



EQTR Friendship Cafe / Knox Hill Senior Building  
 2700 Jasper Street S.E.  
 Washington D.C 20020  
 Community Dining Site Supervisor  
 Mamie Holmes 202-285-9576

March 2023  
 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Birthday to all clients celebrating this month!!!</b></p>  <p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p>	<p><b>March Celebrations</b></p> <ul style="list-style-type: none"> <li>National Disability Awareness</li> <li>National Nutrition month</li> <li>Irish American Heritage</li> <li>Women's History Month</li> <li>National Reading Month</li> </ul>		<p>1. 10:00am YouTube fitness          11:00am Card Games          12:00pm LUNCH TIME          1:00pm TV Time</p>	<p>2. 10:00am Current Events          11:00am Guess Who Game          12:00pm LUNCH TIME          1:00pm Oldies &amp; goodies</p>	<p>3. <b>Martha's Table</b>          11:00am-2:00pm  <b>Stop 1: Martha's Table Lobby Commons</b>  <b>Stop 2: Martha's Outfitters</b></p>
	<p>6. 10:00am Coffee Hour          11:00am In-person Fitness w/ Rodney          12:00pm LUNCH TIME          1:00pm Wind Down Hour</p>	<p>7. 10:00am Chat &amp; Chew          11:00am Guess Who Game          12:00pm LUNCH TIME          1:00pm Open TV Time</p>	<p>8. 10:00am YouTube fitness          11:00am SNAP Education w/ Ms. Lockett          12:00pm LUNCH TIME          1:00pm Music Hour</p>	<p>9. <b>Dutch Village Farmers Market</b>          10:00am-2:00pm          5030 Brown Station Rd          Upper Marlboro, MD 20772</p>	<p>10. 10:00am Walk the block          11:00am Movie          12:00pm LUNCH TIME          1:00pm Movie continued</p>
	<p>13. 10:00am Puzzles          11:00am In-person Fitness w/ Rodney          12:00pm LUNCH TIME          1:00pm Open Game time</p>	<p>14. 10:00am          11:00am UDC - Nutrition facts          12:00pm LUNCH TIME          1:00pm UDC - Nutrition facts          UDC Nursing on-site from 10am-2pm in TV room.</p>	<p>15. 10:00am YouTube fitness          11:00am Financial Planning 101          12:00pm LUNCH TIME          1:00pm Open Game time</p> 	<p>16. 10:00am Bean Bag toss          11:00am St. Patrick's Craft kits          12:00pm LUNCH TIME          1:00pm Guess Who Game</p>	<p>17. <b>Walmart Supercenter</b>          10:00am-2:00pm          6303 Richmond Hwy          Alexandria, VA 22306</p>
	<p>20. 10:00am Current Events          11:00am In-person Fitness w/ Rodney          12:00pm LUNCH TIME          1:00pm Bean Bag Toss</p>	<p>21. <b>International Spy Museum</b>          11:00am-2:00pm          700 L'Enfant Plaza SW          Washington, DC 20024          1:00pm UDC - High Blood Pressure and Your Health          UDC Nursing on-site from 10am-2pm in TV room.</p>	<p>22. 10:00am YouTube fitness          11:00am Nutrition Education with Ms. Minor          12:00pm LUNCH TIME          1:00pm Happy Hour</p>	<p>23. 10:00am Chat &amp; Chew          11:00am Paint &amp; Sip with Ms. Rain Young          12:00pm LUNCH TIME          1:00pm Open Game Time</p>	<p>24. 10:00am Walk the block          11:00am Puzzles          12:00pm LUNCH TIME          1:00pm Oldies &amp; Goodies</p>
	<p>27. 10:00am Teatime          11:00am In-person Fitness w/ Rodney          12:00pm LUNCH TIME          1:00pm Guess Who Game</p>	<p>28. 10:00am UDC - High Blood Pressure          11:00am Legal Counsel for the Elderly Medicare 2023 &amp; Fraud          12:00pm LUNCH TIME          1:00pm UDC - High Blood Pressure          UDC Nursing on-site from 10am-2pm in TV room.</p>	<p>29. 10:00am YouTube fitness          11:00am Movie          12:00pm LUNCH TIME          1:00pm Movie Continued</p>	<p>30. 10:00am Walk the block          11:00am Arts &amp; crafts          12:00pm LUNCH TIME          1:00pm TV Time</p>	<p>31. <b>TheARC -WIZ Dansical NE</b>  <b>Performing Arts Group</b>          10:30am-2:00pm          1901 Mississippi Ave SE          Washington, DC 20020          10 SLOTS AVAILABLE</p>

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