





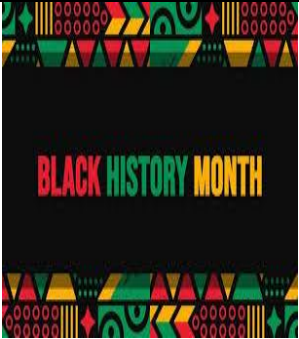


**EOTR Friendship Café/Knox Hill**  
**2700 Jasper ST SE, WDC 20020**  
**Recreation Coordinator: LEWIS FOUNTAIN 202-397-7300**

**FEBRUARY 2025 Activity Calendar \**



	Monday	Tuesday	Wednesday	Thursday	Friday
 	3. 10am-Coffee Hour 11am-Word Search 12pm-Lunch 1pm- Chair Yoga	4. 10am-Coffee Hour <b>10:30am- Mental Health Session w/Crawford</b> 12pm-Lunch 1pm- Black History Discussion Time	5. <b>ROSES</b> <b>10:00am- 12pm</b> <b>3737 Branch Ave</b> <b>Temple Hills MD 20748</b> 10am- Coffee/Tea Time 11am- Current Event 12pm- Lunch 1pm-Open Games	6. 10am-Java Hour 11am- Finances 12pm-Lunch 1pm- Health Literature Discussion	7. 10am- Open Discussion 11am- Stretching Exercises 12pm- Lunch 1pm- Black History Documentary
	10. 10am-Coffee Hour <b>11am- Fitness w/Rodney</b> 12pm- Lunch 1pm- Health Literature Discussion	11. <b>Jumbo Food International</b> <b>10am-12pm</b> <b>3201 Brinkley Rd</b> <b>Temple Hills Md 20748</b> 10am- Coffee Hour 11am- Chair Aerobics 12pm-Lunch 1pm- Bingo	12. 10am- Coffee Hour <b>11:15am- SNAP Education w/Ms.Lockett</b> 12pm- Lunch 1pm-Karaoke	13. 10am- Coffee Soiree 11am-Board Games 12pm- Lunch 1pm- Black History Movie	14. 10am-Socializing Hour 11:00am- Chair Dance & Gentle Yoga 12pm-Lunch 1pm-Jig Saw Puzzle 
	17. <b>CLOSED</b> 	18. 10am-Morning Wake-up <b>11am- Spirit Club Virtual</b> 12pm-Lunch 1pm – Black History Music	19. 10am –Coffee Hour 11am-Finance Discussion 12pm-Lunch 1pm- Arts & Craftss	20. 10am-Coffee Hour 11am- Chair Yoga <b>12pm-Lunch/Nutrition Ed w Ms.Minor</b> 1pm- Comedy Time	21. <b>RIO BUFFET</b> <b>10:00am- 12pm</b> <b>3737 Branch Ave</b> <b>Temple Hills MD 20748</b> 10am- Coffee/ Tea Time 11am- Current Events 12pm- Lunch

					1pm-Open Games
	24. 10am- Java <b>11am- Fitness w/Rodney</b> 12pm-Lunch 1pm- Oldies/Goodies	25. 10am-Coffee Hour 11am- Dance and Movement Time 12pm-Lunch 1pm-Open Card Games	26. 10am-Social Hour 11am- Grip and Hand Exercises w/ Stress Balls 12pm-Lunch 1pm- Comedy Time	27. 10am-Coffee Hour 11am- Open Games 12pm- Lunch <b>1pm- Presentation from Legal Counsel for the Elderly</b>	28. 10am- Coffee Hour 1pm- Chair Yoga 12pm-Lunch 1pm-Oldies/Goodies

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