

EOTR Friendship Café/Knox Hill 2700 Jasper ST SE , WDC 20020

September Activity Calendar 2024



Recreation Coordinator Otis Jenkins 240-579-5482

Happy September	Monday	Tuesday	Wednesday	Thursday	Friday
Happy September Birthdays	2. CLOSED	3. 10am-Coffee/Tea Time 11am- Music 12pm-Lunch 1pm- Open Games	4. 10am-Socializing Hour 10:30am- Group Mental Health Session w/Patrick Crawford 11am-Games 12pm- Lunch	5. 10am-Java Hour 11am- Music 12pm-Lunch 1pm- Neighborhood Talk	6. Shoppers 11am- 12:15pm 4801 Marlboro Pike Capitol Heights Md 20743 10am- Open Discussion 11am- Scrabble
September is PAIN Awareness Month	9. 10am-New Hours 11am-Fitness w/Rodney 12pm- Lunch 1pm-Discussion	10. 10am- Morning Wake- Up 11am- Arts & Crafts 12pm-Lunch 1pm-Nutrition Ed/w Ms.Minor	1pm-Karaoke 11. 10am- Coffee/Tea Time 11am- SNAP Education w/Ms.Lockett 12pm- Lunch 1pm-Karaoke	12. 10am- Coffee Soiree 11am-Board Games 12pm- Lunch 1pm-Bingo	12pm- Lunch 1pm- Open Games 13. 10am- EOTR Presentation/ w Ms. Sharon Smith 11am - Yoga Chair 12pm-Lunch 1pm-Jig Saw Puzzle
SEPTEMBER IS Self Care AWARENESS MONTH	16. 10am- News Flash 11am- Bingo 12pm-Lunch 1pm-Coloring	17. 10am-Morning Wake-up 11am-Comedy 12pm-Lunc 1pm-Nutrition Ed/w Ms.Minor	18. 10am –News Talk 11am- 12pm-Lunch 1pm-Painting	19. Marlow Heights Shopping Center 10am-1pm 3899 Branch Ave. Temple Hills MD 20748 10am- Open Discussion 11am- Scrabble 12pm- Lunch	20. 10am-Coffee Hourm 11am-Word Search 12pm-Lunch 1pm-Oldies/Goodies

LEUKEMIA & LYMPHOMA	23. CLOSED FOR DISCRETIONARY DAY	24. 10am-Coffee Hour 11am-Bean Bag Toss 12pm-Lunch 1pm-Open Card Games	25. 10am-Social Hour 11am-Meditation 12pm-Lunch 1pm- Comedy Time	1pm- Open Games 26. 10am-Coffee Hour 11am-Puzzle Time 12pm- Lunch 1pm-Bingo	27. Regan Trade Center Live Concert: EU & Sugar Bear 1300 Pennsylvania Ave. SE 10:30am-1:00pm 10am-Coffee Hour 11am-Bean Bag Toss 12pm-Lunch 1pm-Open Card Games
	30. 10am- Coffee Hour 11am- Bid Whiz 12pm-Lunch 1pm-Oldies/Goodies				

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