


EOTR December Activity Calendar 2023





Columbia Heights Friendship Café

2900 14th Street NW

Contact: Nureyev Mitchell, Outreach Partnership & Rec. Coordinator 202-845-3378

Contact: Andrea Prentiss, Recreation Coordinator

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy December Birthdays!</p>		 <p>HIV AIDS AWARENESS MONTH</p>			<p>1. 10am- Tea time 11am- Table crafts 12pm- LUNCH 1pm- Music Hour</p> 
 <p>Happy Holidays</p>	<p>4. 10am- Coffee Hour 11am- Chair fitness 12pm- Game (Bean bag Toss) 1pm- Brain game (Trivia)</p>	<p>5. 10am-Chat &Chew 11am- life/ story time/reflection 12pm-Lunch 1pm-brain game (jeopardy)</p>	<p>6. 10am- Coffee hour 11am- Brain game (Name that tune) 12pm-Lunch 1pm - Financial Literacy</p> 	<p>7. 10am-Chat& Chew 11am- game (cards) 12pm- Lunch 1pm - Brain game (puzzles)</p>	<p>8. 10am- Tea Time 11am- Tech ED1 12pm- Lunch 1pm- Music hour</p>
	<p>11. 10am- Coffee Hour 11am- Nutrition Education 12pm- Lunch 1pm- Line dancing</p>	<p>12. 10am-Chat &Chew 11am- Game (Charades) 12pm- Lunch 1pm- Walk & Talk</p>	<p>13. Excursion/Trip: 10am-2pm Mayor Bower's 25th Senior Holiday Celebration 2001 East Capitol Street SE (Doors open at 9am)</p>	<p>14. 10am-Coffee & Conversation 11am-Chair fitness 12pm- Lunch 1pm-Vison board/ goal setting workshop</p>	<p>15. Excursion/ Trip: US Botanical Gardens 10am- Tea time 12pm- Lunch</p>

	<p>18.</p> <p>10am- Coffee Time 11am- Games (cards) 12pm- Lunch 1pm- Financial Literacy</p>	<p>19. Excursion/Trip: Downtown Holiday Market 10am-Coffee hour 11am- Tech Education 2 12pm-Lunch 1pm- Music hour</p>	<p>20.</p> <p>10am- Tea Time 11am- Game (Bean Bag Toss) 12pm-Lunch 1pm -Walk & Talk</p>	<p>21.</p> <p>10am-Tea Time 11am- Chair aerobics 12pm- Lunch 1pm- Brain Game (Jeopardy)</p>	<p>22.</p> <p>10am- Coffee Hour 11am- Journaling workshop 12pm- Lunch 1pm- Music Hour</p> 
	<p>25. CLOSED</p> 	<p>26.</p> <p>10am-Tea time 1am-table crafts 12pm-Lunch 1pm- Centering/ calming activity (chair mediation/ chair yoga)</p>	<p>27.</p> <p>10am- Coffee Hour 11am- Brain games (puzzles) 12pm- Lunch 1pm- Centering calming activity (coloring activity)</p>	<p>28.</p> <p>10am-Tea Time 11am- Brain games (Current Events) 12pm- Lunch 1pm- Music Hour</p>	<p>29.</p> <p>10am- Coffee Time 11am- Journaling workshop 12pm- Lunch 1pm- Music Hour</p>

Part of the Senior Services Network – Supported by the Department of Aging and Community Living.