








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

# June 2023 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Birthday to all clients celebrating this month!!!</b></p>  <p><b>Register for Senior Prom: Sunset Serenade by July 7<sup>th</sup> with your Dining Site Supervisor. Donation of \$20 requested.</b></p>				<p>1. 10:00am Word Search 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>2. 10:00am YouTube Fitness 11:00am Nutrition Education w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Oldies &amp; Goodies</p>
	<p>5. 10:00am Current Events 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>6. 10:00am Meditation Hour 11:00am DC Fire EMS – Hands on Heart CPR 12:00pm LUNCH TIME 1:00pm Checkers</p>	<p>7. <b>Senior Spa Day</b> 9:45am-2:00pm <b>Fort Stanton Recreation Center</b> 1812 Erie Street SE Washington, DC 20020</p>	<p>8. 10:00am Walking Club 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm Arts &amp; Crafts</p>	<p>9. 10:00am YouTube Fitness 11:00am BINGO 12:00pm LUNCH TIME 1:00pm Wind Down Hour</p>
	<p>12. 10:00am Coffee Talk 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Happy Hour</p>	<p>13. 10:00am Teatime 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Arts &amp; Crafts</p>	<p>14. 10:00am Coffee Talk 11:00am SNAP Education. With Ms. Lockett 12:00pm LUNCH TIME 1:00pm Puzzles</p>	<p>15. 10:00am Current Events 11:00am Edenbridge Health Pace info presentation 12:00pm LUNCH TIME 1:00pm Guess Who Game</p>	<p>16. 10:00am YouTube Fitness <b>Central Union Mission Senior BINGO</b> 65 Massachusetts Avenue, NW Washington DC 20001</p>
		<p>20. 10:00am Coffee Talk 11:00am Nutrition Education w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Wind Down Hour</p>	<p>21. 10:00am Teatime 11:00am Dr. Crawford in person counseling 12:00pm LUNCH TIME 1:00pm Oldies &amp; Goodies</p>	<p>22. <b>STOP 1: Jumbo Food International Supermarket</b> <b>STOP 2: Martha's Table</b> 10:00am-1:30pm</p>	<p>23. 10:00am YouTube Fitness 11:00am Movie 12:00pm LUNCH TIME 1:00pm Movie Continued</p>
	<p>26. 10:00am Chat &amp; Chew 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Arts &amp; Crafts</p>	<p>27. 10:00am Teatime 11:00am Walking Club 12:00pm LUNCH TIME 1:00pm Puzzles</p>	<p>28. <b>Senior Symposium</b> Time: TBD <b>Ballou Highschool</b> 3401 4th St SE Washington, DC 20032</p>	<p>29. 10:00am Walking Club 11:00am TV Time 12:00pm LUNCH TIME 1:00pm Hand Dancing</p>	<p>30. 10:00am YouTube Fitness 11:00am TV Time 12:00pm LUNCH TIME 1:00pm Oldies &amp; Goodies</p>

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