



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**



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>ZOOM Meeting ID #  <b>951 4112 0645</b>            CALL IN #            301 715-8592</p> <p>Happy Birthday to all clients celebrating this month!!!</p>  <p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p> 	<p>3.  <b>11:00am Walking Workout</b>            12:00pm LUNCH TIME            1:00pm Family Feud            2:00pm Open Game Time</p>	<p>4.  <b>10:00am YouTube- Fitness w/ Paul Eugene</b>            12:00pm LUNCH TIME  <b>1:00pm DC Central Kitchen Partnership Cooking Lesson</b>            2:00pm Hand Dancing</p>	<p>5.  <b>11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm</b>             1:30pm LUNCH TIME            2:30pm Exercise w/ Paul Eugene</p>	<p>6.  <b>10:00am YouTube- Fitness w/ Paul Eugene</b>            12:00pm LUNCH TIME  <b>1:00pm Mad Hatter Day! Wear a silly hat</b>            2:00pm BINGO</p>	<p>7.            11:00am BINGO            12:00pm Movie time            12:00pm LUNCH TIME            1:00pm Movie continued</p>
	<p>10. <b>SITES CLOSED!</b></p> 	<p>11.            11:00am SNAP Ed. w/ Ms. Minor            12:00pm LUNCH TIME  <b>1:00pm DC Central Kitchen Partnership Cooking Lesson</b>            2:00pm Bean-Bag Toss</p>	<p>12.  <b>11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm</b>             1:30pm LUNCH TIME            2:30pm Exercise w/ Paul Eugene</p>	<p>13.  <b>10:00am YouTube- Fitness w/ Paul Eugene</b>            12:00pm LUNCH TIME  <b>1:00pm Line Dancing</b>  <b>2:00pm Legal Counsel for the Elderly. Tenant Advocacy &amp; Support info session w/ Ms. Connelly</b></p>	<p>14.  <b>11:00am Walking Workout</b>            11:00am Hot chocolate and movie            12:00pm LUNCH TIME            2:00pm Movie Continued.</p>
	<p>17.  <b>11:00am Walking Workout</b>            12:00pm LUNCH TIME  <b>1:00pm Oculus Virtual Reality</b>  <b>2:00pm Virtual Reality continued</b></p>	<p>18.  <b>10:00am YouTube- Fitness w/ Paul Eugene</b>            12:00pm LUNCH TIME  <b>1:00pm DC Central Kitchen Partnership Cooking Lesson</b>            2:00pm Card Games</p>	<p>19.  <b>11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm</b>             1:30pm LUNCH TIME            2:30pm Exercise w/ Paul Eugene</p>	<p>20.            11:00am Current Events  <b>11:30am Fitness w/ Rodney</b>            12:30pm LUNCH TIME            1:30pm Checkers            2:00pm Bean-Bag toss</p>	<p>21.            DPR site closure.</p> 
<p>24.            11:00am Nutrition Ed. w/ Ms. Minor            12:00pm LUNCH TIME            12:00pm Sipping Cider/Painting            1:00pm Painting continued</p>	<p>25.  <b>10:00am YouTube- Fitness w/ Paul Eugene</b>            12:00pm LUNCH TIME  <b>1:00pm DC Central Kitchen Partnership Cooking Lesson</b>            2:00pm Open Game Time</p>	<p>26.  <b>11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm</b>             1:30pm LUNCH TIME            2:30pm Exercise w/ Paul Eugene</p>	<p>27.            11:00am Chat &amp; Chew  <b>11:30am Fitness w/ Rodney</b>            12:30pm LUNCH TIME            1:30pm Charades            2:00pm Charades continued</p>	<p>28.  <b>National Air and Space Museum</b>  <b>10:15am-1:00pm</b>  <b>6th St. and Independence Ave SW</b>  <b>Washington, DC 20560</b></p>	
<p>31.  <b>11:00am Walking Workout</b>            12:00pm LUNCH TIME  <b>1:00pm Harvest Wreath making</b>  <b>2:00pm Wreath Making continued</b></p>		<p><b>Celebrated this month</b></p> <ul style="list-style-type: none"> <li>Breast Cancer Awareness</li> <li>National Economic Education</li> <li>Down Syndrome Awareness</li> <li>Emotional Wellness</li> <li>Financial Planning</li> <li>National Arts &amp; Humanities</li> <li>LGBT History</li> <li>National Chiropractic Month</li> </ul>			