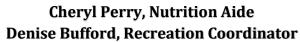
June 2024 Calendar



EOTR Columbia Heights FRIENDSHIP CAFÉ Leniqua'dominique Jenkins, Program Manager Ward 1 202-845-3384





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juneteenth National Independence Day			NATIONAL SURVIVORS DAY	June is National PTSD Awareness Month	
3.	4.	5.	6.	7.	8
10:00am-10:30amCoffee/Tea	10:00am-10:30am-Coffee/Tea	10:00am-10:30am- Coffee/Tea Time	10:00am-10:30am- Coffee/Tea Time	10:00am-10:30am- Coffee/Tea	JUNE IS
10:30am-11:00am-Spirit Club Virtual Fitness	10:30am-11:00am-Spirit Club Virtual Fitness	10:30am-11:00am- Spirit Club Virtual Fitness	10:30am-11:00am- Spirit Club Virtual Fitness	10:30am-11:00am- Spirit Club Virtual Fitness	National
11:00am-12:00pm-A Neighborhood Stroll	11:00am-12:00pm-Arts/Crafts	11:00am-12:00pm-Brain Games	11:00am-12:00pm-Name That Tune	11:00am-12:00pm-Bean Bag Toss	APHASIA Awareness
12:00pm-1:00pm- LUNCH	12:00pm-1:00pm- LUNCH	12:00pm-1:00pm-LUNCH	12:00pm-1:00pm- LUNCH	12:00pm-1:00pm- LUNCH	MONTH
1:00pm-2:00pm-Charades	1:00pm-2:00pm-Race To Finsh Puzzles	1:00pm-2:00pm- Memory Lane Photos	1:00pm-2:00pm- Chair Exercises	1:00pm-2:00pm- Knitting/Looming	Learn More >>

10.	11.	12.	13.	14.	15.
10:00am-10:30am-Coffee/Tea 10:30am-11:00am-Spirit Club Virtual Fitness 11:00am-12:00pm-Movie Monday 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Board Games	10:00am-10:30am-Coffee/Tea 10:30am-11:00am-Spirit Club Virtual Fitness 11:00am-12:00pm-Card Games 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm- Group Choice	10:00am-10:30am- Coffee/Tea Time 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm- Speaker: Preventing Medicare Fraud hosted by AARP 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm- Finish Our Plants	10:00am-10:30am- Coffee/Tea Time 10:30am-11:00am- Spirit Club Virtual Fitness 11:00am-12:00pm-Black Music Month Activity 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm- Fathers Day Celebration	Excursion: AMISH MARKET 9701 Fort Meade Road 10:00 am-2:00pm 10:00am-11:00am- Coffee/Tea Time 12:00pm-1:00pm-Lunch	Ms. Senior DC Pageant DACL & DC Mayor Murio Bowser 1:00pm - 3:00pm Tickets: \$20 UDC Auditórium (Building 46) 4200 Connecticut Avenu NE
17. 10:00am-10:30am- Coffee/Tea 10:30am-11:00am-Spirit Club Virtual Fitness 11:00am-12:00pm- Professionally guided Sip & Paint Hosted by: Rain Young 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-History of Juneteenth	18. 10:00am-10:30am-Coffee/Tea 10:30 am-12pm-Speaker: Patrick Crawford/ Group counseling session on Mental Health 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm- Board Games/ Trivial Pursuit	JUNETEENTH JUNE 19	20. Excursion Silver Pride: Joy In Justice Date: June 20th Time: 4:00 pm - 7: 30 pm Location: Pepco Edison Place 702 8th Street NW 10:00am-10:30am- Coffee/Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Ring Toss/Bean Toss 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Music/Dance Hour	Excursion Westfield Wheaton Mall 11160 Veir Mill Road 10:00am-2:00pm 10:00am-11:00am- Coffee/Tea Time 12:00pm-1:00pm-Lunch	JUNE is MEN'S HEALTH MONTH

24
10:00am-10:30am- Coffee/Tea
10:30am-11:00am-Spirit Club Virtual Fitness
11:00am-12:00pm- Discussion: Ways To Protect Your Mental Health
12:00pm-1:00pm- LUNCH
1:00pm-2:00pm- Neighborhood Stroll

Mayor Bowser's 13th
Annual Senior
Symposium Senior
Symposium
Ballou High School
10am – 1:00pm
3401 4th Street SE

25

13th
10:00
ior
10:30
Fitne

26

10:00am-10:30am-Coffee/Tea
10:30am-11:00am-Spirit Club Virtual
Fitness

11:00am-12:00pm-Brain Games

12:00pm-1:00pm- LUNCH

1:00pm-2:00pm- Music Hours

27

10:00am-10:30am- Coffee/Tea Time

10:30am-11:00am- Spirit Club Virtual Fitness

11:00am-12:00pm- Movies

12:00pm – Chef Demonstrations / Food Tasting

12:00pm-1:00pm- LUNCH

1:00pm-2:00pm- Card Games

28

Excursion

Downtown Silver Spring

916 Ellsworth Dr

10:00am-2:00pm

10:00am-11:00am- Coffee/Tea Time

12:00pm-1:00pm-Lunch



29

