



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



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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
		10. 10am- Teatime 10:30am- Group Mental Health Session w/Maryanne 12pm-Lunch/Nutrition Ed w/Ms. Minor 1pm- Tea Party 	11. Dining Site Closed 	12. 10am- Coffee 11am- DC Assistive Technology Program w/ Leonard McPherson assistive technology specialist 12pm- Lunch 1pm- Games	13. 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
		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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	24. 10am- Coffee 11am- Open Games 12pm-Lunch/Nutrition Ed w/Ms. Minor 1pm- Word Search	25. 10am- Coffee 11am- Mind exercises 12pm- Lunch 1pm- Discussion on the best and safest way for seniors to shop for Black Friday.	26. 10am- Coffee 11am-Health Discussion 12pm-Thanksgiving Luncheon 12:45pm- Maple Syrup Musical w/ Julia Heart Program	27. CLOSED 	28. 10am- Coffee 11am- Health Discussion 12pm-Lunch 1pm- Word Search
					



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

