


June 2024 Calendar




EOTR Columbia Heights FRIENDSHIP CAFÉ
Leniqua' dominique Jenkins, Program Manager Ward 1
202-845-3384
Cheryl Perry, Nutrition Aide
Denise Bufford, Recreation Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1.</p>
<p>3.</p> <p>10:00am-10:30am Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-A Neighborhood Stroll</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Charades</p>	<p>4.</p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Arts/Crafts</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Race To Finish Puzzles</p>	<p>5.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Brain Games</p> <p>12:00pm-1:00pm-LUNCH</p> <p>1:00pm-2:00pm- Memory Lane Photos</p>	<p>6.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Name That Tune</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Chair Exercises</p>	<p>7.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Bean Bag Toss</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Knitting/Looming</p>	<p>8..</p>

<p>10.</p> <p>10:00am-10:30am- Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Movie Monday</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Board Games</p>	<p>11.</p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30am-11:00am-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- Group Choice</p>	<p>12.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm- Speaker: Preventing Medicare Fraud hosted by AARP</p> <p>12:00pm-1:00pm-LUNCH</p> <p>1:00pm-2:00pm- Finish Our Plants</p>	<p>13.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Black Music Month Activity</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Fathers Day Celebration</p> 	<p>14.</p> <p>Excursion: AMISH MARKET 9701 Fort Meade Road 10:00 am-2:00pm</p> <p>10:00am-11:00am- Coffee/Tea Time</p> <p>12:00pm-1:00pm-Lunch</p>	<p>15.</p> <p>Ms. Senior DC Pageant DACL & DC Mayor Muriel Bowser 1:00pm – 3:00pm Tickets : \$20 UDC Auditorium (Building 46) 4200 Connecticut Avenue NE</p>
<p>17.</p> <p>10:00am-10:30am- Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm- Professionally guided Sip & Paint Hosted by: Rain Young</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-History of Juneteenth</p>	<p>18.</p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30 am-12pm-Speaker: Patrick Crawford/ Group counseling session on Mental Health</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Board Games/ Trivial Pursuit</p>	<p>19.</p> 	<p>20.</p> <p>Excursion Silver Pride: Joy In Justice Date: June 20th Time: 4:00 pm – 7: 30 pm Location: Pepco Edison Place 702 8th Street NW</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Ring Toss/Bean Toss</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Music/Dance Hour</p>	<p>21</p> <p>Excursion Westfield Wheaton Mall 11160 Veir Mill Road 10:00am-2:00pm</p> <p>10:00am-11:00am- Coffee/Tea Time</p> <p>12:00pm-1:00pm-Lunch</p>	<p>22</p> 

<p>24</p> <p>10:00am-10:30am- Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm- Discussion: Ways To Protect Your Mental Health</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Neighborhood Stroll</p>	<p>25</p> <p>Mayor Bowser's 13th Annual Senior Symposium Senior Symposium Ballou High School 10am – 1:00pm 3401 4th Street SE</p>	<p>26</p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Brain Games</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Music Hours</p>	<p>27</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm- Movies</p> <p>12:00pm – Chef Demonstrations / Food Tasting</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Card Games</p>	<p>28</p> <p>Excursion Downtown Silver Spring 916 Ellsworth Dr 10:00am-2:00pm</p> <p>10:00am-11:00am- Coffee/Tea Time</p> <p>12:00pm-1:00pm-Lunch</p>	<p>29</p> 
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