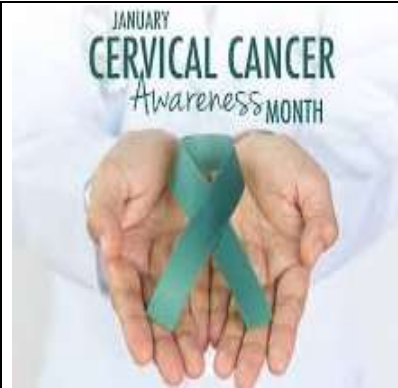













EOTR Friendship Café/Knox Hill
2700 Jasper ST SE, WDC 20020
Recreation Coordinator Tamar Bennett 202-397-7300

January

Activity Calendar 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| | | | 1. SITE CLOSED | 2. 10am- Coffee 11am- What is Cervical Cancer 12pm- Lunch 1pm- Calendar Review & Games |
| 5. 10am- Hot Beverage 11am- Fitness w/Rodney 12pm- Lunch 1pm- Movie | 6. JUMBO Food Internation Supermarket 3201 Brinkley Rd, Temple Hills, MD 20748 10am -12pm 10am- Hot Beverage 11am- Health tip 12pm- Lunch 1pm- Games | 7. 10am- Coffee /Oatmeal 11am- The importance of Oatmeal in our diets 12pm- Lunch 1pm- Bingo | 8. 10am- Coffee 11am- Music hour 12pm- Lunch 1pm- Health Promotion w/Irwin | 9. 10am- Coffee 10:30am- Mental Health Session w/Crawford 12pm- Lunch 1pm- Games |
| 12. 10am- Coffee 11am- Importance of Physical Activity 12pm- Lunch 1pm- Word Search | 13. 10am- Coffee & Tea 11am- How to take care of your eyes 12pm- Lunch 1pm- Mental Relaxation w/Music | 14. 10am- Coffee & Tea 11am- Dental & Oral Health 12pm- Lunch 1pm- Games | 15. 10am- Coffee 11am- Games 12pm- Lunch/Nutrition Ed w/Ms Minor 1pm- Health Promotion w/Irwin | 16. 10am- Coffee / Oatmeal 10:30am- Mental Health Session w/Crawford 12pm- Lunch 1pm- Music Hour |

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

