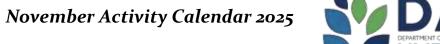


EOTR Friendship Café/Knox Hill November 2700 Jasper ST SE, WDC 20020 Recreation Coordinator Tamar Bennett 202-397-7300

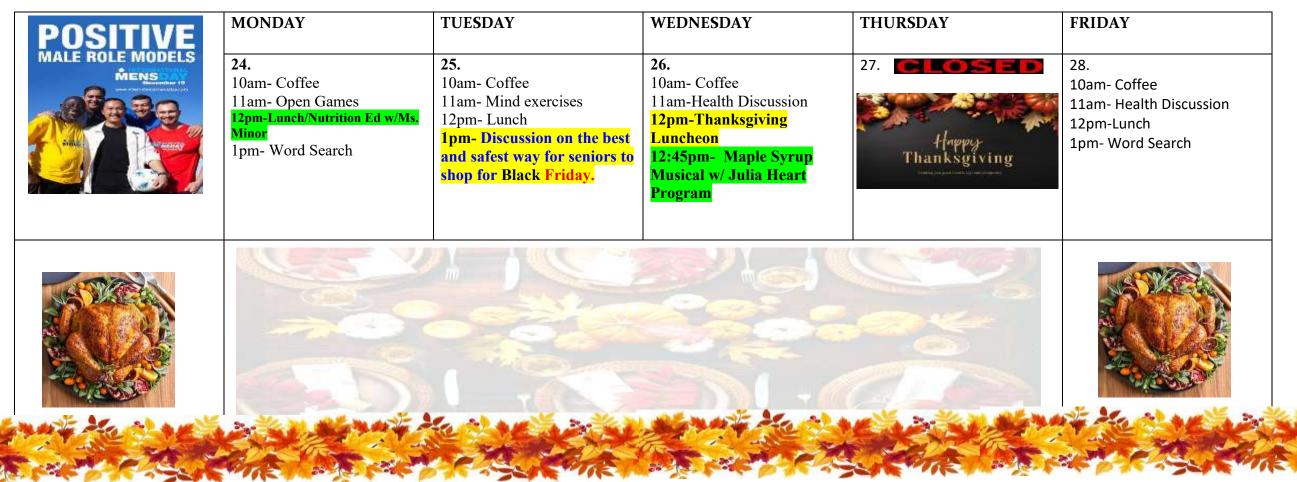




を持てると	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome November!	3. 10am- Pumpkin Spice Latte 11am- Fitness w/Rodney 12pm- Lunch 1pm- Music hour	4. 10am- Pumpkin Spice Latte 11am- Balloon Stretches 12pm- Lunch 1pm- Card Games	5. 10am- Pumpkin Spice Latte 11am- DC Assistive Technology Program w/ Deborah Kale Outreach specialist 12pm- Lunch 1pm- Games	6. 10am- Pumpkin Spice Latte 11am- Health Promotion w/ERFSC Director of CEP Irwin Royster 12pm- Lunch 1pm- Music Hour	7. 10am- Pumpkin Spice Latte 11am- Health Tips 12pm- Lunch 1pm- Games
WORLD DIABETES DAY NOVEMBER 16	10. 10am- Teatime 10:30am- Group Mental Health Session w/Maryanne 12pm-Lunch/Nutrition Ed w/Ms. Minor 1pm- Tea Party	Dining Site Closed VETERANS DAY HONORING ALL WHO SERVED	12. 10am- Coffee 11am- DC Assistive Technology Program w/ Leonard McPherson assistive technology specialist 12pm- Lunch 1pm- Games	Super Walmart 10am to 12:30pm 6303 Richmond Hwy, Alexandria, VA 22306 10am- Coffee 11am- Open games 12pm- Lunch 1pm- Music hour	14. 10am- Coffee 11am- Diabetes prevention video 12pm- Lunch 1pm- Word search
NATIONAL COPD Chanic Districtive Pollmanary Disease AWARENESS MONTH POP January	17 10am- Coffee 11am- Fitness w/Rodney 12pm- Lunch 1pm- BINGO	18. 10am- Coffee 10:30am- Group Counseling Session w/Maryanne (1.5) 12pm- Lunch 1pm- Music Hour	19. 10am- Coffee 11am- SNAP Ed. W/Ms. Lockett 12pm- Lunch 1pm- Word Search	20. Martha's Table 10am-12pm 2375 Elvans Rd SE 10am- Coffee 11am- Stretches 12pm- Lunch 1pm- Games	21. 10am- Coffee 11am- What is COPD 12pm- Lunch 1pm- Music Hour









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