

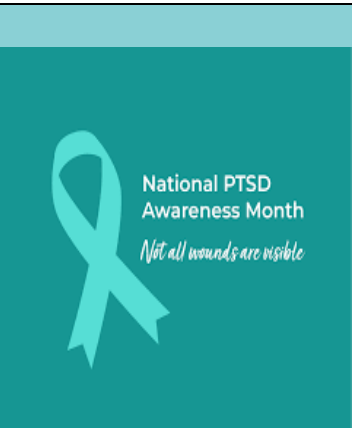


EOTR Kenilworth Friendship café'
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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. 10am-10:30am Coffee & Devotional & July Calendar Review 10:30am-12:00am Mental Health Session w/Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Teaser Games	2. 10am-10:30am Coffee & Devotional 10:30am-11:00am YouTube Metro Fitness 11:00am-12:00pm Open Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts and Crafts Sip and Paint	3. 10am-10:30am Coffee & Devotional 10:30am-11:00am Board Games 11:00am-12:00pm Health Promotion w/Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing	4. 10am-10:30am Coffee & Devotional 10:30am-11:00am Open Games 11:30am-12:00pm Fitness w/Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Teaser Games	5. 10am-10:30am Coffee & Devotional 10:30am-11:00am Chair Aerobics Exercise 11:00am-12:00pm Open Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss	
8. 10am-10:30am Coffee & Devotional 10:30am-11:00am Chair Exercises 11:00am-12:00pm Open Games 12:00pm-1:00pm LUNCH & Men's Health & Nutrition Month w/Ms. Minor 1:00pm-2:00pm Move and Groove	9. 10am-10:30am Coffee & Devotional 10:30am-11:00am Walk the Gym 11:00am-12:00pm Cross word / Word Search 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Popcorn and Movie Excursion: Golden Coral Buffet 1001 Shoppers Way, Largo, MD 20774 10:00am -1:00pm	10. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Youtube Exercise 11:00am-12:00pm Mingle and open Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing	11. 10am-10:30am Coffee & Devotional 10:30am-11:00am Open Discussion 11:30am-12:00pm Fitness w/Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo	12. 10am-10:30am Coffee & Devotional 10:30am-11:00am Walk the Park 11:00am-12:00pm Open Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Musical Hour	

15. 10am-10:30am Coffee & Devotional 10:30am-11:00am Walk the Gym 11:00am-12:00pm Open Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movies and Popcorn	16. 10am-10:30am Coffee & Devotional 10:30am-11:00am Chair Aerobics 11:00am-12:00pm Board Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing	17. 10am-10:30am Coffee & Devotional 10:30am-11:00am Walk the Block 11:00am-12:00pm DACL APS & Dementia Informational 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss	18. 10am-10:30am Coffee & Devotional 10:30am-11:00am Chat and open Discussion 11:30am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Puzzling Puzzles	19. Site Closed 	
22. 10am-10:30am Coffee & Devotional 10:30am-11:00am Walk the Gym 11:00am-12:00pm Open Discussion 12:00pm-1:00pm LUNCH & & Calcium Benefits for Older Americans Ice Cream Social w/ Ms. Minor 1:00pm-2:00pm Move and Groove	23. 10am-10:30am Coffee & Devotional 10:30am-11:00am Chair Exercise 11:00am-12:00pm Board Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts and Crafts	24. 10am-10:30am Coffee & Devotional 10:30am-11:00am Youtube Exercises Metro Club 11:00am-12:00pm Word Search 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo	25. 10am-10:30am Coffee & Devotional 10:30am-11:00am Chat and Open Discussion 11:30am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Open Games/ Board Games	26. 10am-10:30am Coffee & Devotional 10:30am-11:00am Walk the Block 11:00am-12:00pm Open Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie and Popcorn	

29. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise Youtube 11:00am-12:00pm Board Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm June Birthday Celebrations	30. 10am-10:30am Coffee & Devotional 10:30am-11:00am Walk the Gym 11:00am-12:00pm Music and Conversation 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Conversation Excursion: Bible Museum 400 4th St SW 10am – 1pm	 A purple watercolor-style cloud shape with the text "JUNE MIGRAINE AND HEADACHE AWARENESS MONTH" inside.	 A vertical banner with a pink-to-blue gradient. The top half says "JUNE IS CATARACT AWARENESS MONTH" in blue and pink text, with a blue ribbon featuring an eye in the center. The bottom half is solid pink.	 A teal vertical banner. The top half features a light blue ribbon and the text "National PTSD Awareness Month" and "Not all wounds are visible" in white. The bottom half is solid light blue.	June is Pride Month, Men’s Health Month, PTSD Awareness Month, Alzheimer’s & Brain Awareness Month, Migraine & Headache Awareness Month, Cataract Awareness Month, and Gun Violence Awareness Month, and it also includes Juneteenth National Independence Day (June 19), Flag Day (June 14), and Father’s Day (June 21).
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Network— Supported by the Department of Aging and Community Living