



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

**JULY**

*Activity Calendar 2026*



|                                                                                                                                                                                                                                                                                                                                                                                         | MONDAY                                                                                                     | TUESDAY                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                               | THURSDAY                                                                                    | FRIDAY                                                                                                                                  |
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| <p><b>JUVENILE ARTHRITIS</b><br/>AWARENESS MONTH</p> <p>July is <b>SOCIAL WELLNESS MONTH</b></p> <ul style="list-style-type: none"> <li>✓ Check in with a friend</li> <li>✓ Join a local group or club</li> <li>✓ Take a break from screens</li> <li>✓ Prioritize quality time</li> </ul> <p><b>Clover Health</b></p> <p><b>B.P. PODDAR HOSPITAL</b><br/><b>WORLD HEPATITIS DAY</b></p> | <p><b>JULY IS UV SAFETY - AWARENESS MONTH -</b></p>                                                        |                                                                                                                                                                                               | 1.<br>10am- Coffee / Tea<br>11am- <b>Walk on the spot</b><br>12pm- Lunch<br>1pm- Karaoke                                                                                | 2.<br>10am- Coffee / Tea<br>11am- <b>Standing Stretches</b><br>12pm- Lunch<br>1pm- Movie    | 3.<br><b>CLOSED</b><br><b>For</b><br><b>4<sup>th</sup> of July</b>                                                                      |
|                                                                                                                                                                                                                                                                                                                                                                                         | 6.<br>10am-Coffee / Teatime<br><b>11am- Fitness w/Rodney</b><br>12pm- Lunch<br>1pm- Puzzles                | 7.<br><b>Wal-Mart</b><br><b>3549 Russett GM</b><br><b>Laurel, MD 20724</b><br><b>10am – 12:30pm</b><br>10am- Coffee / Teatime<br>11am- <b>Squats</b><br>12pm- Lunch<br>1pm- Mental Relaxation | 8.<br>10am- Coffee / Tea<br><b>10:30am – Walk with Ease</b><br>w/Lockett<br>12pm- Lunch<br>1pm- Games                                                                   | 9.<br>10am- Tea<br>11am- Music hour<br>12pm- Lunch<br><b>1pm- Health Promotion w/ Irwin</b> | 10.<br>10am- Teatime<br><b>11am- Legal Counsel for the Elderly Medicare Bingo</b><br>12pm- Lunch<br>1pm- Importance of <b>Magnesium</b> |
|                                                                                                                                                                                                                                                                                                                                                                                         | 13.<br>10am- Coffee<br><b>10:30am- Mental Health Session w/Maryanne</b><br>12pm- Lunch<br>1pm- Word Search | 14.<br>10am- Coffee & Tea<br>11am- <b>Deep Breathing Exercises</b><br>12pm- Lunch<br>1pm- Bingo                                                                                               | 15.<br><b>Petey Green</b><br><b>2907 MLK Jr Ave SE</b><br><b>10:30am to 12:30pm</b><br>10am- Coffee & Tea<br>11am-Arm Movement Exercises<br>12pm- Lunch<br>1pm- Puzzles | 16.<br>10am- Coffee<br><b>11am- Heart Health w/YMCA</b><br>12pm- Lunch<br>1pm- Games        | 17.<br>10am- Coffee<br>11am- <b>Dancing Chairs</b><br>12pm- Lunch<br>1pm- Movie                                                         |

|  | MONDAY                                                                                                                                                             | TUESDAY                                                                                                                            | WEDNESDAY                                                                                                                                                              | THURSDAY                                                                                                                                                        | FRIDAY                                                                                                                                                               |
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|                                                                                  | 20.<br>10am- Hot Beverage<br>11am- Fitness w/Rodney<br>12pm- Lunch<br>1pm- Games  | 21.<br>10am- Hot Beverage<br>11am- Health Talk<br>12pm- Lunch &<br>Scrumptious Watermelon<br>Feast w/Ms. Minor<br>1pm- Word Search | 22.<br>10am- Coffee / Tea<br>11am- Chair Stretches<br>12pm- Lunch<br>1pm - Karaoke  | 23.<br>10am- Coffee / Tea<br>11am- Games<br>12pm- Lunch<br>1pm- Health Promotion w/<br>Irwin                                                                    | 24.<br>10am- Coffee / Tea<br>11am- “Spy with ME”<br>w/Spy Museum<br>12pm- Lunch<br>1pm- Walk on the spot                                                             |
|  | 27.<br>10am- Coffee / Tea<br>10:30am- Mental Health<br>Session w/Crawford<br>12pm- Lunch<br>1pm- Games & Birthday<br>Celebration                                   | 28.<br>10am- Coffee / Tea<br>11am- Walk on the spot<br>12pm- Lunch<br>1pm- Word search                                             | 29.<br>10am- Coffee / Tea<br>11am- Stretches<br>12pm- Lunch<br>1pm- Games                                                                                              | 30.<br>10am- Coffee / Tea<br>11am- Health Talk<br>12pm- Lunch<br>1pm- Games  | 31.<br>10am- Coffee / Tea<br>11am- Walk on the spot<br>12pm- Lunch<br>1pm- Games  |

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