

EOTR Friendship Cafe '/ Kenilworth 4321 Ord Street N.E. Washington D.C 20019 Community Dining Site Supervisor Marie Segears 202-423-6725





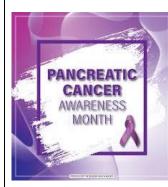
Native American Heritage

Happy Birthday to all clients celebrating this month!!!



Facial Masks are Required.

Proof of vaccination required.



	Monday	Tuesday	Wednesday	Thursday	Friday
ls	LUNG CANCER AWARENESS MONTH	1. 11:00am You Tube - Fitness 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Card Games	2. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm 1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	3. 11:00am Coffee Talk 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Arts for Aging in Person Turning Back the Clock with Kathy and Chris 2:00pm Card Games AgeWell on-site for Health Screening from 11am-3pm.	4. In Honor of Aviation History Month FREE admission National Air and Space Museum 10:30am-2:00pm 6th St. and Independence Ave SW Washington, DC 20560
	7. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Tables Topics 2:00pm Clients Choice	8. Election Day 11:00am Nutrition Education with Ms. Minor 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Bean Bag Toss	9. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm 1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	10. 11:00am Coffee Talk 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Checkers 2:00pm Bingo AgeWell on-site for Health Screening from 11am-3pm.	11. CLOSED Sn Observance of Veterans Day
1	14. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Oculus Virtual Reality 2:00pm Oculus Virtual Reality	15. 11:00am You Tube-Fitness 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Card Games	16. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Puzzles 2:00pm Giant UNO	17. Thanksgiving Luncheon 10:00am-2:00pm Location TBD	18. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Oldies But Goodies Music 2:00pm Open Game Time
	Martha's Table Produce Pick-Up 11:00am-1:30pm 2375 Elvans Road SE Washington, DC 20020	22. 11:00am SNAP Ed. w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Bean Bag Toss	23. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Puzzles 2:00pm Giant UNO	24. Valogiding Colay of Day of	BLACK FRIDAY
	Tanger Outlet Mall 11:00am-1:30pm 6800 Oxon Hill Rd, National Harbor, MD 20745	29. 11:00am Chat and Chew 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Bean Bag Toss	30. 11:00am YouTube- Fitness w/ Paul Eugene 12:00am LUNCH TIME 1:00pm Cards and Games 2:00pm Music Hour AgeWell on-site for Health Screening	Celebrated This Month Adopt a Turkey American Diabetes Aviation History Bladder Health COPD Awareness Gluten-Free Diet Awareness	Celebrate the CCVLCGUVLS In Your Life November is National Family Caregivers Month

from 11am-3pm.