





EOTR Columbia Heights FRIENDSHIP CAFÉ
 2900 14th st, NW DC
 Zairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3384
 Cheryl Perry, Nutrition Aide
 Marcel Williamson, Recreation Coordinator

**May
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1. 10:00am-11:00am Coffee & Chat 11am-12:00pm In Person Spirit Club 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games</p>	

<p>4. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Scented Candle Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Scented Candle Making</p>	<p>5. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Irwin Royster Health Promotion Schedule 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Group Discussion</p>	<p>6. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm T-Shirt Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish Your Shirts</p>	<p>7. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games</p>	<p>8. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm PUZZLES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Resin Molds Art</p>	
<p>11. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11am-12pm EYL Art Classes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Arts & Crafts</p>	<p>12. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Paintings</p>	<p>13. 10am-10:30am Coffee & Devotional 10:30am-12:00pm Mental Health Counseling w. Maryanne H 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Scented Soap Making</p>	<p>14. 10am-10:30am Coffee & Devotional 11:00am-12:00pm Nutrition Counseling w. Food Jonezi 11:00am-12:00pm Movie w/ Popcorn 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie w/popcorn</p>	<p>15. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00AM-12:00pm Chef Demonstration UDC Herb: Feeding Your Brain & Body 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games Excursion: Black Friday Deals 8457 Richmond Hwy, Alexandria VA 10:00am-2:00pm</p>	

<p>18 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Perfume Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie</p>	<p>19 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Irwin Royster Health Promotion Schedule 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish Your Looms</p>	<p>20 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games Excursion: Senior Fest 2700 Martin Luther King Jr Ave SE, Washington, DC 20032 9:00am-2:00pm</p>	<p>21 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Paintings</p>	<p>22. Site is Closed STAFF TRAINING</p>	
<p>25.  Site Closure Honor & Remember</p>	<p>26. 10am-10:30am Coffee & Devotional 10:30am-12:00pm Dr. Crawford Mental Health 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Monthly BINGO!!!</p>	<p>27. 10am-10:30am Coffee & Devotional 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms Excursion: Older American Month: A Wellness Expo 1480 Girard St, NW DC 10am-2:00pm</p>	<p>28. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Bracelet&Jewelry Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Group Discussion</p>	<p>29. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Paintings</p>	<p>May is Mental Health Awareness Month, Stroke Awareness Month, Lupus Awareness Month, Asthma & Allergy Awareness Month, Women's Health Month, Arthritis Awareness Month, Hepatitis Awareness Month, and Brain Cancer Awareness Month, and it also includes Cinco de Mayo (May 5), Mother's Day (second Sunday of May), National Nurses Day (</p>



Network – Supported by the Department of Aging and Community Living