







Knox Hill/Friendship Café  
 2700 Jasper ST SE, Washington, DC 20020  
 Mamie Holmes 202-744-9157

**AUGUST 2023**  
**Activity Calendar**



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Birthday to all clients celebrating this month!!!</b></p> 		<p>1.          10:00am -Coffee Hour          11:00am – Arts and Crafts          12:00pm -LUNCH TIME          1:00pm- Bingo</p>	<p>2.          10:00am – Coffee Hour          11:00am – Arts for Aging          12:00pm LUNCH TIME          1:00pm - Trivia Games</p>	<p>3.          10:00am-Coffee Hour          11:00am-Open          12:00pm- LUNCH TIME          1:00pm- Game Hour</p>	<p>4.          10:00am – Coffee Time          11:00am – Word Search          12:00pm -LUNCH TIME          1:00pm-Movie Time</p>
	<p>7.          10am-Coffee Hour          11:00am- In person fitness with Rodney          12:00pm- Lunch          1:00pm- Card game</p>	<p>8.          10:00am – Coffee Hour          11:00am – Game time          12:00pm -LUNCH TIME          1:00pm-Current Event</p>	<p>9.  <b>Roses Forestville</b>  <b>10am-12:00pm</b>  <b>3393 Donnell Drive</b>  <b>Forestville, MD 20747</b>          12:30pm-Box Lunch Provided          1:00pm- Checkers</p>	<p>10.          10:00am -Walking Club          11:00am – Movie          12:00pm -LUNCH TIME          1:00pm- Line Dancing</p>	<p>11.          10:00am -Coffee Hour          11:00am – Checkers          12:00pm -LUNCH TIME          1:00pm-Bingo</p>
	<p>14.          10am- Coffee Hour          11:00am- In person fitness with Rodney          12:00pm- Lunch          1:00pm-Nutrition Education with Ms. Minor          -</p>	<p>15.          10am- Coffee Hour          11:00am- Walking Club          12:00pm- Lunch          1:00pm-Bingo</p>	<p>16.          10am- Current Events          11:00am- Open Game Time          12:00pm- Lunch          1:00pm- TV Time</p>	<p>17.  <b>Community Dining Site Closed</b></p>	<p>18.          10am- Coffee Hour          11:00am- Oldies and Goodies          12:00pm- Lunch          1:00pm- Bingo</p>
	<p>21.          10am- Coffee Hour          11:00am- In person fitness with Rodney          12:00pm- Lunch          1:00pm- Current Events</p>	<p>22.          10am- Coffee Hour          11:00am- Walking Club          12:00pm- Lunch          1:00pm-Bingo</p>	<p>23.          10am- Current Events          11:00am- Open Game Time          12:00pm- Lunch          1:00pm- TV Time</p>	<p>24.  <b>Walmart</b>  <b>10am -12pm</b>  <b>7910 Richmond Hwy,</b>  <b>Alexandria, VA 22306</b>          12:30pm- Box Lunch Provided          1:00pm-TV Time</p>	<p>25.          10am- Coffee Hour          11:00am- Current Event          12:00pm- Lunch          1:00pm- Open Game Time</p>

	<p>28.  10am- Coffee Hour  11:00am- In person fitness with Rodney  12:00pm- Lunch  1:00pm- Nutrition Education with Ms. Minor</p>	<p>29.  10am- Coffee hour  11:00am- open  12:00pm- Lunch  1:00pm- Bingo</p>	<p>30.  10am- Coffee Hour  11:00am- Word Search  12:00pm- Lunch  1:00pm- Bingo</p>	<p>31.  10am- Coffee Hour  11:00am- Walking Club  12:00pm- Lunch  1:00pm-Bingo</p>	
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*Part of the Senior Services Network – Supported by the Department of Aging and Community Living.*