



EOTR Columbia Heights Village FRIENDSHIP CAFÉ
 2900 14th St, NW DC
 Ziairra Baughan-Owens, Outreach/Partnership Rec. Coordinator
 202-845-3378
 Cheryl Perry, Nutrition Aide
 Marcel Williamson, Recreation Coordinator

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Art & Decoration 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	2. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms	3. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm JENGA/TABLE GAMES 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie	4. 10am-10:30am 10:30am-11am Virtual Trivia 11:00am-12:00pm- IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Group Discussion	5. 10am-10:30am Coffee and Tea 10:30am-12pm Mental Health w. Ms. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm KAROKE!	
8. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am - 12:00pm Painting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewelry Making	9. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm-DACL APS & Dementia Awareness 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie	10. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm-MediPatrol x AARP Fall Open Enrollment Presentation 12:00pm-1:00PM Lunch 1:00pm-2:00pm Virtual Trivia	11. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm “GO DC GO” TRANSIT IN DC/MD/VA 12:00pm-1:00pm Lunch + Virtual Excursion w/ GO DC GO 1:00pm-2:00pm Group Discussion 1:00pm-2:00pm Virtual Trivia (GOdcGO will be providing a Gift Card Raffle & a \$20 Smart Trip. Please be sure to confirm your attendance w/ Rec Coordinator)	12. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm T-Shirt making/ Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Group Discussion Excursion: AMISH MARKET 9701 Ft Meade Rd, Laurel MD	

<p>15. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms</p>	<p>16. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00am Music/Movie 12:00pm Lunch 1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS)</p>	<p>17. 10am-10:30am Coffee & Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm IN PERSON SPIRIT CLASS EXCURSION: WARD 1 Senior Art Gala 2001 15th st, NW 11am-1pm</p>	<p>18. 10am-10:30am Coffee and Tea 10:30am-11am Begin your Resin Molds Arts & Crafts 11:00am-12:00pm IN PERSON SPIRIT CLASS 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Resin Molds Arts and Crafts</p>	<p>19. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm Lunch 1:00pm-2:00pm BINGO!</p>	
<p>22. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Painting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Virtual Trivia</p>	<p>23. 10am-10:30am Coffee and Tea 10:30am-12pm Mental Health w. Ms. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Looms</p>	<p>24. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music Trivia 12:00pm-1:00pm LUNCH 1:00pm-2:00pm IN PERSON SPIRIT CLASS Excursion: Fall Prevention Awareness Workshop UDC CAMPUS 4200 Connecticut Ave NW 10am-2pm</p>	<p>25. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm- “Controlling Your Cholesterol” w/ Nutritionist Renee Afryka 12:00pm-1:00PM Lunch 1:00pm-2:00pm Virtual Trivia</p>	<p>26. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Painting 11:00am-12:00pm IN PERSON SPIRIT CLASS 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewelry Making</p>	
<p>29. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00PM Lunch 1:00pm-2:00pm Table Games</p>	<p>30. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms Excursion:</p>		<p>“Happiness is not something readymade; it comes from your own actions. “ <i>Dalai Lama</i></p>	<p>September is... Sept 1-30: National Fruits and Veggies Month September 1-30: National Pediculosis Prevention Month/Head Lice Prevention Month September 1-30: National Recovery Month</p>	<p>September 1-30: National Vascular Disease Awareness Month September 1-30: National Yoga Month September 1-30: Newborn Screening Awareness Month September 1-30: Ovarian Cancer Awareness Month</p>

	8TH ANNUAL SENIOR BRAIN GAMES 9:30am-1:30pm 901 G st, NW			September 1-30: National Sickle Cell Awareness Month	
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living