








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

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Site Decorating 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 Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Holiday Group Discussion	4. Sites Closed 	 
7. 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	8. 10am-10:30am 10:30am-11am Virtual Exercise 11:00am-12:00pm Lets Talk about Resources w. Ms. Zee 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Group Discussion	9. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm JENGA! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Painting EXCURSION: THE CHATEAU DAY PARTY 3439 BENNING RD NE DC 20019	10. 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 Monthly Big BINGO!	11. 10am-10:30am Coffee and Tea 10:30am-11am Looming/Knitting 11:00am-12:00pm IN PERSON SPIRIT CLUB 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms	

<p>14.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise- Jazz</p> <p>11:00am-12:00pm Candle Making</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Table Games</p>	<p>15.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Financial Literacy & Wellness Workshops</p> <p>SAVVY Seniors/Frauds & Scams</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm UNO!</p>	<p>16.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Nutrition Education w/ Nutritionist Renee Afryka</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm KARAOKE!</p>	<p>17.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Art & Center Piece Making</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Table Games</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>21.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Jewelry/Keychain Making</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Arts & Crafts</p>	<p>22.</p> <p>10am-10:30am</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>23.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Candle Making</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Table Games</p>	<p>24.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm 411 UNITED HEALTHCARE W. Agent Donna Tabor</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Movie</p> <p>*BOXED LUNCHES WILL BE PROVIDED FOR 7/25 SITE CLOSURE*</p>	<p>25.</p> <p>Site Closure for Staff Training/ Discretionary Day</p> 	 
<p>28.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Jewerly/Keychain Making</p>	<p>29.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm Arts & Crafts</p>	<p>30.</p> <p>10am-10:30am Coffee and Tea</p> <p>10:30am-11am Virtual Exercise</p> <p>11:00am-12:00pm JENGA!</p>	<p>31.</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>“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he</p>	<p>July is... Cord Blood Awareness Month, Healthy Vision Month, International Group B Strep Awareness Month, Juvenile Arthritis Awareness Month, National Cleft & Craniofacial Awareness and Prevention Month, National Hemochromatosis Awareness Month, National</p>

12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts & Crafts	12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	12:00pm-1:00pm LUNCH 1:00pm-2:00pm Painting	12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms	has overcome while trying to succeed.” — Booker T. Washington	Minority Mental Health Awareness Month, Sarcoma Awareness Month, UV Safety Month, World Population Day, World Brain Day, World
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Part of the Senior Services Network— Supported by the Department of Aging and Community Living