



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

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. 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>3. 10am-10:30am Coffee and Tea 10:30am-11:00pm Virtual Spiritual Dance 11:00am-12:00pm Health Promotion w/ Irwin Royster 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie</p>	<p>4. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Arts & Resource w/ Ms. Zee 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms</p>	<p>5. 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 Finish your shirts</p>	<p>6. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Music 11:00am-12:00pm In-Person Spirit Club 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>7. <i>hello February</i></p>
<p>9. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Transportation Training w/ Capital Hill Village 12:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>10. 10:00am-10:30am Coffee/Tea 10:30am-12:00pm Mental Health w/ Dr. Crawford 11:00am-12:00pm Bracelet/Jewerly Making 12:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>11. 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 Excursion: Red, White, & You Holiday Party 600 Morris St, SE Panorama Room 11am-2:00pm</p>	<p>12. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club 11:00am-12:00pm Chair Exercise 11:00am-12:00pm Nutrition Info w/ Renee Afryka 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>13. 10am-10:30am 10:30am-11am Virtual Exercise 11:00am-12:00pm Chef Herb Cooking Demonstration 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie</p>	<p>FEBRUARY IS AMERICAN HEART MONTH</p> A graphic for American Heart Month. It features a large red heart in the center. To the left of the heart, the text 'FEBRUARY IS AMERICAN HEART MONTH' is written in white. To the right of the heart, there is a stylized graphic of a hand holding a heart, with a small ECG line at the bottom.

<p>16.</p> <div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <p>WE WILL BE CLOSED ON PRESIDENTS DAY</p>  </div>	<p>17.</p> <p>10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Health Promotion w/ Irwin Royster 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>18.</p> <p>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 style="text-align: center;">Excursion: DD's Discounts & Aldis 14170 Baltimore Ave, Laurel, MD 20707 10am-2pm</p>	<p>19.</p> <p>10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00am Mental Health w/ Maryanne 12:00pm-1:00pm Lunch 1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS)</p>	<p>20.</p> <p>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>FEBRUARY IS amd/low vision awareness month</p>
<p>23.</p> <p>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 Finish your shirts</p>	<p>24.</p> <p>10:00am-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>25.</p> <p>10:00am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Painting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewerly Making</p>	<p>26.</p> <p>10:00am-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 Group Discussion</p>	<p>27.</p> <p>10:00am-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>February is.....American <u>Heart</u> Month, <u>Cholangiocarcinoma</u> Awareness Month, <u>Gallbladder and Bile Duct</u> Cancer Awareness Month, International Prenatal Infection Prevention Month, <u>Low Vision</u> Awareness Month, Marfan Syndrome Awareness Month, National <u>Cancer Prevention</u> Month, National Children's Dental Health Month, National Self-Check Month, <u>Raynaud's</u> Awareness Month, Teen Dating Violence Prevention Month</p>
 <p>February is International Prenatal Infection Prevention Month</p>	<p><i>"Love is not only something you feel, it is something you do"~ David Wilkerson.</i></p>		<p><i>"Love cures people—both the ones who give it and the ones who receive it"</i> <i>~ Karl A. Menninger.</i></p>	 <p>GIVE YOURSELF SOME OF THAT SELF OF LOVE IN HONOR OF NATIONAL SELF-CHECK MONTH</p>	 <p>THE MARFAN FOUNDATION FEBRUARY IS MARFAN AWARENESS MONTH! #MarfanAwareness Marfan.org</p>

