



EOTR Friendship Café/Knox Hill
2700 Jasper ST SE , WDC 20020
Recreation Coordinator Tamar Bennett 202-397-7300

July Activity Calendar 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
 Happy Birthday July Babies! <small>www.chelatesdecorandmore.com</small>		1. 10am- Coffee 10:30am- Mental Health Session w/Dr. Crawford 12pm-Lunch 1pm- Karaoke	2. 10am- Coffee/Teatime 11am-Fianacial Exploitation Presentation w/TB Bank 12pm-Lunch 1pm- Games of Plenty	3. 10am- Coffee Hour 11am- Health Matters 12pm-Lunch 1pm-Oldies/Goodies	4.
 JULY IS UV SAFETY AWARENESS MONTH	7. 10am-Tea Time 11am- Fitness w/Rodney 12pm- Lunch 1pm-Movie & Pop corn	8. 10am-Socializing Hour 11am- Open Health discussion 12pm- Lunch 1pm- Games of Plenty's	9. 10am- Morning Wake- Up 11am – Paint and Sip w/EYL Project 12pm-SNAP ED W/ Ms.Lockett 1pm- Games	10. 10am- Coffee Soiree 11am-Physical Fitness w/Julia Heart Program 12pm- Lunch/Nutrition Ed w/Ms.Minor 1pm- Brain Teasers	11. 10am- Coffee 11am- Arm lifting exercises 12pm-Lunch 1pm- Open Games
	14. 10am- News over Tea 11am- Chair Stretches 12pm-Lunch 1pm- Soul music	15. 10am-Morning Tea time 11am-Bingo 12pm-Lunch 1pm- Continued Bing 	16. 10am –Coffee Hour 11am-Sunblock Discussion 12pm-Lunch 1pm- SoftMusic/Meditation	17. 10am –Coffee Hour 11am- Fire Safety Education w/ Fire Safety Specialist Patricia Everett 12pm-Lunch 1pm-Games of Plenty	18. 10am-Coffee Hour 11am- Oldies Goodies 12pm-Lunch 1pm- Current Events

	<p>21. <u>MONDAY</u></p> <p>10am- Java 11am- Fitness w/Rodney 12pm-Lunch 1pm- Oldies/Goodies</p> 	<p>22. <u>TUESDAY</u></p> <p>10am- Coffee Hour 11am- health tips 12pm-Lunch 1pm-game of telephone</p>	<p>23. <u>WEDNESDAY</u></p> <p>10am- Coffee Hour 11am-Minority Mental Health Session w/Dr. Phronie 12pm-Lunch 1pm-Minority Mental Health Session w/Dr. Phronie</p> 	<p>24. <u>THURSDAY</u></p> <p>10am-Coffee Hour 11am- Health Discussion 12pm- Lunch 1pm- Games of Plenty</p>	<p>25. <u>Friday</u></p> <p>DISCRETIONARY DAY SITE CLOSED</p>
	<p>28.</p> <p>10am –Coffee Hour 11am- Brain teasers 12pm-Lunch 1pm- Health Talk</p>	<p>29.</p> <p>Market at Wah Luck 800 6th ST NW Washington DC 20024 10:30am-12:30pm</p> <p>10am- Coffee Hour 11am- Health Talk 12pm-Lunch 1pm-Games</p> 	<p>30.</p> <p>10am- Coffee Hour 11am- health tips 12pm-Lunch 1pm- Treasure hunt</p> 	<p>31.</p> <p>10am- Coffee Hour 11am- Health talk 12pm-Lunch/Nutrition Ed w/Ms.Minor 1pm- Medigaps and the Fraud Topic Presentation w/ Legal Counsel for the Elderly</p>	

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