







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

**April
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 	<p>1. 10am-10:30am Coffee & Tea Mix/Mingle 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>2. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Candle Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Group Discussion</p>	<p>3. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Jewelry Making – Necklaces/ Bracelets 11:00am-12:00pm In Person Exercise w. Spirit Club Fitness 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jewelry Making – Necklace/ Bracelets</p>	
<p>6. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person: Pottery Classes with EYL 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish Your Looms</p>	<p>7. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-12:00pm Mental Health Counseling w. Dr. Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie</p>	<p>8. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Table Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games Excursion: Washington Senior Wellness Center 3001 Alabama ave SE, Washington DC 10:00am-2:00pm</p>	<p>9. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Movie w/ Popcorn 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie w/popcorn</p>	<p>10. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Mandala Coloring EXCURSION: Amish Market 9701 FT. MEADE RD LAUREL, MD 20707 10:00am-2:00pm</p>	

<p>13. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Table Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table games Excursion: Super Walmart 6303 Richmond Hwy, Alexandria, VA 22306 10:00am-2:00pm</p>	<p>14. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Chef Demo & Nutrition Ed w. Food Jonezi:Boosting Immunity with Seasonal Antioxidants! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Candle Making</p>	<p>15. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-12:00pm Mental Health Counseling w. Maryanne Henderson 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Paintings</p>	<p>16. SITE IS CLOSED </p>	<p>17. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Cooking Demo W. Chef Herb on Harvest of the Month 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts&Crafts</p>	
<p>20. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm DIY Arts & Crafts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Arts & Crafts</p>	<p>21. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Health Promotion w. EOTR Irwin Royster 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Resin Molds Art</p>	<p>22. 10am-10:30am Coffee & Tea Mix/Mingle 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>23. 10am-10:30am Coffee & Tea Mix/Mingle 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 EXCURSION: GOLDEN CORRAL 1001 SHOPPERS WAY LARGO, MD 10:00am-2:00pm</p>	<p>24. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Wild Tech: Digital Literacy Training & laptop giveaway Raffles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Wild Tech: Digital Literacy Training & laptop giveaway Raffles</p>	
<p>27. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Looming-Knitting & Potholders 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Looms</p>	<p>28. 10am-10:30am Coffee & Tea Mix/Mingle 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 & Tea Mix/Mingle 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>30. 10am-10:30am Coffee & Tea Mix/Mingle 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Table Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games</p>		<p>April is National Minority Health Month, Autism Acceptance Month, Stress Awareness Month, Alcohol Awareness Month, Sexual Assault Awareness Month, Parkinson's Awareness Month, Oral Cancer Awareness Month, and Child Abuse Prevention Month, and it also includes World Health Day (April 7) and Earth Day (April 22).</p>

