



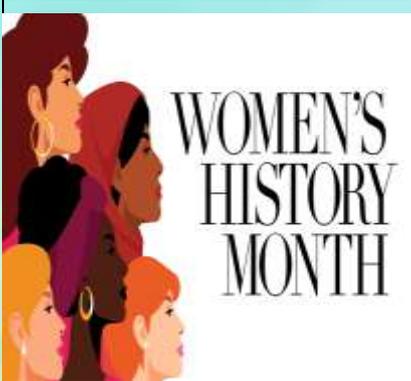
*EOTR Friendship Café/Knox Hill
2700 Jasper ST SE, WDC 20020
Recreation Coordinator Tamar Bennett 202-397-7300*



Activity Calendar 2026



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|---|--|---|---|
| | <p>2. 10am- Coffee / Tea 11am- Fitness w/Rodney 12pm- Lunch 1pm- Calendar Review & Games</p> | <p>3. 10am- Coffee / Tea 11am- Pottery w/EYL Projects 12pm- Lunch 1pm- Cleaning our ears</p> | <p>4. 10am- Coffee / Tea 10:15am- Bowling w/Kajah 11am- The Importance of Sleep 12pm- Lunch 1pm- Karaoke</p> | <p>5. Bowling AMF 4717 St. Barnabas Rd Temple Hill MD 20748 10am – 12pm</p> <p>10am- Coffee 11am- Health Talk 12pm- Lunch 1pm- Word search</p> | <p>6. 10am- Coffee / Tea 11am- Bioengineered Products, what are they? 12pm- Lunch 1pm- Music Hour</p> |
| | <p>9. 10am-Coffee / Teatime 11am- Kidney health 12pm- Lunch 1pm- Card Games</p> | <p>10. 10am- Coffee / Teatime 11am- HIV/AIDS awareness 12pm- Lunch 1pm- Games</p> | <p>11. 10am- Coffee / Tea 10:30am-11am- Eye Screening w/prevention of Blinders 12pm- Lunch 1pm- Bingo</p> | <p>12. 10am- Tea & Music hour 11am- Medicare Fraud Prevention w/Lillian, SMP 12pm-Luch/Nutrition Ed /w Ms.Minor 1pm- Health Promotions w/Irwin</p> | <p>13. 10am- Teatime 11am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Word search</p> |
| | <p>16. 10am- Coffee 11am- Fitness w/Rodney 12pm- Lunch 1pm- Word Search</p> | <p>17. 10am- Coffee & Tea 11am- Ready Set Go w/Julia's Heart 12pm- Lunch 1pm- Word Search</p> | <p>18. 10am- Coffee & Tea 11am- Snap Ed. w/Lockett 12pm- Lunch 1pm- Games</p> | <p>19. 10am- Coffee 11am- Women's Health & Wellness 12pm- Lunch 1pm- Games</p> | <p>20. 10am- Coffee 11am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Music Hour</p> |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|--|
|  <p>WOMEN'S HISTORY MONTH</p> | <p>23. 10am- Hot Beverage 11am- Understanding Cholesterol 12pm- Lunch 1pm- Games</p> | <p>24. Martha's Table 2204 Martin Luther King Ave. SE WDC 20020 11am – 1pm 10am- Hot Beverage 11am- Health Talk 12pm- Lunch 1pm- Games</p> | <p>25. 10am- Coffee / Tea 11am- Chair Stretches 12pm- Lunch 1pm - Word Search</p> | <p>26. 10am- Coffee / Tea 11am- Games 12pm- Lunch 1pm- Health Promotions w/Irwin</p>  | <p>27. SITE CLOSED DISCRETIONARY DAY (ALL STAFF TRAINING)</p> |
| <p>March Birthdays</p>  | <p>30. 10am- Coffee / Tea 11am- Fitness w/Rodney 12pm-Lunch/Nutrition Edw Ms.Minor 1pm- Games</p>  | <p>31. 10am- Coffee / Tea 11am- How is Sparkling Water made 12pm- Lunch 1pm- Word search</p> |  | | |

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

