

EOTR Friendship Café/Knox Hill January Activity Calendar 2025 2700 Jasper ST SE, WDC 20020 Recreation Coordinator Lewis Fountain 202-397-7300



	Monday	Tuesday	Wednesday	Thursday	Friday
GENIUSES ARE BORN IN JANUARY			1. CLOSED Happy New year	2. 10am-Java Hour 11am- Mental Health Awareness 12pm-Lunch 1pm- Neighborhood Talk	3. 10am- Open Discussion 11am- Scrabble 12pm- Lunch 1pm- Open Games
January is Cervical Cancer Awareness Month Fight, Support & Hope	6. 10am-Coffee/Tea Time 11am-Fitness w/Rodney 12pm- Lunch 1pm-Discussion	7. 10am- Morning Wake- Up 11am-Open Games 12pm-Lunch 1pm- Bingo	8. 10am-Java Hour 11am- Music 12pm-Lunch 1pm- Neighborhood Talk	9. 10am- Coffee Soiree 11am- Current Event 12pm- Lunch 1pm-Monopoly	10. Walmart Supercenter 10:00am-12pm 6303 Richmond Hwy Alexandria VA 22306 10am- Coffee Hour 11am-Open Games 12pm-Lunch/Nutrition Ed w/Ms.Minor 1pm- Health and Wellness Discussion

JANUARY THYROID DISEASE AWARENESS MONTH JANUARY IS GLAUCOMA AWARENESS MONTH	13. 10am- Morning Wake- Up 11am- Open Games 12pm-Lunch 1pm- Bingo 20. MARTIN LUTHER KING JR DAY SITE CLOSED	14. 10am-Social Hour 11am-EOTR Social Service Coordinator Presentation 12pm-Lunch 1pm- Stretching Exercises 21. 10am-Coffee Hour 11:15am- SNAP Ed w/Ms.Lockett 12pm-Lunch 1pm-Open Card Games	15. 10am-Coffee Hour 11am-Bean Bag Toss 12pm Lunch 1pm-Card 22. 10am-Socializing Hour 10:30- News Break/ Current events 11am- Fitness w/Rodney 12pm- Lunch 1pm-Karaoke	16. 10am- Morning Wake- Up 11am- Arts & Crafts 12pm-Lunch 1pm- Bingo 23. 10am-Coffee Hour 11am- Open Games 12pm- Lunch 1pm-Cards	17. 10am-Coffee Hour 11:00am-Scrabble 12pm- Lunch 1pm-Cards 24. PG Plaza Mall 10am-12pm 3500 East West Hwy Hyattsville, MD 20782 10am-Coffee Hour 11:00am- YouTube TV 12pm Lunch 1pm-Cards
	27. 10am- Coffee Hour 11:00am- Fitness w/Rodney 12pm-Lunch 1pm-Oldies/Goodies	28. 10am-Coffee Hour 11am-Puzzle Time 12pm-Lunch 1pm-Cards	29. 10am- Coffee Hour 11am- Open Games 12pm-Lunch 1pm-Oldies/Goodies	30. 10am- Morning Wake- Up 11am- Arts & Crafts 12pm-Lunch 1pm- Bingo	31. 10am-Coffee Hour 11am-Open Games 12pm-Lunch 1pm-Bingo

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