







Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019

October Activity Calendar 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>2. 10:00am- Coffee and Tea Time 10:30am-Youtube Exercise 11:00am- Card Games 12:00pm- Lunch 1:00pm- Nutrition Education w/Ms. Minor</p>	<p>3. 10:00am- Coffee /TeaTime 10:30am-Youtube Exercise 11:00am- Card Games 12:00pm- Lunch 1:00pm- Music Hour</p>	<p>4. 10:00am- Coffee/Tea Time 10:30am – Youtube exercise 12:00pm- Lunch 1:00pm- Line Dancing</p>	<p>5. 10:00am- Chat and Chew 10:30am- Card Games 11:30am- Exercise w/Rodney 12:00pm- Lunch 1:00pm- Music Hour</p>	<p>6. 10am-Coffee Talk 10:30am- Exercise 11:00am- Card Games 12:00pm- Lunch 1:00pm- Fashion Show</p>
	<p>9. SITE CLOSED</p>	<p>10. 10:00am- Coffee /Tea Time 10:30am- Card Games 11:00am- Dominos 12:00pm-Lunch 1:00pm- Bean bag toss</p>	<p>11. 10:00am- Coffee Talk 10:30am- Card Games 11:30am- Music Times 12:00pm-Lunch 1pm- Puzzles</p>	<p>12. 10:00am- Coffee/ Tea time Hour 10:30am- Card Games 11:30am-Exercise with Rodney 12:00pm- Lunch 1:00pm- Music</p>	<p>13. 10:00am- Coffee/Tea Time 10:30am – Youtube exercise 12:00pm- Lunch 1:00pm- Life Story Exercises / Senior reflect on their own life experiences</p>
	<p>16. 10:00am- Coffee /TeaTime 10:30am-Youtube Exercise 11:00am- Card Games 12:00 pm- Lunch 1:00pm- Music Hour</p>	<p>17. 10:00am- Coffee /TeaTime 10:30am-Youtube Exercise 11:00am- Card Games 12:00pm- Lunch 1:00pm- Music Hour</p>	<p>18. 10:00am- Coffee Talk 10:30am- Card Games 11:30am- Music Times 12:00pm-Lunch 1pm- Beanbag Toss</p>	<p>19. 10:00am- Coffee Hour 11:30am- Exercise with Rodney 12:00pm- Lunch 1:00pm- Line Dancing</p>	<p>20. Walmart 10am-2pm 310 Riggs Rd NE Washington, DC 20011 10:00am- Coffee Hour 11:00am- Word Search 12:00pm- Lunch 1:00pm-Card Games</p>

 <p>OCTOBER IS BREAST CANCER AWARENESS MONTH #2019EON20</p> <p>1 in 8 women 1 in 833 men in the United States will be diagnosed with breast cancer in their lifetime. There are over 3.5 million breast cancer survivors in the United States.</p> <p>1 in 3 women 1 in 4 men have suffered from some sort of domestic abuse whether physical, sexual, verbal or psychological. #BREAHTHESENCE</p>	<p>23. 10:00am- Coffee /TeaTime 10:30am-Youtube Exercise 11:00am- Card Games 12:00pm- Lunch 1:00pm- Beanbag Toss</p>	<p>24. 10:00am- News Talk 11:00am- Youtube Exercise 12:00pm- Lunch 1:00pm-Music Hour</p>	<p>25. Arundel Mills Mall 10am-2pm 7000 Arundel Mills Cir Hanover, MD 21706 10:00am- Coffee Hour 11:00am- Beanbag Toss 12:00pm- Lunch 1:00pm- Card Games</p>	<p>26. 10:00am- Coffee Talk 10:30am- Card Games 11:30am- Exercise with Rodney 12:00pm-Lunch 1pm- Puzzles</p>	<p>27. 10:00am- Tea /Coffee Hour 11:00am- Word Search 12:00pm- Lunch 1:00pm- TV Time</p>
	<p>30. 10:00am- News Talk 11:00am- Youtube Exercise 12:00pm- Lunch 1:00pm-Music Hour</p>	<p>31. 10:00am- Coffee Hour 11:00pm- Walking Club 12:00pm- Lunch 1:00pm- Music</p>			

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