




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

December  
 2025



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|---|--|---|
| 1.<br>10am-10:30am Coffee and Tea<br>10:30am-11am Virtual Exercise<br>11:00am-12:00pm Art & Decoration<br>12:00pm-1:00pm LUNCH<br>1:00pm-2:00pm Table Games  | 2.<br>10am-10:30am Coffee and Tea<br>10:30am-11am Virtual Exercise<br>11:00am-12:00pm Looming and Knitting<br>12:00pm-1:00 LUNCH<br>1:00pm-2:00pm Finish your Looms   | 3.<br>10am-10:30am Cofee and Tea<br>10:30am-11:00am Virtual Spiritual Dance<br>11:00am-12:00pm Winter Wonderland: Paint, Sip, & Resource w. Ms. Zee<br>12:00pm-1:00pm Lunch<br>1:00pm-2:00pm Music/Movie | 4.<br>10am-10:30am<br>10:30am-11am Virtual Exercise<br>11:00am-12pm Holiday Favorites with Nutritionist Renee Afryka<br>12:00pm-1:00pm LUNCH<br>1:00pm-2:00pm Group Discussion        | 5.<br>10am-10:30am Coffee and Tea<br>10:30am-11am Virtual Exercise<br>11:00am-12:00pm Music/Movie<br>12:00pm-1:00pm LUNCH<br>1:00pm-2:00pm PUZZLES<br>EXCURSION:<br>WESTFEILD<br>WHEATON MALL<br>11160 VEIRS MILL RD.<br>WHEATON, MD 20902 |    |
| 8.<br>10:00am-10:30am Coffee and Tea<br>10:30am-11:00am Virtual Dance Exercise<br>11am-12pm A Healthy Moment & Surprise from Irwin Royster<br>12:00pm-1:00PM Lunch<br>1:00pm-2:00pm Jewelry Making | 9.<br>10am-10:30am Cofee and Tea<br>10:30am-11:00am Virtual Spiritual Dance<br>11:00am-12:00pm JENGA/TABLE GAMES<br>12:00pm-1:00pm Lunch<br>1:00pm-2:00pm Music/Movie | 10.<br>10am-10:30am Coffee and Tea<br>10:30am-11am Virtual Exercise<br>11:00am-12pm Diamond Art<br>12:00pm-1:00 LUNCH<br>1:00pm-2:00pm DIAMOND ART   | 11.<br>10:00am-10:30am Coffee/Tea<br>10:30am-11:00am Virtual Spirit Club Chair Exercise<br>11:00am-12:00pm Bracelet/Jewelry Making<br>12:00pm Lunch<br>1:00pm-2:00pm Group Discussion | 12.<br>10am-10:30am Coffee and Tea<br>10:30am-11am T Shirt Making<br>11:00am-12pm In Person Spirit Club Exercise<br>12:00pm-1:00pm LUNCH<br>1:00pm-2:00pm MONTHLY BIG BINGO!!!   |  |

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| <p>15.<br/>10am-10:30am Coffee and Tea<br/>10:30am-11am Virtual Exercise<br/>11:00am-12:00pm Looming and Knitting<br/>12:00pm-1:00 LUNCH<br/>1:00pm-2:00pm Finish your Looms</p> | <p>16.<br/>10:00am-10:30am Coffee/Tea<br/>10:30am-11:00am Virtual Spirit Club Chair Exercise<br/>11:00am-12:00am Music/Movie<br/>12:00pm Lunch<br/>1:00pm-2:00pm Finish our Gingerbread Houses</p> | <p>17.<br/>10:00am-10:30am Coffee/Tea<br/>10:30am-11:00am Virtual Spirit Club Chair Exercise<br/>11:00am-12:00pm Bracelet/Jewelry Making<br/>12:00pm-1:00pm Lunch<br/>1:00pm-2:00pm Group Discussion<br/><br/>EXCURSION:<br/>27<sup>TH</sup> ANNUAL SENIOR HOLIDAY CELEBRATION<br/>701 MISSISSIPPI AVE SE D.C. 20032</p> | <p>18.<br/>10am-10:30am Coffee and Tea<br/>10:30am-11am Virtual Exercise<br/>11:00am-12:00pm Looming and Knitting<br/>12:00pm-1:00 LUNCH<br/>1:00pm-2:00pm Counseling w Ms. Maryanne</p> | <p>19.<br/>10:00am-10:30am Coffee/Tea<br/>10:30am-11:00am Virtual Spirit Club Chair Exercise<br/>11:00am-12:00pm Bracelet/Jewelry Making<br/>12:00pm Lunch<br/>1:00pm-2:00pm Group Discussion</p> |    |
| <p>22.<br/>10:00am-10:30am Coffee and Tea<br/>10:30am-11:00am Virtual Dance Excercise<br/>11:00am-12:00pm Painting<br/>12:00pm-1:00PM Lunch</p>                                  | <p>23.<br/>10am-10:30am Coffee and Tea<br/>10:30am-12:00pm Dr Crawford Mental Health Counseling<br/>12:00pm-1:00 LUNCH<br/>1:00pm-2:00pm Finish your Looms</p>                                     | <p>24.<br/>10am-10:30am Coffee and Tea<br/>10:30am-11am Virtual Exercise<br/>11:00am-12:00pm Music Trivia<br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm PUZZLES</p>   | <p>25.</p>   | <p>26.<br/>10:00am-10:30am Coffee and Tea<br/>10:30am-11:00am Virtual Dance Excercise<br/>11:00am-12:00pm Painting<br/>12:00pm-1:00PM Lunch<br/>1:00pm-2:00pm Jewelry Making</p>                  |   |
| <p>29.<br/>10:00am-10:30am Coffee and Tea<br/>10:30am-11:00am Virtual Dance Exercise<br/>11:00am-12:00pm Music/Movie<br/>12:00pm-1:00PM Lunch<br/>1:00pm-2:00pm Table Games</p>  | <p>30<br/>10am-10:30am Coffee and Tea<br/>10:30am-11am Virtual Exercise<br/>11:00am-12:00pm Looming and Knitting<br/>12:00pm-1:00 LUNCH<br/>1:00pm-2:00pm Finish your Looms</p>                    | <p>31<br/>10am-10:30am Cofee and Tea<br/>10:30am-11:00am Virtual Spiritual Dance<br/>11:00am-12:00pm JENGA/TABLE GAMES<br/>12:00pm-1:00pm Lunch<br/>1:00pm-2:00pm Music/Movie</p>  |  |   | <p>December is... HIV/AIDS Awareness Month, Safe Toys and Gifts Month, National Impaired Driving Prevention Month (Drunk and Drugged Driving Prevention), Universal Human Rights Month, Spiritual Literacy Month, Worldwide Food Service Safety Month, Write a Business Plan Month, Operation Santa Paws Month, Seasonal Depression Awareness, National Tie Month</p> |

