






EOTR Columbia Heights 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

April
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual low intensity Zumba class 11:00am-12:00pm Movie & Card Games 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group discussion	2. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual low intensity Dance Exercise 11:00am-12:00pm Food Jonezi Live Chef Demo 12:00pm Lunch 1:00pm-2:00pm Group Discussion	3. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Looming 12:00pm Lunch 1:00pm-2:00pm Group Discussion: Easter Traditions	4. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Bracelet/Jewelry Making 11:00am-12:00pm IN-Person Spirit Club Chair Exercise 12:00pm Lunch 1:00pm-2:00pm Group Discussion	
7. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual low intensity Zumba Class 11:00am-12:00pm Movie & Card Games 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno	8. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Arts & Crafts 12:00pm Lunch 1:00pm-2:00pm Movie Time!	9. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Movie 12:00pm Lunch 1:00pm-2:00pm Table Games EXCURSION: Walmart Supercenter 6303 RICHMOND HWY ALEXANDRIA, VA	10. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Looming & Knitting 12:00pm Lunch 1:00pm-2:00pm Karaoke! Oldies but Goodies	11. 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	

<p>14. 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 Table Games</p>	<p>15. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm AARP x LCE: Part B vs Part D Drugs and Fraud Topic: Pharmacy fraud 12:00pm-1:00PM Lunch 1:00pm-2:00pm Arts Crafts</p>	<p>16.</p> 	<p>17. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Easter Basket Making 12:00pm Lunch 1:00pm-2:00pm Movie</p>	<p>18. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Movie 12:00pm Lunch 1:00pm-2:00pm Table Games</p>	 <p>April is IBS Awareness Month</p>
<p>21. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion</p>	<p>22. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Arts & Crafts 12:00pm-1:00PM Lunch 1:00pm-2:00pm Arts Crafts</p>	<p>23. 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 Group Discussion</p>	<p>24. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm DIY Tye Dye Socks! 12:00pm Lunch 1:00pm-2:00pm Karaoke! ROCK</p>	<p>25. 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>28. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch</p>	<p>29. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion</p>	<p>30. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual low intensity Zumba Class 11:00am-12:00pm Movie & Card Games 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokemo</p>	<p>April is....Alcohol Awareness Month, Distracted Driving Awareness Month, Global Child Nutrition Month, Irritable Bowel Syndrome Awareness Month, Medicaid Awareness Month, National Autism Acceptance Month, National Cancer Control Month</p>	<p>April is also.....National Child Abuse Prevention Month, National Donate Life Month, National Facial Protection Month, National Foot Health Awareness Month, National Minority Health, National Primary</p>	<p><i>“April showers bring May Flowers”</i></p> 

1:00pm-2pm Table Games				Immunodeficiency Awareness Month	
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Network – Supported by the Department of Aging and Community Living