





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

January
 2025



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|
| | | <p>1.</p> <p>CENTER CLOSED</p> <p>New Years Day</p> | <p>2.</p> <p>10:00am-10:30am Coffee/Tea Hour</p> <p>10:30am-11:00am Music/Movie</p> <p>11:00-12:00pm- discussion/ movie review</p> <p>12:00pm- 1:00pmLunch</p> <p>1:00pm-2:00pm BINGO!</p> | <p>3.</p> <p>10:00am-11:00am Coffee/Tea</p> <p>11:00am-12:00pm Spirit Club IN PERSON chair workout</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00om Group Discussion/Current event</p> | <p>January is....</p> <ul style="list-style-type: none"> -Cervical Health Awareness Month -Glaucoma Awareness Month -International Quality of Life Month -National Birth Defects Awareness/Prevention -National Blood Donor Month -Traumatic Brain Injury Awareness Month -Thyroid Awareness Month <p>January 4: World Braille Day January 28: World Leprosy Day</p> |
| <p>6.</p> <p>10:00am-11:00am Coffee/Tea Hour</p> <p>11:00am-12:00pm Painting</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm CORNHOLE</p> | <p>7.</p> <p>10:00am-11:00am Coffee/Tea Hour</p> <p>11:00am-12:00pm Looming</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm Finish your looms</p> | <p>8.</p> <p>10:00am-11:00am Coffee/Tea Hour</p> <p>11:00am-12:00pm Music/Movies</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm Arts Crafts</p> <p>EXCURSION: 2nd Ave. Super Thrift Store 8750 RICHMOND PARKWAY ALEXANDRIA, VA 10am-2pm</p> | <p>9.</p> <p>10:00am-11:00am Coffee/Tea Hour</p> <p>11:00am-12:00pm Bracelet/Jewelry Making</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm BINGO!</p> | <p>10.</p> <p>10:00am-11:00am Coffee/Tea Hour</p> <p>11:00am-12:00pm Virtual Reality Games (OCULUS)</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm Table Games</p> | <p>DON'T BE BLINDSIDED BY GLAUCOMA.</p> <p>January is Glaucoma Awareness Month</p> <p>Wiles Eye Center</p> |

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| <p>13. 10:00am-11:00am Coffee/Tea Hour 10:11am-12pm Dr Crawford Mental Health Counseling 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion</p> | <p>14. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p> | <p>15. 10:00am-11:00pm Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno EXCURSION: Tysons Corner Mall 2001 International Dr, McLean, VA 22102 10am-2pm</p> | <p>16. 10:00am-11:00pm Coffee/Tea Hour 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO!</p> | <p>17 10:00am-11:00pm Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games</p> |  |
| <p>20. 10:00am-11:00pm Coffee/Tea Hour 11:00am-12:00pm Indoor Planting 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion</p> | <p>21. 10:00am-11:00pm Coffee/Tea Hour 11:00am-12:00pm Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p> | <p>22. 10:00am-11:00amCoffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno EXCURSION: CAPITAL AREA FOOD BANK HANDS ON COOKING CLASS 4900 Puerto Rico Ave NE 10:00am-1pm</p> | <p>23. 10:00am- 11:00pmCoffee/Tea Hour 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO!</p> | <p>24. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games</p> |  |
| <p>27. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Indoor Planting 12:00pm-1:00pm Chef Demonstration w/ FOOD JONEZI 1:00pm-2:00pm Group Discussion</p> | <p>28. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p> | <p>29. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p> | <p>30. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO!</p> | <p>31. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games</p> |  |

Network – Supported by the Department of Aging and Community Living

