



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. 10am- Coffee / Tea 11am- Fitness w/Rodney 12pm- Lunch 1pm- Calendar Review & Games 	2. 10am- Coffee / Tea 11am- Walk on the Spot 12pm- Lunch 1pm- Karaoke 	3. 10am- Coffee / Tea 11am- Chair workout 12pm- Lunch 1pm- Games	4. 10am- Coffee 10:30am-12:00pm Mental Health Session w/Dr.Crawford 12pm- Lunch 1pm- Word search	5. 10am- Coffee / Tea 11am- Arts for the Aging 12pm- Lunch 1pm- Movie
	8. 10am-Coffee / Teatime 11am- Arm Stretches 12pm- Lunch 1pm- Puzzles	9. Golden Coral 1001 Shoppers Way, Largo, MD 20774 10:00am -1:00pm 10am- Coffee / Teatime 11am- Walk on the spot 12pm- Lunch 1pm- Mental Relaxation	10. 10am- Coffee / Tea 10:30pm- Walk with Ease w/ Lockett 12pm- Lunch 1pm- Games	11. 10am- Tea 11am- Music hour 12pm- Lunch 1pm- Health Promotion w/ Irwin 	12. 10am- Teatime 11am- Effective Communication and Dementia w/ DACL Coordinator Ms. Hunt 12pm- Lunch 1pm- Word search

	15. 10am- Coffee 11am- Fitness w/Rodney 12pm- Lunch 1pm- Word Search 	16. 10am- Coffee & Tea 11am- Arm Stretches 12pm- Lunch/& Men's Health & Nutrition Month w/Ms. Minor 1pm- Bingo	17. Petey Green 2907 Martin Luther King Jr Ave SE 10:30am to 12:30pm 10am- Coffee & Tea 11am- Chair workout 12pm- Lunch 1pm- Games	18. 10am- Coffee 11am- Walk on the spot 12pm- Lunch 1pm- Games	19. SITE CLOSED 
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	22. 10am- Hot Beverage 11am- Chair workout 12pm- Lunch 1pm- Fathers day Celebration	23. 10am- Hot Beverage 11am- Arm Stretches 12pm- Lunch 1pm- Word Search	24. 10am- Coffee / Tea 11am- Arts for the Aging 12pm- Lunch 1pm - Chair Stretches 	25. 10am- Coffee / Tea 11am- Games 12pm- Lunch & Calcium Benefits for Older Americans Ice Cream Social w/Ms. Minor 1pm- Health Promotion w/Irwin	26. 10am- Coffee / Tea 11am- Chair Workout 12pm- Lunch 1pm- Movie day 

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



