






EOTR Columbia Heights FRIENDSHIP CAFÉ
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator
 202-845-3378

Cheryl Perry, Nutrition Aide
 Andrea Prentiss, Recreation Coordinator

JANUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. Site Closed</p> 	<p>2. 10:00am- Coffee Hour 11:00am-Life Story/Reflection 12:00pm – LUNCH 1:00pm-Brain Games/ Puzzles</p>	<p>3. 10:00am- Tea Time 11:00am-Arts/Crafts 12:00pm – LUNCH 1:00pm-Line Dancing</p>	<p>4. 10:00am- Coffee Hour 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm-Music threapy</p>	<p>5. 10:00am- Chat & Chew 11:00am-Youtube Fitness 12:00pm – LUNCH 1:00pm-Card Games</p>	<p>6. AWARENESS THIS MONTH: Cervical Health Awareness Month Glaucoma Awareness Month International Quality of Life Month National Birth Defects Awareness/Prevention Month National Blood Donor Month National Radon Action Month</p>
<p>8. 10:00am- Coffee Hour 11:00am- table Craft activity 12:00pm – LUNCH 1:00pm-Jeopardy</p>	<p>9. 10:00am- Coffee Hour 11:00am-Music memory Game/ Name That Tune 12:00pm – LUNCH 1:00pm-Financial Lit 1</p>	<p>10. 10:00am- Tea Time 11:00am- Tech Ed 1 12:00pm – LUNCH 1:00pm-Youtube Fitness</p>	<p>11. Bus Trip: Movie-The Color Purple 10am-2pm 6505 America Blvd 12:00pm – LUNCH 1:00pm-Music Hour</p>	<p>12. 10:00am- Coffee Hour 11:00am-Journaling Workshop 12:00pm – LUNCH 1:00pm-fitness/ Line Dancing</p>	<p>13. National Winter Sports Traumatic Brain Injury Awareness Month Thyroid Awareness Month Braille Day Paget’s Awareness Day World Leprosy Day World Neglected Tropical Diseases Day</p>
<p>15. Site Closed</p>  <p>Dr. Martin Luther King Jr. Day</p>	<p>16. 10:00am- Coffee Hour 11:00am-table craft Craft 12:00pm – LUNCH 1:00pm-Science Experiment</p>	<p>17. 10:00am- Tea Time 11:00am-Tech Ed 2 12:00pm – LUNCH 1:00pm- Brain Game/Pictionary</p>	<p>18. 10:00am- Coffee Hour 11:00am-Current Events 12:00pm – LUNCH 1:00pm-Paint and Sip</p>	<p>19. 10:00am- Coffee Hour 11:00am-Chair Yoga 12:00pm – LUNCH 1:00pm-Presentation: Nutriention Education w/ Mrs.Minor</p>	<p>20.</p> 
<p>22. 10:00am- Coffee Hour 9 11:00am-Arts/Crafts 12:00pm – LUNCH 1:00pm-Music Hour</p>	<p>23. 10:00am- Coffee Hour 11:00am-Movie 12:00pm – LUNCH 1:00pm-Black Trivia</p>	<p>24. 10:00am- Tea Time 11:00am-Goals Day 12:00pm – LUNCH 1:00pm-Comedy Movie</p>	<p>25. 10:00am- Chat & Chew 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm-Puzzles</p>	<p>26. Bus Trip: Arundel Mills 12:00pm-Lunch 1:00pm-Music Hour</p>	<p>27.</p>

29. 10:00am- Chat & Chew 11:00am-Financial Lit 2 12:00pm – LUNCH 1:00pm-Cognitive engagement/ Puzzles	30. 10:00am- Coffee Hour 11:00am-Book Club 12:00pm – LUNCH 1:00pm— Presentation Nutrition Education/W Ms.Minor	31. 10:00am- Coffee Hour 11:00am-Paper Craft 12:00pm – LUNCH 1:00pm-Science Experiment			
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Part of the Senior Services Network— Supported by the Department of Aging and Community Living