



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

**October 2022
 Activity Calendar**



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>ZOOM Meeting ID # 951 4112 0645 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. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>4. 10:00am Oldies but Goodies 11:00am Nutrition Ed. W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Line Dancing</p>	<p>5. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>6. 10:00am Chat & Chew 11:00am Mad Hatter Day! Wear a silly hat 12:00pm LUNCH TIME 1:00pm Line Dancing</p>	<p>7. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Meditation 12:00pm LUNCH TIME 1:00pm Open Game Time</p>
	<p>10. SITES CLOSED!</p> 	<p>11. 10:00am Movie time 11:00am Movie continued 12:00pm LUNCH TIME 1:00pm Arts & Crafts</p>	<p>12. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am SNAP Ed. w/ Ms. Lockett 12:00pm LUNCH TIME 1:00pm Hand Dancing</p>	<p>13. 10:00am Breast cancer documentary 11:00am Doc. continued 12:00pm LUNCH TIME 1:00pm Open game time</p>	<p>14. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Checkers 12:00pm LUNCH TIME 1:00pm Arts & Crafts</p>
	<p>17. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Checkers 12:00pm LUNCH TIME 1:00pm Oldies but Goodies</p>	<p>18. 10:00am Hot Chocolate hour 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Legal Counsel for the Elderly. Tenant Advocacy & Support info session w/ Ms. Connelly</p>	<p>19. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm BINGO</p>	<p>20. 10:00am Harvest wreath making 11:00am Wreath making continued 12:00pm LUNCH TIME 1:00pm Line Dancing</p>	<p>21. Dutch Country Amish Market w/ DHH 10:30am-1:30pm 9701 Fort Meade Rd. Laurel MD 20707</p>
	<p>24. 10:00am Current Events 11:00am In-person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Show & Tell</p>	<p>25. 10:00am Sipping cider & painting 11:00am Painting continued 12:00pm LUNCH TIME 1:00pm Line Dancing</p>	<p>26. 10:00am YouTube- Fitness w/ Paul Eugene 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>27. 10:00am Sipping Cider 11:00am Nutrition Ed. W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Line Dancing</p>	<p>28. Jumbo Food International Supermarket 11:00am-1:30pm 3201 Brinkley Rd, Temple Hills, MD 20748</p>
	<p>31. 10:00am Chat & Chew 11:00am In-person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Show & Tell</p>		<p><u>Celebrated this month</u></p> <ul style="list-style-type: none"> Breast Cancer Awareness National Economic Education Down Syndrome Awareness Emotional Wellness Financial Planning National Arts & Humanities LGBT History National Chiropractic Month 		