



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

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. SITE CLOSED</p> <p><i>New Year's Day</i></p>	<p>2. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Love Yourself: DIY Soap Making 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms</p>	
<p>5. 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>6. 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-2pm Health Promo & A RAFFLE w. Irwin Royster</p>	<p>7. 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 EXCURSION: WALMART 6303 RICHMOND HWY ALEXANDRIA, VA 10am-2pm</p>	<p>8. 10am-10:30am Coffee and Tea 10:30am-12pm Mental Health: Winter Blues w. Dr. Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>9. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Spirit Club in Person EXCERISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm KARAOKE!</p>	

<p>12. 10am-10:30am Cofeee 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</p>	<p>13. 10am-10:30am Coffee and Tea 10:30am-12pm Mental Health: Winter Blues w. Dr. Crawford 12:00pm-1:00pm Lunch 1:00pm-2:00pm Scrabble</p>	<p>14. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm A chat w. Nutritionist Renee Afryka 12:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>15. 10am-10:30am Cofeee 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 EXCURSION: POTOMAC YARDS 3671 Richmond Hwy, Alexandria, VA 22305 10am-2pm</p>	<p>16. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm LIVE CHEF DEMO W. UDC's Chef Herb 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Monthly Big Bingo</p>	
<p>19. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Excercise 11:00am-12:00pm Painting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewerly Makin</p>	<p>20. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>21. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11am-12pm Paint, Sip, and Resource w. Ms. Zee 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms</p>	<p>22. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Love Yourself: DIY Perfume/Cologne Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>23. 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 Resin Molds Arts and Crafts</p>	

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