



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

February
2026



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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	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	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	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	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	
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	10. 10:00am-10:30am Coffee/Tea 10:30am-12:00pm Mental Health w/ Dr. Crawford 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm Lunch 1:00pm-2:00pm Group Discussion	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: Excursion: Red, White, & You Holiday Party 600 Morris St, SE Panorama Room 11am-2:00pm	12. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Nutrition Info w/ Renee Afryka 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion	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>16.</p> 	<p>17.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Health Promotion w/ Irwin Royster</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm PUZZLES</p>	<p>18.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Looming and Knitting</p> <p>12:00pm-1:00 LUNCH</p> <p>1:00pm-2:00pm Finish your Looms</p> <p>Excursion: DD's Discounts & Aldis 14170 Baltimore Ave, Laurel, MD 20707 10am-2pm</p>	<p>19.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00am Mental Health w/ Maryanne</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS)</p>	<p>20.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Music/Movie</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm BINGO!</p>	
<p>23.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm T-Shirt making/ Painting</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Finish your shirts</p>	<p>24.</p> <p>10:00am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm T-Shirt making/ Painting</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Resin Molds Arts and Crafts</p>	<p>25.</p> <p>10:00am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Painting</p> <p>12:00pm-1:00PM Lunch</p> <p>1:00pm-2:00pm Jewelry Making</p>	<p>26.</p> <p>10:00am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Music Trivia</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Group Discussion</p>	<p>27.</p> <p>10:00am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Looming and Knitting</p> <p>12:00pm-1:00 LUNCH</p> <p>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><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" ~ Karl A. Menninger.</i></p>		

