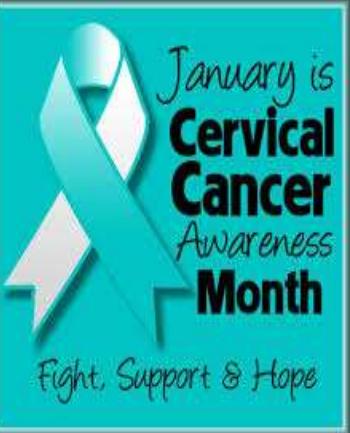




EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Ricky Dodson 301- 909-2834

January Activity Calendar 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 			<p>1.</p> <p>CLOSED</p>	<p>2.</p> <p>10am- Tea / Coffee Hour</p> <p>11 am- Open Health Discussion</p> <p>12pm-Lunch</p> <p>1pm- Bingo</p>
<p>5.</p> <p>10am- Tea/Coffee Hour</p> <p>11am-Chair Exercises</p> <p>12pm-Lunch/Nutrition Ed w/Ms Minor</p> <p>1pm- Line Dancing</p>	<p>6.</p> <p>10am- Tea/Coffee Hour</p> <p>11am- Pottery w/EYL</p> <p>12pm-Lunch</p> <p>1pm- Open Health Discussion</p>	<p>7.</p> <p>10am- Tea/ Coffee & Your Vision Board Party</p> <p>11am- Fitness chair aerobics</p> <p>12pm-Lunch Time</p> <p>1pm- Popcorn and Movie</p>	<p>8.</p> <p>10am- Tea/ Coffee Hour</p> <p>11:30am-Fitness w/Rodney</p> <p>12pm-Lunch</p> <p>1pm- Open Games</p>	<p>9.</p> <p>Walmart in Bowie</p> <p>3300 Crain Hwy, Bowie MD 20716</p> <p>10:00am – 12pm</p> <p>10am- Tea /Coffee Hour</p> <p>11am- Open Health Discussion</p> <p>12pm-Lunch</p> <p>1pm- Cards/ Open Games</p>
<p>12.</p> <p>10am-Tea/Coffee Hour</p> <p>11 am- Open Health Discussion</p> <p>12pm-Lunch</p> <p>1pm- Bingo</p>	<p>13..</p> <p>10am-Tea/Coffee Hour</p> <p>11am- Physical Fitness w/ Julia's Heart</p> <p>12pm-Lunch Time</p> <p>1pm- Game Time</p>	<p>14.</p> <p>10am-Health Promotions w/ Irwin</p> <p>11am-Brain Games</p> <p>12pm-Lunch</p> <p>1pm- Open Games</p>	<p>15.</p> <p>10am- Tea/Coffee Hour</p> <p>11:30am-Fitness w/Rodney</p> <p>12pm-Lunch</p> <p>1pm- Movie Time</p>	<p>16.</p> <p>10am- Tea/Coffee Hour</p> <p>11am- HUB Care Coordinator Presentation</p> <p>12pm-Lunch</p> <p>1pm- Music/ Games</p>

	19.	CLOSED	20 National Museum of African American History 10:00am-12:30 pm 10am- Tea / Coffee Hour 11am Walking Club 12pm-Lunch 1pm- Open Games	21.. 10am- Tea/ Coffee Hour 11am- Open Health Discussion 12pm-Lunch 1pm- Open Games	22. 10am-Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm-Music / Games	23. 10am-Tea/Coffee Hour 11 am- Brain Games 12pm-Lunch 1pm- Leg Movement Exercises
	26.	10am- Tea/Coffee 10:30am- January Jumpstart Workshop w/Kajah 12pm-Lunch 1pm- Cards/ Open Games	27. 10am-Tea/Coffee Hour 11am- Fitness chair aerobics 12pm-Lunch Time 1pm- Brain Games	28. 10am-Health Promotion w/Irwin 11am- Fitness chair aerobics 12pm-Lunch Time 1pm- Popcorn/ Open Discussion	29. 10am-Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm-Open Games	30. 10am- Tea/ Coffee Hour 11am- Walk the Gym 12pm- Lunch 1pm- Bean Bag

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