




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

June 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch & Fall Recovery and Prevention Education 1:00pm-2pm Table & Brain Games	3. 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	4. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm Juneteenth Key Chain Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie	5. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Low Intensity Zumba Class 11:00am-12:00pm Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm Karaoke!	6. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Painting 11:00am-12:00pm In-Person Spirit Club Chair Exercise 12:00pm-1:00pm Lunch 1:00pm-2:00pm Arts & Crafts	
9. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2pm Table Games	10. 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	11. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Arts & Crafts 12:00pm Lunch 1:00pm-2:00pm Movie Time! EXCURSION: GO-GO MUSEUM 1920 MARTIN LUTHER KING JR. AVE SE WASH DC 20020	12. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Low Intensity Zumba Class 11:00am-12:00pm Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm Karaoke!	13. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual low intensity Zumba Class 11:00am-12:00pm Movie & Card Games 12:00pm-1:00pm Lunch 1:00pm-2:00pm Monthly BIG Bingo	<p> JUNE IS NATIONAL MIGRAINE & HEADACHE AWARENESS MONTH </p>

16. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2pm Table Games	17. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm BINGO W/ Medicare Patrol 12:00pm-1:00PM Lunch Jewelry Making at 1:00pm-2:00pm Jewelry Making	18. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm 11am- 12pm: "Keeping Your Brain Sharp" w/ Nutritionist Renee Afryka 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie	19. Sites Closed in Observation of: 	20. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual low intensity Zumba Class 11:00am-12:00pm Movie & Card Games 12:00pm-1:00pm Lunch 1:00pm-2:00pm Painting	
23. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2pm Table Games/ Discuss current events (bring in a interesting news article)	24. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise Painting 11:00am- 12:00pm 12:00pm-1:00PM Lunch Jewelry Making at 1:00pm-2:00pm Jewelry Making	25. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm Visit from DC HOMELAND SECURITY 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie	26. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Low Intensity Zumba Class 11:00am-12:00pm Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm Karaoke!	27. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual low intensity Zumba Class 11:00am-12:00pm Movie & Card Games 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO	 

30. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2pm Table Games	June is... Alzheimer’s and Brain Awareness Month, Aphasia Awareness Month, Cataract Awareness Month, Men’s Health Month, Myasthenia Gravis Awareness Month, National Cytomegalovirus Awareness Month, National Migraine & Headache Awareness Month, National Safety Month, National Scoliosis Awareness Month, Pride Month, Professional Awareness Month, PTSD Awareness Month, and Scleroderma Awareness Month		<p><i>“June is the season of endless adventure, beckoning us to explore and embrace new experiences.”</i></p> <p><i>– Frances Mayes, Under the Tuscan Sun (1996)</i></p>		
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