






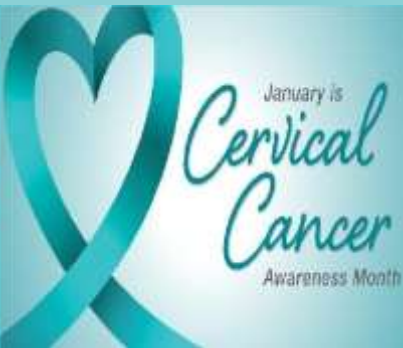



**EOTR Friendship Café /Zion Baptist Church-
Eastland
1234 Kenilworth Ave NE, Washington, DC 20019
Lia Elder, Recreation Coordinator, 202-891-0068**



January
2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	To live is to change, and to be perfect is to have changed often.” — <i>John Henry Newman</i>	“Cheers to a new year and another chance for us to get it right.” – Oprah Winfrey 	1. CLOSED 	2. 10:00am-Coffee & Tea 10:30am-Painting 12pm-Lunch/Talk Plans for the new year. 1pm-Healthy Eating in the New Year	

<p>5.</p> <p>10am-Coffee & Tea 10:30am-Crossword Puzzles/Word Search 12pm-Lunch 1pm-Healthy Eating</p>	<p>6.</p> <p>10am-Coffee & Tea 10:30am-Bingo 12pm-Lunch 1pm-Health Eating Pledge</p>	<p>7.</p> <p>10am-Coffee & Tea 10:30am-Adult Coloring 12pm-Lunch 1pm-Chair Exercise</p>	<p>8.</p> <p>10am-Coffee & Tea 10:30am-Tic-Tac-Toe 12pm-Lunch 1pm-Stretching Exercise</p>	<p>9.</p> <p>Martha's Table 2375 Elvans Rd SE 10am to 12pm</p> <p>10am-Coffee & Tea 11am-Card Games 12pm-Lunch 1pm-Walking the Room</p>	
<p>12.</p> <p>January Jumpstart w/ Kadjah & PT/DHH First Baptist Church 3440 Minnesota Ave NE</p> <p>10am-Coffee & Tea 10:30am-Chess Board Game 12pm-Lunch 1pm-Mental Meditation</p>	<p>13.</p> <p>10am-Coffee & Tea 10:30am-Memory Chess 12pm-Lunch 1pm-Healthy Emotions</p>	<p>14.</p> <p>10am-Coffee & Tea 11am-Health Promotion w/Irwin 12pm- Lunch 1pm-Memory Puzzle</p>	<p>15.</p> <p>10am-Coffee & Tea 10:30am-Connect 4 12pm-Lunch 1pm-Chair Exercise</p>	<p>16.</p> <p>10am-Coffee & Tea 10:30am-Tumbling Tower 12pm-Lunch 1pm-Stretching</p>	
<p>19.</p> <p>CLOSED</p> 	<p>20.</p> <p>Museum of The Bible 400 4th St SW 10am to 1:30pm</p> <p>10am-Coffee & Tea 11am-Card Games 12pm-Lunch 1pm-Walk the Room</p>	<p>21.</p> <p>10am-Coffee & Tea 11am-Health Promotion w/Irwin 12pm-Lunch 1pm-Dr. Martin Luther King Jr. Trivia</p>	<p>22.</p> <p>10am-Coffee & Tea 10:30am-Board Games 12pm-Lunch/Nutrition ED w/Ms. Minor 1pm-Bingo</p>	<p>23.</p> <p>10am-Coffee & Tea 10:30am-Uno 12pm-Lunch 1pm-Chair Exercise</p>	

26. 10am-Coffee & Tea 10:30am-Tic-Tac-Toe 12pm-Lunch 1pm-Health Discussion	27. 10am-Coffee & Tea 10:30am-Drawing w/ LED Note Board 12pm-Lunch 1pm-Mental Stimulation	28. 10am-Coffee & Tea 11am-Health Promotion w/Irwin 12pm-Lunch 1pm-Arts & Crafts	29. 10am-Coffee & Tea 10:30am-Connect 4 12pm-Lunch 1pm-Chair Yoga	30. 10am-Coffee & Tea 10:30am-Crossword Puzzles/Word Search 12pm-Lunch 1pm-Stretching	January is... Cervical Health Awareness Month, Glaucoma Awareness Month, International Quality of Life Month, National Birth Defects Awareness/Prevention Month, National Blood Donor Month, National Radon Action Month, National Winter Sports Traumatic Brain Injury Awareness Month, Thyroid Awareness Month
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