



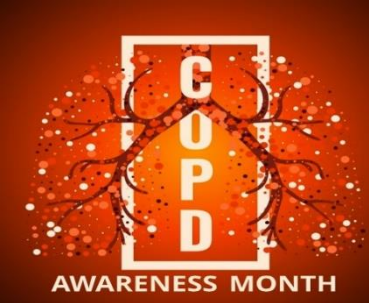
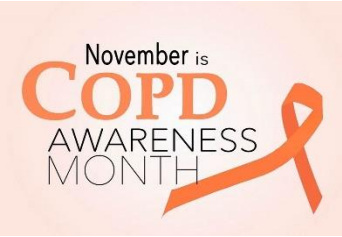

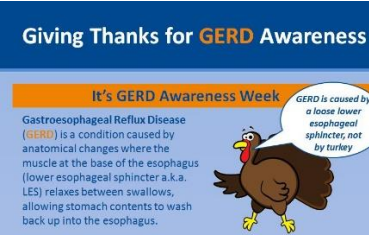




EOTR Columbia Heights FRIENDSHIP CAFÉ  
Ziairra Baughan-Owens, Outreach/Partnership Rec.  
Coordinator  
202-845-3378  
Cheryl Perry, Nutrition Aide  
VACANT, Recreation Coordinator

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch Hour 2:00pm- Arts and Crafts	
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	
	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	

<p><b>18.</b> 10:30am- 12pm <b>Mental Health w/ Dr. Crawford</b> 12:00pm- 1:00PM <b>LUNCH</b> 1:00PM-2:00pm LOOMING</p>	<p><b>19.</b> 10:00am- Coffee&amp;Tea 11:00am- 12:00pm – 1:00pm-<b>Lunch</b> 1:00pm-Table games,TicTikToe, Checkers</p>	<p><b>20.</b> 10:00am- Coffee/Tea Hour 11:00am- PUZZLES 12:00pm- Lunch Hour 2:00pm- JENGA</p>	<p><b>21.</b> 10:00am- Coffee/Tea Hour 11:00am- Arts &amp; Crafts 12:00pm- Lunch 1pm-2:00pm- Indoor POTTING</p> <p><b>Excursion: Amish Market</b> <b>9701 Fort Meade RD, Laurel</b> <b>20707</b> <b>10am-2pm</b></p>	<p><b>22.</b> 10:00am- Coffee/Tea Hour 11:00am- PUZZLES 12:00pm – 1:00pm <b>Chef Demonstration w/ Food Jonezi</b> 2:00pm-JENGA</p>	
<p><b>25.</b> 10:00am- Coffee/Tea Hour 11:00am- Arts &amp; Crafts 12:00pm- Lunch Hour 2:00pm- Arts and Crafts</p>	<p><b>26.</b> 10:00am- Coffee&amp;Tea 11:00am-- 12:00pm – 1:00pm-Lunch 1:00pm-Table games,TicTikToe, Checkers</p> <p><b>EXCURSION: Computer Class w/ Ms.Zee</b> <b>901 G st, NW</b> <b>10am-2pm</b></p>	<p><b>27.</b> 10:00am- Coffee/Tea Hour 11:00am- PUZZLES 12:00pm- Lunch Hour 2:00pm- JENGA</p>	<p><b>28.</b></p> 	<p><b>29</b> 10:00am- Coffee/Tea Hour 11:00am- Arts &amp; Crafts 12:00pm- Lunch Hour 2:00pm- Arts and Crafts</p>	<p><b>30.</b></p> 

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