

## EOTR Friendship Cafe '/ Kenilworth 4321 Ord Street NE Washington D.C 20019 Community Dining Site Supervisor Marie Segears 202-744-9157

## October 2022 Activity Calendar



Friday

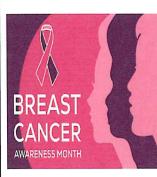
ZOOM Meeting ID #			
951 4112 064 <mark>5</mark>			
CALL IN #			
301 715-8592			

Happy Birthday to all clients celebrating this month!!!



## Facial Masks are Required.

Proof of vaccination required.



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	Monday	Tuesday	Wednesday	Thursday
1	3. 11:00am Walking Workout 12:00pm LUNCH TIME 1:00pm Family Feud 2:00pm Open Game Time	4. 10:00am YouTube- Fitness w/ Paul Eugene 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Hand Dancing	5. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm  1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	6. 10:00am YouTube- Fitz Paul Eugene 12:00pm LUNCH TIME 1:00pm Mad Hatter Day silly hat 2:00pm BINGO
S	INDIGENOUS PEOPLES DAY	11. 11:00am SNAP Ed. w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Bean-Bag Toss	12. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm  1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	13. 10:00am YouTube- Fitz Paul Eugene 12:00pm LUNCH TIME 1:00pm Line Dancing 2:00pm Legal Counsel for Tenant Advocacy & Supposession w/ Ms. Connelly
	17. 11:00am Walking Workout 12:00pm LUNCH TIME 1:00pm Oculus Virtual Reality 2:00pm Virtual Reality continued	18. 10:00am YouTube- Fitness w/ Paul Eugene 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Card Games	19. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm  1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	20. 11:00am Current Even 11:30am Fitness w/Ro 12:30pm LUNCH TIME 1:30pm Checkers 2:00pm Bean-Bag toss
	24. 11:00am Nutrition Ed. w/ Ms. Minor 12:00pm LUNCH TIME 12:00pm Sipping Cider/Painting 1:00pm Painting continued	25. 10:00am YouTube- Fitness w/ Paul Eugene 12:00pm LUNCH TIME 1:00pm DC Central Kitchen Partnership Cooking Lesson 2:00pm Open Game Time	26. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm  1:30pm LUNCH TIME 2:30pm Exercise w/ Paul Eugene	27. 11:00am Chat & Chew 11:30am Fitness w/ Ro 12:30pm LUNCH TIME 1:30pm Charades 2:00pm Charades cont
	31. 11:00am Walking Workout 12:00pm LUNCH TIME 1:00pm Harvest Wreath making 2:00pm Wreath Making continued	HAPPY	Celebrated this month      Breast Cancer Awareness     National Economic     Education     Down Syndrome Awareness     Emotional Wellness     Financial Planning     National Arts & Humanities	Hello October 1

10:00am YouTube- Fitness w/ Paul Eugene 12:00pm LUNCH TIME 1:00pm Mad Hatter Day! Wear a silly hat 2:00pm BINGO	11:00am BINGO 12:00pm Movie time 12:00pm LUNCH TIME 1:00pm Movie continued
13. 10:00am YouTube- Fitness w/ Paul Eugene 12:00pm LUNCH TIME 1:00pm Line Dancing 2:00pm Legal Counsel for the Elderly. Tenant Advocacy & Support info session w/ Ms. Connelly	14.  11:00am Walking Workout  11:00am Hot chocolate and movie  12:00pm LUNCH TIME  2:00pm Movie Continued.
20. 11:00am Current Events 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Checkers 2:00pm Bean-Bag toss	DPR site closure.  National Apple Day
27. 11:00am Chat & Chew 11:30am Fitness w/ Rodney 12:30pm LUNCH TIME 1:30pm Charades 2:00pm Charades continued	28.  National Air and Space Museum 10:15am-1:00pm 6th St. and Independence Ave SW Washington, DC 20560
Hello October!	Vegetarian  AMAZIANA

7.

Month

**LGBT History** 

**National Arts & Humanities** 

**National Chiropractic**