



EOTR Friendship Café/Kenilworth
4321 Ord ST SE, Washington, DC 20020
Recreation Coordinator Linda Mahoney 202- 904-4618

January 2024 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
 	1. 	2. 10:00 Tea/ Coffee 11: 00 Fitness Hour /New Years Resolution for 2024 12: 00 Lunch Time 1: 00 Bingo	3. 10: 00 Tea/ Coffee 11:00 Fitness Hour 12:00 Lunch 1:00 Bean Bag toss	4. 10:00 Tea/ Coffee 11:00- Fitness w/Rodney 12:00- Lunch 1pm- Card Games	5. 10:00 Tea / Coffee 11: 00 Fitness Hour 12:00 Lunch 1:00 Music Hour
	8. 10: 00 Tea/Coffee 11:00 Fitness Hour 12: 00 Lunch 1:00 Music Hour	9. 10:00 Tea Coffee 11:00 Fitness Hour 12:00 Lunch 1:00 Open Game	10. 10: 00 Coffee/ Tea 11: 00 Fitness Hour 12:00 Lunch 1:00 Bean Bag Toss	11. 10:00- Tea /Coffee 11:00- Fitness w/ Rodney 12: 00 Lunch 1:00 Game Show	12. 10: 00 Coffee/ Tea 11: 00 Fitness Hour 12:00 Lunch 1:00 Bean Bag Toss
	15. CLOSED 	16. 10: 00 Tea/ Coffee 11: 00 Fitness Hour 12:00 Lunch 1:00- Nutrition Education w/Ms. Minor	17. Walmart 10am-12pm 6303 Richmond Hwy, Alexandria, VA 22306 10:00 Tea /Coffee 11:00 Fitness Hour 12:00 Lunch 1:00 Card Game	18. 10: 00 Tea / Coffee 11:00- Fitness w/ Rodney 12:00 -Lunch 1:00 Open Game	19. 10:00- Tea/Coffee 11:00 Music Hour 12:00 -Lunch 1:00 -Card Game

One small
positive
thought
in the morning
can change your
whole day

<p>22. 10:00 Coffee /Tea 11:00 Fitness Hour 12:00 Lunch 1:00 Bean Bag Toss</p>	<p>23. 10:00 Coffee /Tea 11:00 Fitness Hour 12:00 Lunch 1:00 Music Hour</p>	<p>24. 2nd AVE Thrift Store 10am- 12pm 6307 Allentown Rd, Camp Springs, Md 20748 10am- Coffee 11am-Youtube Fitness 12:00 Lunch 1:00 Music Hour</p>	<p>25. 10:00 Coffee/Tea 11:00 Fitness w/Rodney 12:00 Lunch 1:00 Music Hour</p>	<p>26. 10:00 Tea/ Coffee/Fitness 11:00 Fitness 12:00 Lunch 1:00 Nutrition Education w/Ms. Minor</p>
<p>29. 10:00 Coffee/Tea 11:00 Fitness Hour 12:00 Lunch 1:00 Bean Bag Toss</p>	<p>30. 10:00 Coffee /Tea 11:00 Fitness Hour 12:00 Lunch 1:00 Bingo</p>	<p>31. 10:00 Tea/Coffee 11:00 Fitness Hour 12:00 Lunch 1:00 Music Hour</p>		

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