



May 2024 Calendar

EOTR Columbia Heights FRIENDSHIP CAFÉ
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator
 202-845-3378
 Cheryl Perry Nutrition Aide
 Recreation Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1.</p> <p>10am- Teatime</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Brain Game</p> <p>12pm-LUNCH</p> <p>1pm- Music Hour</p>	<p>2.</p> <p>10am- Chat & Chew</p> <p>10:30am- Brain Games</p> <p>11:00- Table crafts</p> <p>12pm- LUNCH</p> <p>1pm- Spirit Club Fitness (In-Person)</p>	<p>3.</p> <p>10am- Chat & Chew</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Coloring Workshop</p> <p>12- LUNCH</p> <p>1pm- hand and eye coordination activity/ game</p>	<p>4</p>
<p>6.</p> <p>10am- Coffee Hour</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Card Games</p> <p>12pm- LUNCH</p> <p>1pm- Chair Fitness</p>	<p>7.</p> <p>10am- Chat & Chew</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Arts and Crafts</p> <p>12pm- LUNCH</p> <p>1pm- Jornal Workshop</p>	<p>8.</p> <p>10am- TeaTime</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- BINGO (with prizes)</p> <p>12pm- LUNCH</p> <p>1pm- BINGO (with prizes)</p>	<p>9.</p> <p>Excursion: AMISH MARKET 9701 Fort Meade Road 10:00 am-2:00pm</p>	<p>10.</p> <p>10am- Coffee Hour</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Bean Bag Toss</p> <p>12pm- LUNCH</p> <p>1pm-2pm- Table top gardening</p>	<p>11.</p>

<p>13.</p> <p>10am- TeaTime</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am – Movie Hour</p> <p>12pm- LUNCH</p> <p>1pm- Circle Group</p>	<p>14.</p> <p>10 10am- Coffee Hour</p> <p>10:30am-Spirit Club Virtual Fitness</p> <p>11am- Black Trivia</p> <p>12pm- LUNCH</p> <p>1pm- Painting</p>	<p>15.</p> <p>Older Americans Month Event 2024 “Powered by Connection”</p> <p>10am-2pm</p> <p>Busboys and Poets</p> <p>2021 14th St NW</p>	<p>16.</p> <p>10am – Teatime</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Paint Your Nails/ self care activity</p> <p>12pm- LUNCH</p> <p>1pm – Spirit Club in-person fitness</p>	<p>17.</p> <p>Excursion:Publick Playhouse</p> <p>5545 Landover RD</p> <p>10am-2pm</p> <p>10:00am-11:00am- Coffee Hour</p> <p>12:00pm-1:00pm- LUNCH</p>	<p>18.</p> 
<p>20.</p> <p>10am- Chat & Chew</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Paint Your Name</p> <p>12pm-LUNCH</p> <p>1pm- Talks About Goals</p>	<p>21.</p> <p>EXCURSION:</p> <p>10:00 AM-2:00PM</p> <p>PRIME THRIFT STORE</p> <p>9880 Washington Blvd N</p> <p>LAUREL MARYLAND</p>	<p>22</p> <p>10am-Coffee Hour</p> <p>10:30am- Spirit Club Virtual Fitness</p> <p>11am- Dance Party</p> <p>12pm- LUNCH</p> <p>1pm- Game Day</p>	<p>23.</p> <p>10am- Chat & Chew</p> <p>10:30am- Table top gardening</p> <p>11am- Mix and Match</p> <p>12pm- LUNCH</p> <p>1pm – Spirit Club in-person fitness</p>	<p>24.</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Pot Holder Making</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm- Charades teams (with prizes)</p>	<p>25</p>

27.



28.

10am- Teatime

10:30am- Spirit Club
Virtual Fitness

11am- Brain Game

12pm – Chef Demonstration
Food Jonezi

12pm-LUNCH

1pm- Name that Tune.

29.

**DC Mayor Bowser's
Senior Fest**

**At The University of the
District of Columbia 4200
Connecticut Ave
10am-3pm**

30.

10am- Coffee Hour

11am – BINGO (with prizes)

12pm-Lunch

1pm 2pm–**Spirit Club (In-
Person) Fitness**

31.

10:00am-10:30am-Coffee
time

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

11:00am-12:00pm-
**Presentation from the
International Spy Museum**

12:00pm-1:00pm- LUNCH

1:00pm-2:00pm-Brain
Games