

EOTR Friendship Cafe '/ Kenilworth 4321 Ord Street N.E. Washington D.C 20019 Community Dining Site Supervisor Marie Segears 202-423-6725

## **JANUARY 2023**



## **Activity Calendar**

	Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday to all clients celebrating	2. CENTERS CLOSED	3. 11:00am YouTube- Fitness 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Card Games	4. 11:00am Chat & Chew 12:00pm LUNCH TIME 1:00pm Card Games 2:00pm Open Game Time	5. 11:00am Coffee Talk 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Wind Down 2:00pm New Year's Resolutions	6. 11:00am Coffee Talk 12:00pm LUNCH TIME 1:00pm Movie Time 2:00pm Movie Time
this month!!!	9. 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Nutrition Education W/ Ms. Minor 2:00pm TRIVIA	10. <b>11:00am YouTube- Fitness</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm DC Central Kitchen</b> <b>Partnership Cooking Lesson</b> <b>2:00pm Bean Bag Toss</b>	11. Golden Corral 11:00am-1:00pm 1001 Shoppers Way, Largo, MD 20774	12. 11:00am Teatime 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Arts & Crafts 2:00pm Arts & Crafts	13. 11:00am Chat & Chew 12:00pm LUNCH TIME 1:00pm Checkers 2:00pm Oldies & Goodies
Birthday DANUARY BORN	16. CENTER CLOSED MARTIN LUTHER King Jr. Day	17. <b>11:00am YouTube- Fitness</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm DC Central Kitchen</b> <b>Partnership Cooking Lesson</b> <b>2:00pm Card Games</b>	18. Anacostia Community Museum Smithsonian Institution 11:00am-1:00pm 1901 Fort Pl SE Washington, DC 20020 Free Admission	19. 11:00am Chat & Chew 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Remembering Dr. King 2:00pm Bean Bag Toss	20. 11:00am Coffee Talk 12:00pm LUNCH TIME 1:00pm Movie Time 2:00pm Movie Time
Facial Masks are Required. Proof of vaccination required.	23. 11:00am Nutrition Education W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Site Decoration for Lunar New Year 2:00pm Bean Bag Toss	24. <b>11:00am YouTube- Fitness</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm DC Central Kitchen</b> <b>Partnership Cooking Lesson</b> <b>2:00pm Family Feud</b>	25. AMF Marlow Heights Lane 12:00pm-2:30pm 4747 St. Barnabas Rd. Temple Hills, MD 20748	26. 11:00am Coffee Talk 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Current Events 2:00pm Music Hour	<ul> <li>27. Holocaust Remembrance Day</li> <li>11:00am</li> <li>12:00pm LUNCH TIME</li> <li>1:00pm Bean Bag Toss</li> <li>2:00pm Open Game Time</li> </ul>
Lunar New Year January 21 <sup>st</sup> -January 27 <sup>th</sup>	30. 11:00am Coffee Talk 12:00pm LUNCH TIME 1:00pm Oculus Virtual Reality 2:00pm Oculus Virtual Reality	31. <b>11:00am YouTube- Fitness</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm DC Central Kitchen</b> <b>Partnership Cooking Lesson</b> <b>2:00pm Card Games</b>	CERVICAL CANCER Awareness Month 2022	January CelebrationsCelebration of life WeekCervical Health AwarenessNational Blood DonorNational Soup monthThyroid AwarenessHot Tea month	NATIONAL BLOOD DONOR MONTH