talk 12pm-Lunch 1pm- SNAP ED w/Ms. Lockett	29. 10am-Coffee Hour 11am-Word Search 12pm-Lunch 1pm-Meditation and Deep Breathing	30. 10am-Coffee Hour 11am-Word Search 12pm-Lunch 1pm-Music/Games		

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