



## EOTR Friendship Café/Knox Hill

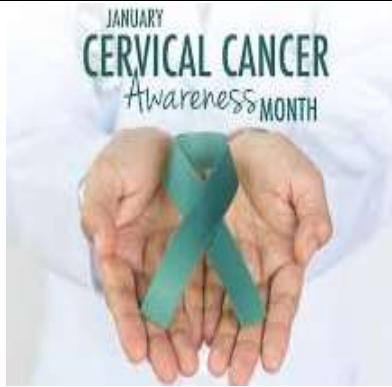
2700 Jasper ST SE, WDC 20020

Recreation Coordinator Tamar Bennett 202-397-7300

# January

## Activity Calendar 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>5. 10am- Hot Beverage 11am- Fitness w/Rodney 12pm- Lunch 1pm- Movie</p> <p></p>	<p>6. <b>JUMBO</b> Food International Supermarket 3201 Brinkley Rd, Temple Hills, MD 20748 10am -12pm</p> <p>10am- Hot Beverage 11am- Health tip 12pm- Lunch 1pm- Games</p>	<p>7. <b>10am- Coffee /Oatmeal</b> <b>11am- The importance of Oatmeal in our diets</b> 12pm- Lunch 1pm- Bingo</p> <p></p>	<p>8. <b>10am- Coffee</b> <b>11am- Music hour</b> 12pm- Lunch <b>1pm- Health Promotion w/Irwin</b></p> <p></p>	<p>9. <b>10am- Coffee</b> <b>10:30am- Mental Health Session w/Crawford</b> 12pm- Lunch 1pm- Games</p>
<p>12. 10am- Coffee 11am- <b>Importance of Physical Activity</b> 12pm- Lunch 1pm- Word Search</p> <p></p>	<p>13. <b>10am- Coffee &amp; Tea</b> <b>11am- How to take care of your eyes</b> 12pm- Lunch <b>1pm- Mental Relaxation w/Music</b></p> <p></p>	<p>14. <b>10am- Coffee &amp; Tea</b> <b>11am- Dental &amp; Oral Health</b> 12pm- Lunch 1pm- Games</p> <p></p>	<p>15. <b>10am- Coffee</b> <b>11am- Games</b> <b>12pm- Lunch/Nutrition Ed w/Ms Minor</b> <b>1pm- Health Promotion w/Irwin</b></p>	<p>16. <b>10am- Coffee / Oatmeal</b> <b>10:30am- Mental Health Session w/Crawford</b> 12pm- Lunch 1pm- Music Hour</p> <p></p>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>19. SITE CLOSED</b> 	<b>20.</b> 10am- Hot Beverage <b>11am- Physical Fitness</b> w/Julia's Heart 12pm- Lunch 1pm- Games 	<b>21.</b> <b>US Botanic Garden</b> <b>100 Maryland Ave. SW</b> <b>Washington DC 20001</b> <b>10am – 12noon</b> 	<b>22.</b> 10am- Hot Beverage 11am- Karaoke 12pm- Lunch <b>1pm- Health Promotion</b> w/Irwin 	<b>23.</b> 10am- Hot Beverage 11am- Open Discussion 12pm- Lunch 1pm- Word Search 
	<b>26.</b> 10am- Coffee <b>11am- Signs of Anxiety</b> 12pm- Lunch 1pm- Games	<b>27.</b> 10am- Coffee <b>11am- Detox cleanse</b> 12pm- Lunch 1pm- Trivia	<b>28.</b> 10am- Coffee <b>11am- Medication Management</b> 12pm- Lunch 1pm- Games	<b>29.</b> 10am- Coffee 11am- Card Games 12pm- Lunch <b>1pm- Health Promotion</b> w/Irwin 	<b>30.</b> 10am- Coffee 11am- Fruits vs Vegetables Game 12pm- Lunch 1pm- Hand Washing 

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

