



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

May
2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A colorful graphic for the month of May. It features the word "MAY" in large, yellow, 3D block letters. Surrounding the letters are various flowers in pink, yellow, and purple, and several butterflies in different colors. The background is white.	May is.... ALS Awareness Month, Arthritis Awareness Month, Better Hearing and Speech Month, Better Sleep Month, Bladder Cancer Awareness Month, Borderline Personality Disorder Awareness Month, Brain Cancer Awareness Month, Cystic Fibrosis Awareness Month, Healthy Vision Month, and Hepatitis Awareness Month	May is also... Cystic Fibrosis Awareness Month, Ehlers-Danlos Syndromes Awareness Month, Food Allergy Awareness Month, Healthy Vision Month, Hepatitis Awareness Month, High Blood Pressure Awareness Month, Huntington's Disease Awareness Month, Lupus Awareness Month, Lyme Disease Awareness Month, and Mental Health Awareness Month	1. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Karoke! 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewelry Making	2. 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 Karoke!	A graphic for May is Melanoma Awareness Month. It features a black ribbon tied in a bow, set against a yellow sunburst background. Below the graphic, the text "MAY IS MELANOMA AWARENESS MONTH" is written in a bold, sans-serif font.

<p>5. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Trouble! Sorry! 12:00pm-1:00pm Lunch 1:00pm-2:00pm Movie Time!</p>	<p>6. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch & Controlling Blood Sugar w. Nutritionist Ms. Renee Afryka 1:00pm-2:00pm Group Discussion</p>	<p>7. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion</p>	<p>8. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm DIY Wooden Fans 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewelry Making</p>	<p>9. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Looming- Bucket Hats for Summer 11:00am-12:00pm IN-PERSON Spirit Club Chair Exercise 12:00pm-1:00pm Lunch 1:00pm-2:00pm Movie Time</p>	
<p>12. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm MOTHERS DAY TEA PARTY- KAROKE- Candle Making 12:00pm-1:00pm Lunch 1:00pm-2pm Mother's Day Celebration</p>	<p>13. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Arts & Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Movie Time! EXCURSION: SPIRIT OF WASHINGTON SENIOR CRUISE 580 WATER ST SW WASHINGTON DC 10am-2pm</p>	<p>14. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00am Build a Puzzle with Friends ! 12:00pm-1:00pm Lunch 1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS)</p>	<p>15. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion</p>	<p>16. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Bird House Building ! 12:00pm-1:00PM Lunch 1:00pm-2:00pm KAROKE</p>	

19. 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	20. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Ice Cream Social with MY ACTIVE SENIOR x United Healthcare 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion	21. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00am Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS) EXCURSION: MURIEL BOWSER SENIOR FEST BLOCK PARTY 2700 MARTIN LUTHER KING JR. AVE SE WASHINGTON DC 10am-2pm	22. 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!	23. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Looming- Hats & Scarves 11:00am-12:00pm Virtual Spirit Club Exercise 12:00pm-1:00pm Lunch 1:00pm-2:00pm KAROKE	
26. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Arts & Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Movie Time!	27. 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	28. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group discussion	29. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm BINGO 12:00pm-1:00pm Lunch 1:00pm-2:00pm Karoke!	30. 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 EXCURSION: BRIANNE NADEAU SENIOR DANCE 1000 U ST NW WASHINGTON DC 12pm-2pm	

