




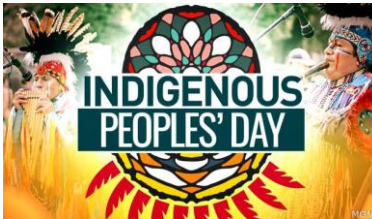






EOTR COLUMBIA HEIGHTS FRIENDSHIP CAFÉ
Ziairra Baughan-Owens
Outreach/Partnership Rec. Coordinator
202-845-3378
Edith Hampton, Nutrition Aide
Delores Ford, Recreation Coordinator

October 2024



- All programing ends at 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10:00am~ Coffee/Tea 11:00am~ Sip & Paint w/a Mocktail 12:00pm – LUNCH 1:00pm-2pm Finish Your Art	2. 10:00am~ Coffee/Tea 11:00am~ “Whats Your Oldest Memory?” Group Discussion 12:00pm – LUNCH 1:00pm-2pm Spirit Club w/ Chair WorkOuts “Early Bird Catches The Worm”	3. 10:00am~ Coffee/Tea 11:00am~“Tell Us One Thing About Yourself?” Group Discussion 12:00pm – LUNCH 1:00pm-2pm Spirit Club w/ Chair WorkOuts	3. 10:00am-11am Arts & Crafts “Self Portrait” 12:00pm – LUNCH 1:00pm-2:00pm Continue working your Project & Enjoy Your Music	
7. Dollar Tree (Greenway Shopping Center) 7589 Greenbelt Rd, Greenbelt, MD 20770 10am~2pm	8. 10:00am~ Coffee/Tea 11:00am~ Sip & Paint w/a Mocktail 12:00pm – LUNCH 1:00pm-2pm Finish Your Art	9. Lederer Garden 4801 Nannie Helen Burroughs Ave, NE 10am-12pm	10. 10:00am~ Weekends News 11:00am-12:00pm Sip, Paint, and Resources with Mrs. Zee 12:00pm – LUNCH 1:00pm~ Poker 2:00pm-2pm Dominoes	11. 10:00am-11am Trivia Cards 12:00pm – LUNCH 1:00pm-2pm Word Puzzles	
14. SITE WILL BE CLOSED 	15. 10:00am~ Coffee/Tea 11:00am~ Sip & Paint w/a Mocktail 12:00pm – LUNCH 1:00pm-2pm Finish Your Art	16. 10:00am~ Coffee/Tea 11:00am~ “Your Biggest Accomplishment? Your Biggest Regret?” Group Discussion 12:00pm – LUNCH 1:00pm-2:00pm~ AARP OPEN ENROLLMENT PRESENTER	17. 10:00am~ Arts & Crafts “The Best Halloween Portrait” *Prize* 12:00pm– LUNCH 1:00pm-2pm Continue working on your Project & Enjoy Your Music	18. 10:00am-11am Trivia CARDS 12:00pm – LUNCH 1:00pm-2pm Word Puzzles	
21. 10:00am~Coffee & Tea 11:00am~ POT HOLDERS 12:00pm – LUNCH 1:00pm~ 2pm Checkers	22. 10:00am~ Coffee/Tea 11:00am~“Whats Your Favorite Thing About Living In The City?” Group Discussion 12:00pm – LUNCH 1:00pm~ ~2pm Spirit Club w/ Chair WorkOuts	23. 10:00am-11am Trivia CARDS 12:00pm – LUNCH 1pm-2pm FEEDBACK & Suggestions (group disussion)	24. 10:00am~ Coffee/Tea 11:00am~ BINGO 12:00pm – LUNCH 1:00pm-2pm Indoor Gardening	25. 10:00am-11am Trivia CARDS 12:00pm – LUNCH 1:00pm-2pm Word Puzzles	

	2:00pm~ See Ya Tomorrow!				
28. 10:00am~ Coffee/Tea 11:00am~ POT HOLDERS 12:00pm – LUNCH 1:00pm~2pm Puzzles & Board Games	29. 10:00am~ Coffee Hour 11:00am~ Sip & Paint w/a Mocktail 12:00pm – LUNCH 1:00pm~2pm Word Puzzles	30. Whitman Max Walker Robinson (off site presentation) 120 Sycamore Drive SE 10:00am~ 1:00 LUNCH-INFOMATIVE WORKSHOPS-GIVEAWAYS	31. 10:00am~ Coffee Hour 11:00aM~12pm GROCERY PLUS PRESENTATION & SIGN UP 12:00pm – LUNCH 1:00pm~2pm Indoor Gardening 		

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