

EOTR Columbia Heights FRIENDSHIP CAFÉ Ziairra Baughan-Owens, Outreach/Partnership Rec. Coordinator 202-845-3378 Cheryl Perry, Nutrition Aide

VACANT, Recreation Coordinator

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER	NOVEMBER NATIONAL ENVIRONMENTAL AWARENESS MONTH	Lung Cancer Awareness Month	November is LUNG CANCER Awareness Month	1. 10:00am~ Coffee/Tea Hour 11:00am~ Arts & Crafts 12:00pm~ Lunch Hour 2:00pm~ Arts and Crafts	C P D AWARENESS MONTH
4. 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- LUNCH 2:00pm- Indoor POTTING Excursion: Walmart 8745 Branch Ave, Clinton 10am-2pm	5. 10:00am~ Coffee&Tea Time 11:00am~12pm Spirit Club Chair Workouts IN PERSON 12:00pm – LUNCH 1:00pm~ 2pm Table games (TicTikToe, Checkers)	6. 10:00am~ Coffee/Tea Hour 11:00am~ PUZZLES 12:00pm~ Lunch Hour 2:00pm~ JENGA	7. 10:00am~ Coffee/Tea Hour 11:00am~ Arts & Crafts 12:00pm~ Lunch 1pm~2:00pm~ Indoor POTTING EXCURSION AFTER HOURS: EOTR SENIOR CARRIBEAN SENIOR PROM 1600 MORRIS RD, SE 3PM~7PM BUS BOARDS 1:30PM	8. 10:00am~ Coffee/Tea Hour 11:00am~ Arts & Crafts 12:00pm~ Lunch Hour 2:00pm~ Arts and Crafts	November is COPD AWARENESS MONTH
Thank You VETERANS HONORING ALL WHO SERVED * * *	12. 10:00am- Coffee&Tea 11:00am- 12:00pm – 1:00pm- Lunch 1:00pm-Table games (TicTikToe, Checkers)	13. 10:00am~ Coffee/Tea Hour 11:00am~ PUZZLES 12:00pm~ Lunch Hour 2:00pm~ JENGA	14. 10:00am~ Coffee/Tea Hour 11:00am~ LOOMING 12:00pm~ Lunch 1:00pm~2:00pm~ UHS MEDICAID BOOKLET WALK THROUGH/ OPEN ENROLLMENT	15. 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch Hour 2:00pm- Arts and Crafts	Giving Thanks for GERD Awareness It's GERD Awareness Week Gastroesophageal Reflux Disease (GERD) is a condition caused by anatomical changes where the muscle at the base of the esophagus (lower esophageal spilnicter a i.a. LES) relaxes between swallows, allowing stomach contents to wash back up into the esophagus.

18. 10:30am-12pm Mental Health w/ Dr. Crawford 12:00pm-1:00PM LUNCH 1:00PM-2:00pm LOOMING	19. 10:00am~ Coffee&Tea 11:00am~ 12:00pm – 1:00pm~ Lunch 1:00pm-Table games,TicTikToe, Checkers	20. 10:00am- Coffee/Tea Hour 11:00am- PUZZLES 12:00pm- Lunch Hour 2:00pm- JENGA	21. 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch 1pm-2:00pm- Indoor POTTING Excursion: Amish Market 9701 Fort Meade RD, Laurel 20707 10am-2pm	22. 10:00am~ Coffee/Tea Hour 11:00am~ PUZZLES 12:00pm – 1:00pm Chef Demonstration w/ Food Jonezi 2:00pm-JENGA	November is National Alzheimer's Awareness Month
25. 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch Hour 2:00pm- Arts and Crafts	26. 10:00am- Coffee&Tea 11:00am 12:00pm – 1:00pm-Lunch 1:00pm-Table games,TicTikToe, Checkers EXCURSION: Computer Class w/ Ms.Zee 901 G st, NW 10am-2pm	27. 10:00am- Coffee/Tea Hour 11:00am- PUZZLES 12:00pm- Lunch Hour 2:00pm- JENGA	Happy Thanksgiving	29 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch Hour 2:00pm- Arts and Crafts	30.

Part of the Senior Services Network – Supported by the Department of Aging and Community Living