

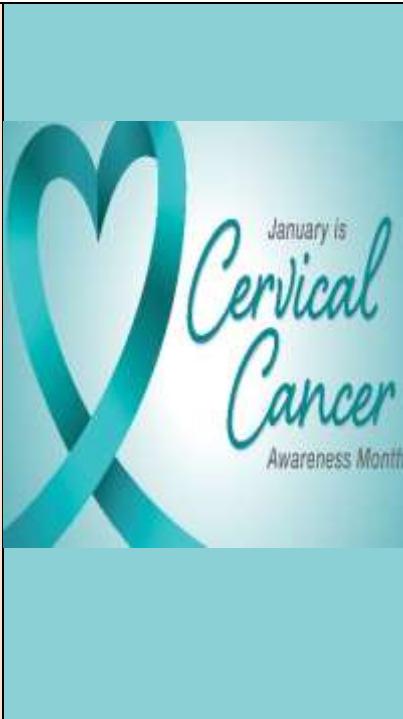


EOTR Columbia Heights Village FRIENDSHIP CAFÉ  
 2900 14th st, NW DC  
 Zairra Baughan-Owens, Outreach/Partnership Rec.  
 Coordinator  
 202-845-3378  
 Cheryl Perry, Nutrition Aide  
 Marcel Williamson, Recreation Coordinator

**January  
2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>To live is to change, and to be perfect is to have changed often.”  <i>—John Henry Newman</i></p>	<p>“Cheers to a new year and another chance for us to get it right.” – Oprah Winfrey</p>	<p>1.  <b>SITE CLOSED</b></p>	<p>2.  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm Love Yourself: DIY Soap Making</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm Finish your Looms</b></p>	
<p>5.  <b>10:00am-10:30am Coffee and Tea</b>  <b>10:30am-11:00am Virtual Dance Exercise</b>  <b>11:00am-12:00pm Music/Movie</b>  <b>12:00pm-1:00PM Lunch</b>  <b>1:00pm-2:00pm Table Games</b></p>	<p>6.  <b>10:00am-10:30am Coffee and Tea</b>  <b>10:30am-11:00am Virtual Dance</b>  <b>Excercise</b>  <b>11:00am-12:00pm Painting</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2pm Health Promo &amp; A RAFFLE w. Irwin Royster</b></p>	<p>7.  <b>10:00am-10:30am Coffee/Tea</b>  <b>10:30am-11:00am Virtual Spirit Club Chair Exercise</b>  <b>11:00am-12:00pm Bracelet/Jewerly Making</b>  <b>12:00pm Lunch</b>  <b>1:00pm-2:00pm Group Discussion</b>  <b>EXCURSION: WALMART</b>  <b>6303 RICHMOND HWY ALEXANDRIA, VA</b>  <b>10am-2pm</b></p>	<p>8.  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-12pm Mental Health: Winter Blues w. Dr. Crawford</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm PUZZLES</b></p>	<p>9.  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm Spirit Club in Person EXCERISE</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm KARAOKE!</b></p>	

<p><b>12.</b>  <b>10am-10:30am Cofeee and Tea</b>  <b>10:30am-11:00am Virtual Spiritual Dance</b>  <b>11:00am-12:00pm JENGA/TABLE GAMES</b>  <b>12:00pm-1:00pm Lunch</b>  <b>1:00pm-2:00pm Music/Movie</b></p>	<p><b>13.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-12pm Mental Health: Winter Blues w. Dr. Crawford</b>  <b>12:00pm-1:00pm Lunch</b>  <b>1:00pm-2:00pm Scrabble</b></p>	<p><b>14.</b>  <b>10:00am-10:30am Coffee/Tea</b>  <b>10:30am-11:00am Virtual Spirit Club Chair Exercise</b>  <b>11:00am-12:00pm A chat w. Nutritionist Renee Afryka</b>  <b>12:00pm Lunch</b>  <b>1:00pm-2:00pm Group Discussion</b></p>	<p><b>15.</b>  <b>10am-10:30am Cofeee and Tea</b>  <b>10:30am-11:00am Virtual Spiritual Dance</b>  <b>11:00am-12:00pm JENGA/TABLE GAMES</b>  <b>12:00pm-1:00pm Lunch</b>  <b>1:00pm-2:00pm Music/Movie</b>  <b>EXCURSION: POTOMAC YARDS 3671 Richmond Hwy, Alexandria, VA 22305 10am-2pm</b></p>	<p><b>16.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm LIVE CHEF DEMO W. UDC's Chef Herb</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm Monthly Big Bingo</b></p>	
<p><b>19.</b>  <b>10:00am-10:30am Coffee and Tea</b>  <b>10:30am-11:00am Virtual Dance</b>  <b>Excercise</b>  <b>11:00am-12:00pm Painting</b>  <b>12:00pm-1:00PM Lunch</b>  <b>1:00pm-2:00pm Jewerly Makin</b></p>	<p><b>20.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm Music/Movie</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm PUZZLES</b></p>	<p><b>21.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11am-12pm Paint, Sip, and Resource w. Ms. Zee</b>  <b>12:00pm-1:00 LUNCH</b>  <b>1:00pm-2:00pm Finish your Looms</b></p>	<p><b>22.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm Love Yourself: DIY Perfume/Cologne Making</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm PUZZLES</b></p>	<p><b>23.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm T-Shirt making/ Painting</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm Resin Molds Arts and Crafts</b></p>	

<p><b>26.</b>  <b>10:00am-10:30am</b>  <b>Coffee and Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Dance Exercise</b>  <b>11:00am-12:00pm</b>  <b>Music/Movie</b>  <b>12:00pm-1:00PM</b>  <b>Lunch</b>  <b>1:00pm-2:00pm Table Games</b></p>	<p><b>27.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11:00am Virtual Spirit Club Chair Exercise</b>  <b>11:00am-12:00pm Love Yourself: DIY Jelly Candle Making</b>  <b>12:00pm Lunch</b>  <b>1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS)</b></p>	<p><b>28.</b>  <b>10:00am-10:30am Coffee/Tea</b>  <b>10:30am-11:00am Virtual Spirit Club Chair Exercise</b>  <b>11:00am-12:00pm Bracelet/Jewerly Making</b>  <b>12:00pm Lunch</b>  <b>1:00pm-2:00pm Group Discussion</b></p>	<p><b>29.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm Looming and Knitting</b>  <b>12:00pm-1:00 LUNCH</b>  <b>1:00pm-2:00pm Finish your Looms</b></p>	<p><b>30.</b>  <b>10am-10:30am Coffee and Tea</b>  <b>10:30am-11am Virtual Exercise</b>  <b>11:00am-12:00pm An Informational visit from MediPatrol: All about Medicare in 2026</b>  <b>12:00pm-1:00pm LUNCH</b>  <b>1:00pm-2:00pm PUZZLES</b></p>	<p><b>January is...</b><a href="#"><b>Cervical Health Awareness Month</b></a></p> <p><a href="#"><b>Glaucoma Awareness Month</b></a>, <a href="#"><b>International Quality of Life Month</b></a>, <a href="#"><b>National Birth Defects Awareness/Prevention Month</b></a>, <a href="#"><b>National Blood Donor Month</b></a>, <a href="#"><b>National Radon Action Month</b></a>, <a href="#"><b>National Winter Sports Traumatic Brain Injury Awareness Month</b></a>, <a href="#"><b>Thyroid Awareness Month</b></a></p>
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*Network – Supported by the Department of Aging and Community Living*