



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

May 2023 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday to all clients celebrating this month!!!</p>  <p>Mask and COVID19 vaccination mandate has been lifted.</p> 	<p>1. 10:00am Teatime 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Card Games <i>Schedule UDC Nursing post measurement from 10am-2pm for Gift Card.</i></p>	<p>2. 10:00am YouTube Fitness 11:00am Game Time 12:00pm LUNCH TIME 1:00pm Happy Hour</p>	<p>3. 10:00am YouTube Fitness 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Checkers</p>	<p>4. 10:00am TV Time 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Puzzles</p>	<p>5. Martha's Table Lobby Commons 10:30am-1:30pm 2375 Elvans Rd SE Washington, DC 20020</p>
	<p>8. 10:00am Teatime 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Open Game Time <i>UDC Nursing on-site from 10am-2pm for post-measurements and gift cards.</i></p>	<p>9. 10:00am YouTube Fitness 11:00am Arts for Aging - cooperation w/ Peter Carlos César 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>10. 10:00am Dr. Crawford in person counseling 11:00am SNAP Education. With Ms. Lockett 12:00pm LUNCH TIME 1:00pm Movie</p>	<p>11. Publick Playhouse 9:45am-2:00pm 5445 Landover Rd Hyattsville, MD 20784 ONLY 12 SLOTS!</p>	<p>12. 10:00am YouTube Fitness 11:00am Movie 12:00pm LUNCH TIME 1:00pm Movie Continued</p>
	<p>15. 10:00am TV time 11:00am In Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Card Games <i>UDC Nursing on-site from 10am-2pm for post-measurements and gift cards.</i></p>	<p>16. 10:00am YouTube Fitness 11:00am Arts for Aging - cooperation w/ Peter Carlos César 12:00pm LUNCH TIME 1:00pm Oldies & Goodies</p>	<p>17. STOP 1: Roses/Forman Mills STOP 2: Dollar Tree Forestville, Maryland 10:00am-1:30pm</p>	<p>18. 10:00am Coffee Hour 11:00am DC Fire EMS In person presentation 12:00pm LUNCH TIME 1:00pm Cultural Arts & Crafts</p>	<p>19. 10:00am YouTube Fitness 11:00am BINGO 12:00pm LUNCH TIME 1:00pm Word Search</p>
	<p>22. 10:00am Oldies & Goodies 11:00am IN Person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Nutrition Ed. w/ Ms. Minor <i>UDC Nursing on-site from 10am-2pm for post-measurements and gift cards.</i></p>	<p>23. 10:00am YouTube Fitness 11:00am Arts for Aging - cooperation w/ Peter Carlos César 12:00pm LUNCH TIME 1:00pm Puzzles</p>	<p>24. 10:00am Current Events 11:00am Medicare and Mental Health w/ Legal Counsel for the Elderly 12:00pm LUNCH TIME 1:00pm Dancing</p>	<p>25. EOTR Older America's Celebration Chevy Chase Community Center 10:00am-2:00pm 5601 Connecticut Avenue NW Washington, DC 20015</p>	<p>26. 10:00am YouTube Fitness 11:00am Movie 12:00pm LUNCH TIME 1:00pm Movie Continued</p>
	<p>29. </p>	<p>30. 10:00am YouTube Fitness 11:00am Arts for Aging - cooperation w/ Peter Carlos César 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>31. Senior Fest- Gateway Pavilion 10:00am-2:00pm 2700 Martin Luther King Jr Ave Washington, DC 20032</p>	<p></p>	<p></p>

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