


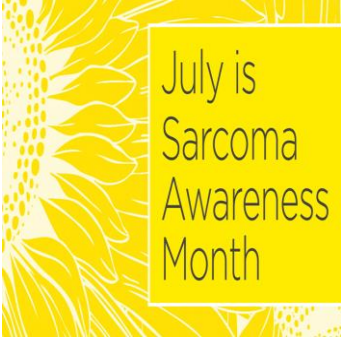








EOTR Columbia Heights Village FRIENDSHIP CAFÉ

Vacant Outreach/Partnership Rec. Coordinator
 Cheryl Perry, Nutrition Aide
 Vacant, Recreation Coordinator
 Leniqua' dominique Jenkins, Program Manager (202)845-3384

July 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1.</p> <p>10:00am- 11:00- Coffe&Tea</p> <p>11:30- 12:00- Chit,Chat, crafts</p> <p>12:00pm- 1:00 LUNCH</p> <p>1:30- 2:00- music</p>	<p>2.</p> <p>10:00am- 11:00- Coffee&Tea</p> <p>11:00am- 11:30- Spiritclub virtual fitness</p> <p>12:00pm- 1:00- LUNCH</p> <p>1:30pm- 2:00- Word search</p>	<p>3.</p> <p>Fredrick Douglas Historical site/ Home House 1411 W St. Se 10am- 1:30pm</p> <p>Note: Box lunches will be provided for the dining site closure on Friday, July 5th.</p>	<p>4.</p> <p>The dining site will be closed.</p> 	<p>5.</p> <p>The dining site will be closed.</p>	<p>6.</p> 
<p>8.</p> <p>10:00am- 11:00 Coffee&Tea</p> <p>11:00am- 11:30am- Spirit club virtual</p> <p>11:30am- 12:00pm – Chit,Chat</p> <p>12:00pm- 1:00pm- Lunch</p> <p>1:30pm- 2:00pm- Music Oldies</p>	<p>9.</p> <p>10:00am- 11:00- Coffe&Tea</p> <p>11:00am- 12:00- Arts & Crafts</p> <p>12:00p 1:00 – LUNCH</p> <p>1:30pm- 2:00pm- Checkers, uno</p>	<p>10.</p> <p>10:00am- 12:00pm- “Grocery Shuttle” Lederer Garden (free produce) 4800 Nannie Helen Burroughs Ave. NE</p> <p>12:00pm- 1:00pm – LUNCH</p> <p>1:30- 2:00pm- Puzzles</p>	<p>11.</p> <p>10:00am- 11:00- Coffee&Tea</p> <p>11:00- 12:00pm- Table gardening activity</p> <p>12:00pm- 1:00pm- LUNCH</p> <p>1:30pm- 2:00pm- Cards, Spades</p>	<p>12.</p> <p>Kenilworth Park & Aquatic gardens 1900 Anacostia Ave SE 10am- 1:30pm</p>	<p>13.</p> 
<p>15.</p> <p>10:00am- 11:00am- Coffee&Tea</p> <p>11:00- 11:30am- Spirit club virtual</p> <p>11:30- 12:00 – Chit Chat</p> <p>12:00- 1:00pm- Lunch</p> <p>1:30- 2:00pm- Word Search</p>	<p>16.</p> <p>10:00- 10:30- tea/ coffee/ and conversation</p> <p>10:30am- 12:00pm- Group Counseling Session by Dr. Crawford</p> <p>12:00pm- 1:00pm- LUNCH</p> <p>1:30pm- 2:00pm- Table gardening</p>	<p>17.</p> <p>10:00am- 11:00am- Coffe&Tea</p> <p>11:00am- 12:00pm- Connet4, Puzzles</p> <p>12:00pm- 1:00 – LUNCH</p> <p>1:30pm- 2:00pm- Music Hour</p>	<p>18.</p> <p>10:00am- 11:00am- Coffee&Tea</p> <p>11:00am- 12:00pm- Patriotic Holiday painting activity</p> <p>12:00pm- 1:00pm – LUNCH</p> <p>1:30- 2:00pm- Puzzles</p>	<p>19.</p> <p>10:00- 11:00am- Coffee&Tea</p> <p>11:00am- Art (paint)</p> <p>12:00pm- 1:00- Lunch</p> <p>1:30- 2:00pm- Trivia Game</p>	<p>20.</p> 

<p>22. 10:00am-11:00-Coffee&Tea 11:00-11:30am-Spirit Club 11:30am-12:00pm Chit,Chat 12:00-1:00-Lunch 1:30-2:00pm-Music Hour</p>	<p>23. 10:00am-11:00am-Coffee&Tea 11:00-12:00pm-Movies 12:00pm-1:00pm – LUNCH 1:00-2:00pm- Indoor table gardening activity</p>	<p>24. 10:00am-11:00amCoffee&Tea 10:00am-12:00- Patriotic holiday craft 12:00pm-1:00pm-LUNCH 1:30pm-2:00pm-Uno,cards</p>	<p>25. 10:00am-11:00am-Coffee&Tea 11:00am-11:30- Guided painting activity 12pm- Chef demonstrations 12:00pm-1:00-LUNCH 1:30pm-2:00pm</p>	<p>26. 10:00am-Coffee&Tea 11:00am-12:00-Bingo 12:00pm-1:00- LUNCH 1:30-2:00-Music Oldies</p>	
<p>29. 10:00am-11:00-Coffee&Tea 11:00am-12:00pm-Art&Craft 12:00pm-1:00-LUNCH 1:30-2:00-Riddled&Rhymes Trivia</p>	<p>30. 10:00am-11:00-Coffee&Tea 11:00am-12:00-SpiritClub virtual 12:00pm-1:00 LUNCH 1:30-2:00pm-Puzzles</p>	<p>31. Bladensburg Water Park 4601 Annapolis Rd, Bladenburg, MD 20710 10am-1:30pm</p>			

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