

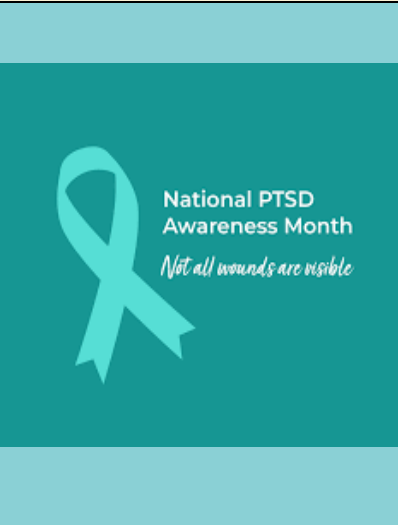


EOTR Columbia Heights FRIENDSHIP CAFÉ
2900 14th st, NW DC
Ziairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3385
Cheryl Perry, Nutrition Aide
Vacancy, Recreation Coordinator

**June
2026**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Painting Continued	2. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	3. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Table Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Neighborhood Walk	4. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Chat Hour	5. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Word Puzzles 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays Excursion: Walmart 6303 Richmond Hwy, Alexandria VA 10:00AM-2:00PM	
8. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm UNO	9. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm Crossword 12pm-1pm LUNCH 1pm-2pm Chat Hour	10. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Fathers Day Art 12pm-1pm LUNCH 1pm-2pm Fathers Day Art Continued	11. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Painting Continued Excursion: PG PLAZA 3500 EAST-WEST HWY, Hyattsville MD 10:30AM-2:00PM	12. 10am-11am Coffee Time 11:00am-12:00pm Word puzzle 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays	

15. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Chat Hour	16. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12pm Health Promotion w/Irwin Royster 12pm-1pm LUNCH 1pm-2pm Strategy Games	17. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health Counseling w. Maryanne 12pm-1pm LUNCH 1pm-2pm Painting Continued	18. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Neighborhood Walk	19. Site Closed 	
22. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm 12:00pm-1:00pm LUNCH 1:00pm-2:00pm	23. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health Counseling w. Dr. Crawford 12pm-1pm LUNCH 1pm-2pm Chat Hour	24. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm UNO 12pm-1pm LUNCH 1pm-2pm Strategy Games	25. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm MONTHLY BINGO	26. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm In Person Spirit Club 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays	
29. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	30 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12pm Health Promotion w/Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour				June is Pride Month, Men's Health Month, PTSD Awareness Month, Alzheimer's & Brain Awareness Month, Migraine & Headache Awareness Month, Cataract Awareness Month, and Gun Violence Awareness Month, and it also includes Juneteenth National Independence Day (June 19), Flag Day (June 14), and Father's Day (June 21).

