



EOTR Friendship Café/Knox Hill
2700 Jasper ST SE, Washington, DC 20020
Recreation Coordinator Mamie Homes 202

November Activity Calander 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1. 10am – Coffee/ Tea Time 11am- Current Events 12pm- Lunch 1pm- Nutrition Education w/Ms.Minor</p>	<p>2. 10am-Coffee Hour 11:00am-Arts and Craft 12:00pm- Luch 1:00pm- Open Talks</p>	<p>3. 10:00am- Coffee Hour 11:00am-Oldies and Goodies 12:00pm- Lunch 1:00pm- Checkers</p>
	<p>6. 10:00am- Coffee Hour 11:00am- Games 12:00pm- Lunch 1:00pm- Line Dancing</p>	<p>7. 10am- Coffee/Tea Hour 11am- Stories in Three Dimensions w/Arts of Aging (Nelphie Adononyadis) 12pm- Lunch 1pm-</p>	<p>8. 10am- Coffee Hour 11am- SNAP Ed w/Ms.Lockett 12pm- Lunch 1pm – Music</p>	<p>9. 10:00am- Coffee Hour 11:00am- Word Search 12:00pm- Lunch 1:00pm- TV Ti me</p>	<p>10. CLOSED</p> 
	<p>13. 10am- Coffee Hour 11am- Fitness w/Rodney 12pm- Lunch 1pm- Oldies & Goodies</p>	<p>14. 10am- 11am- Stories in Three Dimensions w/ Arts of Aging (Nelphie Adononyadis) 12pm- 1pm-</p>	<p>15. 10:00am- Coffee Time 11:00am- Arts and Craft 12:00pm- Lunch 1:00pm- Line Dance</p>	<p>16. 10am- Tea/Coffee time 11am- Music hour 12pm- Lunch hour 1pm- Movie hour</p>	<p>17. Martha's Table 10am-12pm 2375 Elvan's Rd SE WDC 12pm- Lunch Time 1pm- Discussion Groups</p>

 <p>HAVE A HAPPY NOVEMBER!!</p>	<p>20. 10am- Coffee Hour 11am- Current Event 12pm- Thanksgiving Lunch 1pm- Dominos</p>	<p>21. 10am- Coffee/ Tea Time 11am- Stories in Three Dimensions w/Arts of Aging (Nelphe Adonyadis) 12pm- Lunch 1pm- Thankful Discussion</p>	<p>22. Roses 10am-12pm 7706 Marlboro Pike Forestville, MD 20727 12pm- Lunch Time 1pm- Nutrition Education w Ms. Minor</p>	<p>23. CLOSED</p> 	<p>24. 10am- Tea/Coffee time 11am- Tv Game Show 12pm- Lunch time 1pm-Light Exercise</p>
	<p>27. 10am- Coffee Hour 11am- Fitness w/Rodney 12pm- Lunch 1pm- Open Discussion</p>	<p>28. 10 am- Current Events 11am- Stories in Three Dimensions w/Arts of Aging (Nelphe Adonyadis) 12pm Lunch 1pm-Open Games</p>	<p>29. 10am- Tea/Coffee time 11am- Music hour 12pm- Lunch 1pm- Current Events</p>	<p>30. 10:00am- Coffee Hour 11:00am- Current Events 12:00pm- Lunch 1:00pm- Checkers</p>	 <p>NOVEMBER BIRTH FLOWER: CHRYSANTHEMUM</p> <p>It's said that a single petal of a chrysanthemum placed in the bottom of a glass of wine enhances longevity.</p> <p>THE OLD FARMER'S ALMANAC</p>

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