



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

# July 2023 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Birthday to all clients celebrating this month!!!</b></p>  <p>Register for Senior Prom: Sunset Serenade by July 17<sup>th</sup> with your Dining Site Supervisor.</p> <p>SENIOR PROM Thursday July 27<sup>th</sup> 4pm-8pm St. Luke's Catholic Church 4923 E. Capitol St. SE Washington DC 20019</p>	<p>3. 10:00am Coffee Hour 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm BINGO</p>	<p>4.  Happy Fourth of July <small>Our office will be closed July 4th in observance of Independence Day.</small></p>	<p>5. <b>Roses Forestville</b> <b>9:30am-12:30pm</b> <b>3393 Donnell Drive</b> <b>Forestville, MD 20747</b> 1:00pm Nutrition Education w/ Ms. Minor (Boxed Lunch will be provided)</p>	<p>6. 10:00am Walking Club 11:00am Word Search 12:00pm LUNCH TIME 1:00pm Checkers</p>	<p>7. 10:00am Puzzles 11:00am YouTube Fitness 12:00pm LUNCH TIME 1:00pm Wind Down Hour</p>
	<p>10. 10:00am Current Events 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>11. 10:00am Walking Club 11:00am Arts &amp; Crafts 12:00pm LUNCH TIME 1:00pm Trivia Games</p>	<p>12. 10:00am Chat &amp; Chew 11:00am SNAP Ed. W. Ms. Lockett 12:00pm LUNCH TIME 1:00pm Arts for Aging Close-Up Collage w/ Jackie and Jason</p>	<p>13. <b>Dutch Village Farmers Market</b> <b>10:00am-2:00pm</b> <b>5030 Brown Station Rd</b> <b>Upper Marlboro, MD 20772</b> (Boxed Lunch will be provided)</p>	<p>14. 10:00am Coffee Hour 11:00am Movie 12:00pm LUNCH TIME 1:00pm Movie Continued</p>
	<p>17. 10:00am Coffee Hour 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>18. 10:00am Chat &amp; Chew 11:00am Senior Medicare Patrol - Medicare BINGO 12:00pm LUNCH TIME 1:00pm Happy Hour</p>	<p>19. 10:00am Walking Club 11:00am Arts for Aging Close-Up Collage w/ Jackie and Jason 12:00pm LUNCH TIME 1:00pm Safe stretching techniques</p>	<p>20. <b>Forestville Mall</b> <b>10:00am-2:00pm</b> <b>3393 Donnell Drive</b> <b>Forestville, MD 20747</b> (Boxed Lunch will be provided)</p>	<p>21. 10:00am TV Time 11:00am Oldies &amp; Goodies 12:00pm LUNCH TIME 1:00pm Dual Choice Program Mental Health presentation with Amesha</p>
	<p>24. 10:00am Current Events 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Guess Who Game</p>	<p>25. 10:00am Walking Club 11:00am Game time 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>26. 10:00am Chat &amp; Chew 11:00am Arts for Aging Close-Up Collage w/ Jackie and Jason 12:00pm LUNCH TIME 1:00pm Nutrition Education w/ Ms. Minor</p>	<p>27. <b>Prom Day!!!</b> 10:00am Coffee Hour 11:00am Puzzles 12:00pm LUNCH TIME 1:00pm Get Ready for Prom! <b>TRANSPORTATION Pick up 3:30pm</b></p>	<p>28. </p>
	<p>31. 10:00am Chat &amp; Chew 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm BINGO</p>	<p><b>NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH</b> </p>	<p><b>PLASTIC FREE JULY</b> </p>	<p><b>UV SAFETY AWARENESS MONTH</b> </p>	<p><b>JULY IS SARCOMA &amp; BONE CANCER</b> </p>



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