









EQTR Columbia Heights FRIENDSHIP CAFÉ
 2900 14th Street NW
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator
 202-845-3378
 Cheryl Perry, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

NOVEMBER 2023 Calendar



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
November is National..... Lung Cancer Awareness Month National Diabetes Awareness Month National Epilepsy Awareness National Native American Heritage Month	November is National..... Pancreatic Cancer Awareness Month National Family Caregivers Appreciation Month	1. 10:00am- Tea Time 11:00am-Arts/Crafts 12:00pm – LUNCH 1:00pm-Line Dancing	2. 10:00am- Coffee Hour 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm-Music Hour	3. 10:00am- Chat & Chew 11:00am-Youtube Fitness 12:00pm – LUNCH 1:00pm-Card Games	4. 
6. 10:00am- Coffee Hour 11:00am-Journaling Workshop 12:00pm – LUNCH 1:00pm-Line Dancing	7. 10:00am- Coffee Hour 11:00am-Name That Tune 12:00pm – LUNCH 1:00pm-Financial Literacy 1	8. 10:00am- Tea Time 11:00am- Tech Ed 1 12:00pm – LUNCH 1:00pm-Youtube Fitness	9. 10:00am- Coffee Hour 11:00am-Current Events 12:00pm – LUNCH 1:00pm-Paint and Sip	10. SITE CLOSED 	11. 
13. 10:00am- Coffee Hour 11:00am-Paper Crafts 12:00pm – LUNCH 1:00pm-Trivia Games	14. 10:00am- Coffee Hour 11:00am Nutrition Education w/Ms Minor 12:00pm – LUNCH 1:00pm-Science Experiment	15. 10:00am- Tea Time 11:00am-Tech Ed 2 12:00pm – LUNCH 1:00pm-Walk And Talk	16. Bus Trip: Tanger Outlets 10-12pm 6800 Oxon Hill Road 12:00pm – LUNCH 1:00pm-Music Hour	17. 10:00am- Coffee Hour 11:00am-Chair Yoga 12:00pm – LUNCH 1:00pm-Jeopardy	18.
20. Thanksgiving Luncheon 10:00am – 2:00pm 	21. 10:00am- Coffee Hour 11:00am-Movie 12:00pm – LUNCH 1:00pm-Black Trivia	22. 10:00am- Tea Time 11:00am-Goals Day 12:00pm – LUNCH 1:00pm-Bingo Day	23. SITE CLOSED 	24. 10:00am- Coffee Hour 11:00am-Arts/Craft 12:00pm – LUNCH 1:00pm-Trivia Games	25. 
27. 10:00am- Chat & Chew 11:00am-Financial Literacy 2 12:00pm – LUNCH 1:00pm-Puzzles	28. 10:00am- Coffee Hour 11:00am-Book Club 12:00pm – LUNCH 1:00pm-Card Games	29 10:00am- Coffee Hour 11:00am-Life Story/Reflection 12:00pm – LUNCH 1:00pm-Youtube Fitness	30. Bus Trip: Laurel Dutch Village 9701 Fort Meade RD 10am-2pm 10:00am- Coffee Hour 12:00pm-Lunch	