

EQTR Friendship Cafe ' VIRTUAL CALENDAR 4301 9<sup>th</sup> Street SE, Wash, DC 20032 Laura Napoleon, Program Manager 202-603-0132

## October 2022 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
ZOOM Meeting ID # 951 4112 0645 CALL IN # 301 715-8592	3. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645	4. Hello October!	5. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645	6. Mad Hatter Day! Wear a silly hat! Mad Haller Day	7. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645
Please know that after October 19 <sup>th</sup> , all virtual programming will end. Rodney will be in person at your local Friendship Cafes.	10. SITES CLOSED!	11. NATIONAL ECONOMIC EDUCATION MONTH CONTACTOR MONTH	12. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645	13. Vegetarian	14. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645
Happy Birthday to all clients celebrating this month!!!	17. <b>10:00am Fitness w/ Rodney ON ZOOM</b> 951 4112 0645 LAST VIRTUAL FITNESS SESSION WITH RODNEY.	18. LGBTQ+ History Month	19. IN PERSON FITNESS WITH RODNEY	20. <b>10:00am In-person Fitness w/ Rodney</b> <b>Mayfair Mansions 3744 Hayes St NE</b> <b>Washington, DC 20019</b> contact Supervisor George Marrow Jr. for assistance 202-249-8986	21.
October Birthdays	Please join us for in person activities and trips, at one of our Friendship Cafés. 24.	25.	JORDAN RESUMES!	11:30am In-person Fitness w/ RodneyKenilworth Friendship Café 4321 Ord STNE Washington DC 20019contactSupervisor Marie Segears 202-744-915727.	28.
Facial Masks are Required.	11:00am In-person Fitness w/ Rodney Knox Hill Friendship Café 2700 Jasper St SE Washington, DC 20020 for assistance contact Supervisor Mamie Holmes 202-285-9576	World Pasta Day October 25	National Chiropractic Health Month	10:00am In-person Fitness w/ Rodney Mayfair Mansions 3744 Hayes St NE Washington, DC 20019 for assistance contact Supervisor George Marrow Jr. 202-249-8986 11:30am In-person Fitness w/ Rodney Kenilworth Friendship Café 4321 Ord ST	FRANKENSTEIN FRIDAY
BREAST CANCER AWARENESS MONTH	31. 11:00am In-person Fitness w/ Rodney Knox Hill Friendship Café 2700 Jasper St SE Washington, DC 20020 For assistance contact Supervisor Mamie Holmes 202-285-9576	Faces of Eczema Eczema Eczema Monto	Celebrated this month Breast Cancer Awa National Economic Down Syndrome A National Arts & Hu LGBT History National Chiroprac	NE Washington DC 20019 contact Supervisor Marie Segears 202-744-9157 reness Education wareness Emotional Wellness manities tic Month	

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