
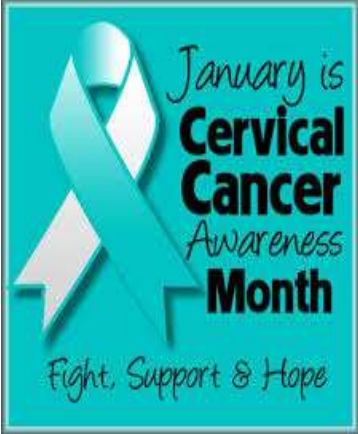




EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 301- 909-2834

January Activity Calendar 2025



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

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

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