

EOTR Friendship Cafe '/ P.T. Johnson 3440 Minnesota Aye. NE Washington D.C 20019 Community Dining Site Supervisor George Marrow 202-249-8986

## **JANUARY 2023**

## **Activity Calendar**



Нарру	Monday	Tuesday	Wednesday	Thursday	Friday
Birthday to all clients celebrating	2. CENTERS CLOSED	3. <b>10:00am YouTube- Fitness</b> <b>11:00am New Year's Resolutions</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Card Games</b>	4. 10:00am Teatime 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Arts & Crafts	5. <b>10:00am YouTube- Fitness</b> <b>11:00am Puzzles</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Open Game time</b>	6. 10:00am Coffee hour 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Coloring
this month!!!	9. 10:00am Current Events 11:00am Word Search 12:00pm LUNCH TIME 1:00pm Oldies & Goodies	10. Walmart Supercenter 10:30am-1:00pm 310 Riggs Rd NE Washington, DC 20011	11. 10:00am Teatime 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Card Games	12. 10:00am BODYWISE in person Fitness w. UDC trainer 11:00am Wind Down 12:00pm LUNCH TIME 1:00pm Open Game time	13. 10:00am Sipping Cider 11:00am Checkers 12:00pm LUNCH TIME 1:00pm Dominoes
Birthday JANUARY BORN Facial Masks are	16. CENTER CLOSED MARTIN LUTHER King Jh. Day	17. 10:00am YouTube- Fitness 11:00am Nutrition Education W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Remembering Dr. King	18. Regal Gallery Place 10:00am-2:00pm 701 7th St NW, Washington, DC 20001 Ticket Price: \$11.66 Whitney Houston: I Wanna Dance with Somebody	19. 10:00am BODYWISE in person Fitness w. UDC trainer 11:00am Arts for Aging coOPERAtion w/ Peter and Carlos 12:00pm LUNCH TIME 1:00pm Oldies & Goodies	20. 10:00am Current Events 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Music Hour
Required. Proof of vaccination required.	23. 10:00am Site Decoration for Lunar New Year 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Oldies & Goodies	24. 10:00am BODYWISE in person Fitness w. UDC trainer 11:00am Oculus Virtual Reality 12:00pm LUNCH TIME 1:00pm Oculus Virtual Reality	25. Anacostia Community Museum Smithsonian Institution 11:00am-1:00pm 1901 Fort Pl SE Washington, DC 20020 Free Admission	26. 10:00am BODYWISE in person Fitness w. UDC trainer 11:00am Word Search 12:00pm LUNCH TIME 1:00pm Checkers	<ul> <li>27. Holocaust Remembrance Day</li> <li>10:00am Teatime</li> <li>11:00am Puzzles</li> <li>12:00pm LUNCH TIME</li> <li>1:00pm Family Feud</li> </ul>
Lunar New Year January 21 <sup>st</sup> -January 27 <sup>th</sup>	30. 10:00am Current Events 11:00am Teatime 12:00pm LUNCH TIME 1:00pm Dominoes	31. <b>10:00am BODYWISE in person</b> <b>Fitness w. UDC trainer</b> <b>11:00am Nutrition Education</b> <i>W / Ms. Minor</i> <b>12:00pm LUNCH TIME</b> <b>1:00pm Bean Bag Toss</b>	CERVICAL CANCER Awareness Month 2022	January CelebrationsCelebration of life WeekCervical Health AwarenessNational Blood DonorNational Soup monthThyroid AwarenessHot Tea month	NATIONAL BLOOD DONOR MONTH

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