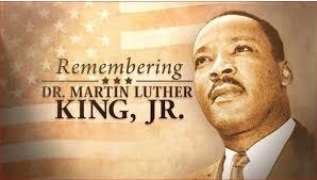




EOTR SENIOR HEALTH & WELLNESS PROGRAM
4020 Minnesota Avenue NE, Washington, DC 20019
Kajah Watkins, Outreach Coordinator 202-423-6725
April Lee, EOTR Program Coordinator 202-669-3727

JANUARY 2025
Activity Calendar

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. NEW YEAR'S HOLIDAY	2. 	3. 	4. 
6.	7.	8.	9.	10.	11.
Coat Drive 1/06/25 – 1/10/25 All Sites				Dopamine land 10:30am – 1:00pm 5333 Wisconsin Ave NW Washington, DC 20015 Kenilworth and WSWC Seniors	
13.	14. AMF Bowling 10:30am – 12:30pm 4601 Cooper Ln Hyattsville, MD 20784 Knoxhill and Roundtree	15.	16. Health Vision Board 10:30am – 11:30am Washington Seniors Wellness Center 3001 Alabama Ave SE. Washington, DC 20020	17. Top Golf 10:00am -12:30pm 6400 Clipper Way Oxon Hill, MD 20745 25 seniors from WSWC and Arthur Capper	18. 
20. Martin Luther King Jr. HOLIDAY	21. Volunteer Food and Friends ERFSC Collaboration 9:00am – 12:00pm 219 Riggs Road NE	22. Luncheon Matthews Memorial Baptist Church 11:00am – 12:30pm 2616 Martin Luther King Jr. Avenue SE	23.	24. Breakfast Club 10:00AM -12:00PM Busboys and Poets 2021 14 th street NW Washington, DC 20009 Sarah Circle	25.
27. 	28. Spy Museum 10:00am-12:00pm 700 L'Enfant Plaza SW Washington, DC 20024 Mayfair	29. 	30.	31.	January is National Awareness Month for: National Blood Donor Month Glaucoma Awareness Month Cervical Health Awareness Month National Eye Care Month Mental Wellness Month