



EOTR Columbia Heights 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

October
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Art & Fall Decorations 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	2. 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 KARAOKE!	3. 10am-10:30am 10:30am-11am Virtual Exercise 11:00am-12:00pm Music Trivia 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES Excursion: AMF MARLOW HEIGHTS LANES 4717 St Barnabus Rd 10am-2pm	
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-2:00pm Jewelry Making	7. 10am-10:30am Coffee 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	8. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Nutrition w. Renee Afryka 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	9. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm TIE DYE! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie	10. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Jewelry/Keychain Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts & Crafts Excursion: ROSES DISCOUNT 7706 Marlboro Pike 10am-2pm	

13. 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 Craft Activity	14. 10am-10:30am Coffee 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	15. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms	16. 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion	17. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00am Music/Movie 12:00pm Lunch 1:00pm-2:00pm Monthly BIG BINGO!!!	
20. 10am-10:30am Coffee 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	21. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Art & Fall Decorations 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Open Enrollment & Questions w. Medicare/ United Healthcare	22. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms	23. 10:00am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion	24. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm TIE DYE ! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Crossword Puzzle	
27. 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	28. 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	29. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Candle Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games	30. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00am Music/Movie 12:00pm-1:00PM Lunch 1:00pm-2pm Virtual Reality	31. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 Lunch 1:00pm-2:00pm Finish your Looms	October: October 1-31: Breast Cancer Awareness Month October 1-31: Charcot-Marie-Tooth Disease (CMT) Awareness Month October 1-31: Contact Lens Safety Month October 1-31: Domestic Violence Awareness Month October 1-31: Down Syndrome Awareness Month October 1-31: Eye Injury Prevention Month

