









April 2024 Calendar

EOTR Columbia Heights FRIENDSHIP CAFÉ
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator
 202-845-3378
 Cheryl Perry Nutrition Aide
 Andrea Prentice Recreation Coordinator



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. 10:00am-10:30am-Chat & Chew 10:30am-11am-Spirit Club Virtual Fitness 11:00am-12:00pm-Brain Games 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Music Hour	2. 10:00am-10:30am- Tea Time 10:30am-11am Spirit Club Virtual Fitness 11:00am-12:00pm-Colony Workshop 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm- Name That Tune	3. 10:00am-10:30am- Coffee Hour 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Move & Groove 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Movie Time	4. 10:00am-11am- Chat & Chew 11:00am-12:00pm-Spring Decor 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Spirit Club In-Person	5 10:00am-10:30am- Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Colony Workshop 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Game Time	6. 
8. 10:00am-10:30am- Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Black Trivia 12:00pm-1:00pm- LUNCH	9. 10:00am-10:30am- Chat & Chew 10:30am-11am- Spirit Club Virtual Fitness 11:00am- 12:00pm-Plan Next Month Trips 12:00pm-1:00pm- LUNCH	10. 10:00am-10:30am- Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Bingo 12:00pm - Chef Demonstrations & Food Tasting (Food Jonezi)	11. 10:00am-11:00am- Sip & Paint 11:30am-12:00- Indoor urban gardening activity 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Spirit Club In Person	12 10:00am-11:00am- Coffee Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Journal Workshop 12:00pm-1:00pm- LUNCH	13. 

<p>1:00pm-2:00pm-UNO With Friends</p>	<p>1:00pm-2:00pm-Pick a Game</p>	<p>12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-Bingo</p>		<p>1:00pm-2:00pm-Music Hour</p>	
<p>15.</p> <p>10:00am-10:30am- Coffee Hour</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Painting</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Talk About Goal</p>	<p>16 HAPPY EMANCIPATION DAY</p> 	<p>17.</p> <p>10:00am-10:30am- Chat & Chew</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Dance Party</p> <p>12:00pm-1:00pm-LUNCH</p> <p>1:00pm-2:00pm- Movies</p>	<p>18.</p> <p>10:00am-10:30am- Tea Time</p> <p>11:00am-12:00pm-UNO</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Spirit Club In-Person</p>	<p>19.</p> <p>Excursion:Amish Market 9701 Fort Meade RD, MD 10:00AM-12:00PM</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Music Hour</p>	<p>20.</p> 
<p>22.</p> <p>10:00am-10:30am- Chat & Chew</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Puzzles</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Sharing Recipes</p>	<p>23.</p> <p>10:00am-10:30am- Tea Time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Card Games</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Chair Fitness</p>	<p>24</p> <p>10:00am-10:30am- Tea Time</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Bingo</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Movies</p>	<p>25</p> <p>10:00am-11:00m- Coffee Time</p> <p>11:00am-12:00pm-Paint Your Nails</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Spirit Fitness In-Person</p>	<p>26.</p> <p>Excursion:Forestville Mall 3393 Donnell Dr 10:00AM-12PM</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Music Hour</p>	<p>27.</p> 

<p>29.</p> <p>10:00am-10:30am- Coffee</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Ring Toss</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Talk About Goals</p>	<p>30.</p> <p>10:00am-10:30am- Tea Time</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Coloring Workshop</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Next Month Chat</p>				
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April Awareness:

- **Irritable Bowel Syndrome Awareness Month**
 - **National Autism Awareness Month**
 - **National Child Abuse Prevention Month**
 - **National Donate Life Month**
 - **National Minority Health Month**
 - **National Parkinson’s Awareness Month**
 - **National Public Health Week (April 1- 7)**
- **National Youth HIV/AIDS Awareness Day (April 10)**
- **Congenital Diaphragmatic Hernia Awareness Month**

