




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

November 25'



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>“When you stand and share your story in an empowering way...”</i></p>	<p><i>...your story will heal you and your story will heal somebody else.”</i></p>	<p><i>- Iyanla Vanzant</i></p> 	 
<p>3. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Art & Decoration 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games</p>	<p>4. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm DACL Dementia Awareness 12:00pm-1:00PM Lunch 1:00pm-2:00pm Table Games</p>	<p>5. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music Trivia 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p> <p>EXCURSION: 2ND AVE THRIFT STORE 201 FORT MEADE RD LAUREL, MD 20707 10am-2pm</p>	<p>6. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Nutrition w. Renee Afryka 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewelry Making</p>	<p>7. 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</p>	

<p>10. 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</p> <p>EXCURSION: WALMART 6303 RICHMOND HWY ALEXANDRIA, VA 10am-2pm</p>	<p>11. Site Closed</p> 	<p>12. 10am-10:30am Cofee 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-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>14. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm In Person Spirit Club w. Ms. Pat 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games</p>	
<p>17. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music Trivia 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>18. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Diabetes awareness w. Mr. Irwin Royster 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games</p>	<p>19. 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>20. 10am-10:30am Coffee and Virtual Exercise 10:30am-12:00pm Group Counseling w. Maryanne 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms</p>	<p>21. 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 BINGO!</p>	
<p>24. 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!</p>	<p>25. 10:00am-10:30am Coffee & Virtual Exercise 10:30am-12:00pm Mental Health Counseling w. Dr. Crawford 12:00pm-1:00PM Lunch 1:00pm-2:00pm Table Games</p>	<p>26. 10am-10:30am Cofee 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>27. Happy Thanksgiving!</p> 	<p>28. 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>November is American Diabetes Month, Bladder Health Month, COPD Awareness Month, Diabetic Eye Disease Month, Stomach Cancer Awareness Month, Lung Cancer Awareness, National Alzheimer's Disease Awareness Month, National Diabetes Month, National Epilepsy Awareness Month, National Family Caregivers Month, National Healthy Skin Month, National Hospice and Palliative Care Month, National Marrow Awareness Month, Pancreatic Cancer Awareness Month, Prematurity Awareness Month</p>

