



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

September 2022
 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>ZOOM Meeting ID # 951 4112 0645 CALL IN # 301 715-8592</p> <p>Happy Birthday to all clients celebrating this month!!!</p>  <p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p> <p>PROSTATE CANCER AWARENESS MONTH <small>Symptoms of prostate cancer can sometimes be noticed for the first time when cancer advances, which is why screens are extremely important.</small> <small>The Top 7 Signs of Advanced Prostate Cancer:</small></p> <ul style="list-style-type: none"> • Bladder and urinary troubles • Losing bowel control • Soreness in the groin • Leg swelling or weakness • Hip or back pain • Coughing or feeling out of breath • Unexplained weight loss <p><small>Advances in medical research have given those with advanced diagnoses more options for treatments, including slowing the spread and growth as well as managing the symptoms.</small></p>		<p><u>Celebrated this month</u></p> <ul style="list-style-type: none"> • Alopecia Areata Awareness • Fall Hat Month • Classical Music Month • Better Breakfast month • Hispanic Heritage (September 15th to October 15th) • Blood Cancer Awareness • Prostate Health Month 		<p>1. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:00am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm Game Time</p>	<p>2. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Open Chat 12:00pm LUNCH TIME 1:00pm Arts & Crafts</p>
	<p>5. SITES CLOSED!</p> 	<p>6. Offices closed! Enjoy a self-care day. Get a manicure, Soak in the tub, take a stroll.</p>	<p>7. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00 am SNAP Education w/ Ms. Lockett 12:00pm LUNCH TIME 1:00pm Game Time</p>	<p>8. (National Grandparents Day) 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:30am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Share your Art</p>	<p>9. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 Jumbo Food International Supermarket 10:30am-1:30pm 3201 Brinkley Rd Temple Hills, MD 20748</p>
	<p>12. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Family Feud 12:00pm LUNCH TIME 1:00pm Sip & Chat</p>	<p>13. 10:30am Diabetes Prevention Class **Diabetes prevention class from 10:30am-1:00pm 12:00pm LUNCH TIME 1:00pm Prevention continued</p>	<p>14. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm Current Events</p>	<p>15. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:00am Nutrition Education w. Ms. Minor 12:00pm LUNCH TIME 1:00pm Line Dancing</p>	<p>16. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 Dollar Tree - Alexandria 11:00am-1:30pm 6711 Richmond Hwy Alexandria, VA 22306</p>
	<p>19. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Word Search 12:00pm LUNCH TIME 1:00pm BINGO</p>	<p>20. (DACL's Fall Prevention Awareness Day) 10:30am Diabetes Prevention Class **Diabetes prevention class from 10:30am-1:00pm 1:00pm LUNCH TIME 2:00pm Prevention Coalition Trivia</p>	<p>21. Toby's Dinner Theater 9:45am-1:00pm 5900 Symphony Woods Rd. Columbia, MD 21044</p>	<p>22. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:30am Show & Tell 12:00pm LUNCH TIME 1:30pm SPIRIT Club fitness</p>	<p>23. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Family Feud 12:00pm LUNCH TIME 1:00pm Sip & Chat</p>
<p>26. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Open Game time</p>	<p>27. 10:30am Diabetes Prevention Class **Diabetes prevention class from 10:30am-1:00pm 12:00pm LUNCH TIME 1:00pm Prevention continued</p>	<p>28. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm BINGO</p>	<p>29. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:00am Nutrition Education w. Ms. Minor 12:00pm LUNCH TIME 1:00pm Family Feud</p>	<p>30. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 AMF Bowling - Marlow Heights 11:00am-1:30pm 4717 St Barnabas Rd Temple Hills, MD 20748</p>	