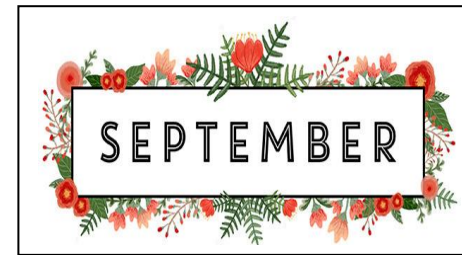











EOTR Columbia Heights FRIENDSHIP CAFÉ
 1845 Harvard Street, NW
 202-845-3378
 Cheryl Perry, Nutrition Aide
 Mrs. Zee, Activities Outreach & Programs Coordinator
 (202) 845-3378



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. Labor Day Holiday 	3. 10:00am- Coffee/Tea 11:00am- Indoor Gardening Swaps and Discussions 12:00pm – LUNCH 1:00pm-2:00pm - Spirit club Chair Workout/Board Games	4. 10:00 am- Coffee/Tea 11:00 am-Creative Designs with Clay and Jewelry Noon – LUNCH 1:00pm-2:00pm Spirit club Chair Exercises/Board Games/Trivia Pursuit	5. 10:00 am- Coffee/Tea 11:00 am- Paint and Sip Noon – LUNCH 1:00pm-2:00pm Spirit club Chair Exercises/Board Games/Trivia Pursuit	6. Tanger Outlet 6800 Oxon Hill Rd National Harbor, MD 10:00am-2:00pm	7. 
9. 10:00am- Coffee/Tea 11:00am- Weigh-in, Healthy Menu, Meal Prep Ideas and Discussions 12:00pm – LUNCH 1:00pm-2:00pm Board Games/Trivia Pursuit	10. 10:00 am- Coffee/Tea 11:00 am- - Indoor Gardening Swaps and Discussions Noon – LUNCH 1:00pm-2:00pm Spirit club Chair Workout	11. 10:00am- Coffee/Tea 11:00am- Creative Designs with Clay and Jewelry 12:00pm – LUNCH 1:00pm- 2:00pm Spirit club Chair Exercises/Triva Pursuit	12. 10:00am- Coffee/Tea 11:00am- ~ Paint and Sip Noon – LUNCH 1:00pm-2:00pm Spirit club Chair Exercises/Board Games/Trivia Pursuit	13. 10:00 am- Coffee/Tea 11:00 am- Weigh-in, Healthy Menu, Meal Prep Ideas, Movement and Discussions Noon – LUNCH 1:00pm-2:00pm Board Games/Trivia Pursuit	14. 
16. 10:00am- 10:30am Coffee/Tea 10:30am-12:00- Group Mental Health Counseling Session with Dr. Crawford 12:00pm – LUNCH 1:00pm-2:00pm Board Games/Triva Pursuit	17. 10:00am- Coffee/Tea 11:00am- Indoor Gardening Swaps and Discussions 12:00pm – LUNCH 1:00pm-2:00pm ~ Spirit club Chair Workout/Board Games	18. 10:00am- Coffee/Tea 11:00am- Creative Designs with Clay and Jewelry 12:00pm – LUNCH 1:00pm- 2:00pm – Spirit club Chair Exercises/Triva Pursuit	19. 10:00am- Coffee/Tea 11:00am- Paint and Sip 12:00pm – LUNCH 1:00pm-2:00pm Spirit club Chair Exercises/Board Games/Trivia Pursuit	20. City Place Ellsworth Place 866 I Colesville Rd., Sliver Spring 10:00am-2:00pm	21. 
23. 	24. 10:00am- Coffee/Tea 11:00am- Indoor Gardening Swaps and Discussions 12:00pm – LUNCH	25. Mayor Bowser presents The 7th Annual Brain Games Martin Luther King Library 10:00am-2:00pm	26. 10:00am- Coffee/Tea 11:00 am - Paint and Sip Noon – LUNCH 1:00pm-2:00pm Spirit club Chair Exercises/Board Games/Trivia Pursuit	27. 10:00am- Coffee/Tea 11:00am- Indoor Gardening Swaps and Discussions 12:00pm – LUNCH 1:00pm-2:00pm - Spirit club Chair Workout/Board Games	28.

	1:00pm-2:00 Spirit club Chair Workout/Board Games/Triva Pursuit				
30. 10:00am- Coffee/Tea 11:00am- Weigh-in, Healthy Menu, Meal Prep Ideas and Discussions 12:00pm – LUNCH 1:00pm- 2:00 pm Spirited Chair Exercises/Board Games/Tria Pursuit					

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