
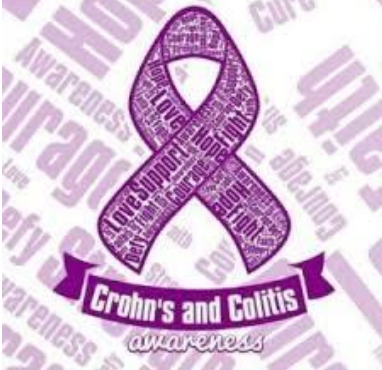




EOTR Columbia Heights FRIENDSHIP CAFÉ
 2900 14th st NW, DC
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Cheryl Perry, Nutrition Aide
 Marcel Williamson, Recreation Coordinator



**December
2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. 10:00am Coffee/Tea Hour 11:00am Painting 12:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>3. 10:00am Coffee/Tea Hour 11:00am Music/Movie 12:00pm Lunch 1:00pm-2:00 Cards w/ Friends</p>	<p>4. 10:00am Coffee/Tea Hour 11:00am Bracelet/Jewelry Making 12:00pm Lunch 1:00pm-2:00pm Arts & Crafts</p>	<p>5. 10:00am Coffee/Tea Hour 11:00am FREE ROBOTIC PET PRESENTATION W/ MS. ZEE 12:00pm Lunch 1:00pm-2:00pm Arts & Crafts</p>	<p>6. 10:00am Coffee/Tea Hour 11:00am Spirit Club Chair Fitness 12:00pm Lunch 1:00pm-2:00pm Cards w/ Friends</p>	<p>7.</p>  <p>3 December International Day of People with Disability</p>
<p>9. 10:00am Cofee/Tea Hour 11:00am Virtual Reality Games (OCULUS) 12:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>10. 10am-12pm Mental Health w/ Dr Crawford 12:00pm Lunch 1:00pm-2:00pm Cognitive Memory games (BOP IT)</p>	<p>11. 10:00am Coffee/Tea Hour 11:00am Looming Hats & Scarfs 12:00om Lunch 1:00pm-2:00pm Finish your looms Excursion: Mayors 26th Annual Senior Holiday Celebration 10am-2pm DC ARMORY 2001 E Capitol St. SE</p>	<p>12. 10:00am Coffee/Tea Hour 11:00am DIY Holiday Candy Jars 12:00pm Lunch 1:00pm-2:00pm BINGO</p>	<p>13. 10:00am Coffee/Tea Hour 11:00am Painting 12:00pm Lunch 1pm-2pm CORNHOLE</p>	<p>14.</p> 

<p>16. 10:00am Coffee/Tea Hour 11:00am Virtual Reality Games (OCULUS) 12pm Lunch 1:00pm-2:00pm Movie</p>	<p>17 10:00am Coffee/Tea Hour 11:00am Music/Movie 12:00pm-1pm Chef Demonstration w/ FOOD JONEZI 1:00pm-2:00pm Cognitive Memory games (BOP IT)</p>	<p>18. 10:00am Coffee/Tea Hour 11:00am Music/Movie 12:00pm Lunch 1:00pm-2:00pm Cognitive Memory games (BOP IT)</p> <p>Excursion: WALMART 10:00am-2:00pm 6303 Richmond Hwy, Alexandria, VA 22306</p>	<p>19. 10:00am Coffee/Tea Hour 11:00am BINGO 12:00pm Lunch 1:00pm-2:00pm Cognitive Memory Games (Electric Simon Says)</p>	<p>20. 10:00am Coffee/Tea Hour 11:00am Holiday Bouquets 12:00pm Lunch 1:00pm-2:00pm Table Games</p>	<p>21</p> 
<p>23. 10:00am Coffee/Tea Hour 11:00am EPD WAIVER PROGRAM PRESENTATION 12:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>24. 10:00am Coffee/Tea Hour 11:00am Cookie Baking 12:00pm Lunch 1:00pm-2:00pm Cookie Decorating</p>	<p>25. Happy Holidays!!!</p>  <p>Happy Holidays!!!</p> <p>Happy Holidays!!</p> <p>Happy Holidays!</p>	<p>26. 10:00am Coffee/Tea Hour 11:00am BINGO 12:00pm Lunch 1:00pm-2:00pm Arts & Crafts</p>	<p>27. 10:00am Coffee/Tea Hour 11:00am Looming Hats & Scarfs 12:00om Lunch 1:00pm-2:00pm Finish your looms</p>	
<p>30. 10:00am Coffee/Tea Hour 11:00am BINGO 12:00pm Lunch 1:00pm-2:00pm Arts & Crafts</p>	<p>31. 10:00am Coffee/Tea Hour 11:00am Music/Movie 12:00pm Lunch 1:00pm-2:00pm New Years Resolutions</p>			<p>December 3: International Day of Persons with Disabilities December 2-8: National Handwashing Awareness Week December 4-8: National Influenza Vaccination Week</p>	<p>December 1-31 National Impaired Driving Prevention Month December 1-31: National Safe Toys and Gifts Month December 1: World AIDS Day December 1-7: Crohn's and Colitis Awareness Week</p>

Network – Supported by the Department of Aging and Community Living