



EQTR Friendship Cafe / Knox Hill Senior Building  
 2700 Jasper Street S.E.  
 Washington D.C 20020  
 Community Dining Site Supervisor  
 Mamie Holmes 202-285-9576

# JANUARY 2023 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Happy Birthday to all clients celebrating this month!!!</b></p>  <p style="text-align: center;">Facial Masks are Required. Proof of vaccination required.</p>  <p style="text-align: center;">Lunar New Year January 21<sup>st</sup> -January 27<sup>th</sup></p>	<p>2. <b>CENTERS CLOSED</b></p> 	<p>3. <b>10:00am YouTube- Fitness</b>  <b>11:00am Wind Down</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Oldies &amp; Goodies</b></p>	<p>4. <b>10:00am Coffee Talk</b>  <b>11:00am New Year's Resolutions</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Arts &amp; Crafts</b></p>	<p>5. <b>10:00am YouTube- Fitness</b>  <b>11:00am Current Events</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Music Hour</b></p>	<p>6. <b>10:00am Teatime</b>  <b>11:00am Movie Hour</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Movie Continued</b></p>
	<p>9. <b>10:00am TV Time</b>  <b>11:30am Diabetes Prevention Class</b>  <b>**Diabetes prevention class from 11:30am-2:00pm</b></p> <p><b>12:00pm LUNCH TIME</b></p>	<p>10. <b>10:00am Coffee Talk</b>  <b>11:00am In person Fitness w/ Rodney</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Oldies &amp; Goodies</b></p>	<p>11. <b>10:00am Sipping Cider</b>  <b>11:00am SNAP Education with Ms. Lockett</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Happy Hour</b></p>	<p>12. <b>Walmart Supercenter</b>  <b>10:30am-1:00pm</b>  <b>310 Riggs Rd NE</b>  <b>Washington, DC 20011</b></p>	<p>13. <b>10:00am Chat &amp; Chew</b>  <b>11:00am Movie</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Movie Continued</b></p>
	<p>16. <b>CENTER CLOSED</b></p> 	<p>17. <b>10:00am YouTube- Fitness</b>  <b>11:00am Remembering Dr. King</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Oldies &amp; Goodies</b></p>	<p>18. <b>Roses, Forman Mills</b>  <b>10: 15am-12:00pm</b>  <b>7700 Marlboro Pike</b>  <b>Forestville, MD 20747</b>  <b>Dollar Tree</b>  <b>12:10pm-1:30pm</b>  <b>3014 Donnell Drive</b>  <b>Forestville, MD 20747</b></p>	<p>19. <b>10:00am YouTube- Fitness</b>  <b>11:00am Oculus Virtual Reality</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Oculus Virtual Reality</b></p>	<p>20. <b>10:00am Sipping Cider</b>  <b>11:00am Shirt Decorations</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Decorations Continued</b></p>
	<p>23. <b>10:00am Coffee Talk</b>  <b>11:00am In person Fitness w/ Rodney</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Nutrition Education W/ Ms. Minor</b></p>	<p>24. <b>10:00am YouTube- Fitness</b>  <b>11:00am Site Decoration for Lunar New Year</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Card Games</b></p>	<p>25. <b>Martha's Table Produce Pick-Up</b>  <b>11:00am-1:30pm</b>  <b>2375 Elvans Road SE</b>  <b>Washington, DC 20020</b></p>	<p>26. <b>10:00am YouTube- Fitness</b>  <b>11:00am Arts for Aging</b>  <b>coOPERation w/ Peter and Carlos</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Card Games</b></p>	<p>27. <b>Holocaust Remembrance Day</b>  <b>10:00am Teatime</b>  <b>11:00am Current Events</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Music Hour</b></p>
	<p>30. <b>10:00am Teatime</b>  <b>11:00am In person Fitness w/ Rodney</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Current Events</b></p>	<p>31. <b>10:00am YouTube- Fitness</b>  <b>11:00am Current Events</b>  <b>12:00pm LUNCH TIME</b>  <b>1:00pm Open Game Time</b></p>		<p><b>January Celebrations</b></p> <ul style="list-style-type: none"> <li>• Celebration of life Week</li> <li>• Cervical Health Awareness</li> <li>• National Blood Donor</li> <li>• National Soup month</li> <li>• Thyroid Awareness</li> <li>• Hot Tea month</li> </ul>	