




Friendship Café/Knoxhill October Activity Calander 2023
2700 Jasper ST SE Washington, DC 20020
Recreation Coordinator Mamie Holmes 202-285-9576



	Monday	Tuesday	Wednesday	Thursday	Friday
 	2. 10:00am- Coffee Time 11:00am-In person Fitness w/Rodney 12:00pm- Lunch 1:00pm- Current Events	3. 10:00am- Coffee Time 11:00am- Arts and Craft 12:00pm- Lunch 1:00pm- Line Dance	4. 10:00am- Coffee Hour 11:00am- Nutrition Education w/Ms. Minor 12:00pm- Lunch 1:00pm- Music and Card Games	5. 10:00am- Coffee Time 11:00am- ERAP workshop w/ Ms. Roundtree 12:00pm- Lunch 1:00pm- Walking	6. 10am-Coffee Hour 11:00am-Arts and Craft 12:00pm- Luch 1:00pm- Open Talks
	9. SITE CLOSED 	10. 10:00am- Coffee Time 11:00am- Painting 12:00pm-Lunch 1:00pm- Current Events	11. 10:00am- Coffee Hour 11:00am- Art and Craft 12:00pm- Lunch 1:00pm- Open Discussion	12. 10:00am- Coffee Hour 11:00am- SNAP Ed w/Ms.Lockett 12:00pm-Lunch 1:00pm- Music	13. 10:00am- Coffee Houe 11:00am-Open Discussion 12:00pm- Lunch 1:00pm- Life Story Exercises / Senior reflect on their own life experiences
	16. 10:00am- Coffee Hour 11:00am- In person fitness w/Rodney 12:00pm- Lunch 1:00pm- Open Games	17. 10:00am- Coffee Hour 11:00am-Oldies and Goodies 12:00pm- Lunch 1:00pm- Checkers	18. Roses and Dollar Tree 10:00am-12:00pm Forestville, MD 20747 10:00am - Coffee Hour 11:00am- Open Games 12:00pm- Lunch 1:00pm- Music Therapy	19. 10:00am- Coffee Hour 11:00am- Games 12:00pm- Lunch 1:00pm- Line Dancing	20. 10:00am- Coffee Hour 11:00am- Word Search 12:00pm- Lunch 1:00pm-Chat and Chew

 <p>OCTOBER PREGNANCY AND INFANT LOSS Awareness month Remembering all the babies gone too soon</p>  <p>OCTOBER IS BREAST CANCER AWARENESS MONTH #GETOKEOED</p> <p>1 in 8 women 1 in 833 men in the United States will be diagnosed with breast cancer in their lifetime.</p> <p>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.</p> <p>DOMESTIC VIOLENCE AWARENESS MONTH #BRIGHTHERSOLVCE</p>	<p>23. 10:00am- Coffee Hour 11:00am- In person fitness w/Rodney 12:00pm- Lunch 1:00pm- Card Game</p>	<p>24. 10:00am- Coffee Hour 11:00am- Show and Tell 12:00pm- Lunch 1:00pm- Line Dancing</p>	<p>25. 10:00am- Coffee Hour 11:00am- Current Events 12:00pm- Lunch 1:00pm- Checkers</p>	<p>26. Walmart 10:00am-12:00pm 6303 Richmond Highway Alexandria, Virginia 22306 10:00am- Coffee Hour 11:00am- Arts and Craft 12:00pm- Lunch 1:00pm- Word Search</p>	<p>27. 10:00am- Coffee Hour 11:00am- Word Search 12:00pm- Lunch 1:00pm- TV Time</p>
	<p>30. 10:00am- Coffee Hour 11:00am- In person fitness w/Rodney 12:00pm- Lunch 1:00pm- Card Game</p>	<p>31. 10:00am- Coffee Hour 11:00pm- Walking Club 12:00pm- Lunch 1:00pm- Music</p>			 <p>OCTOBER BIRTH FLOWER <i>Marigold</i> THE MARIGOLD SYMBOLIZES COMFORT, GRACE, JOY, GOOD LUCK AND GRATITUDE. IF YOUR BIRTH FLOWER IS MARIGOLD, YOU ARE SPIRITUAL AT TIMES, BY NATURE, YOU ARE GENTLE AND SENSITIVE, YOU LIKE PEACE AND HARMONY IN YOUR LIFE, YOU CAN BECOME A GOOD NEGOTIATOR AND HENCE A GREAT LEADER.</p>

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