



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

March
2026



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>2. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm EYL ART CLASS & POTTERY 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>3. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-11:30am Bracelet Making 11:30am-12:30pm Health Promotion w/ Irwin Royster 12:00pm-1:00pm Lunch 1:00pm-2:00pm More Bracelet Making</p>	<p>4. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Power of Nutrition Packet & Play 12:00pm-1:00PM Lunch 1:00pm-2:00pm Table Games/ April Planning</p>	<p>5. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES Excursion: WALMART 6303 RICHMOND.HWY ALEXANDRIA, VA 10:00am-2:00pm</p>	<p>6. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Start our Jewelry Building 11:00am-12:00pm IN PERSON SPIRIT CLUB 12:00pm-1:00PM Lunch 1:00pm-2:00pm Finish our Jewelry Pieces</p>	
<p>9. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm T- Shirt making/ Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Shirts</p>	<p>10. 10am-10:30am Coffee and Tea 10:30am-12:00pm MENTAL HEALTH w/ DR. CRAWFORD 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>11. 10am-10:30am 10:30am-11am Virtual Exercise 11:00am-12:00pm Chef Herb Cooking Demonstration 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie</p>	<p>12. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Looms The National Aquarium 501 E Pratt St, Baltimore, MD 21202 10:00am-2:00pm</p>	<p>13. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Resin Molds Arts and Crafts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Resin Molds Arts and Crafts</p>	

<p>16. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00PM Lunch 1:00pm-2:00pm Table Games</p>	<p>17. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Jeopardy 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES Bible Museum 400 4th St SW 6th floor, Washington, DC 20024 10am-2:00pm</p>	<p>18. 10am-10:30am Coffee and Tea 10:30am-12:00pm Mental Health w. Maryanne 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Soaps</p>	<p>19. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music/Movie 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Monthly Big Bingo</p>	<p>20. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms</p>	
<p>23. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Bracelet/Jewelry Building 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>24 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Capital Village Interactive Transportation Training 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Shirts</p>	<p>25. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Intro to Spring Canvas Painting & Resource w. Ms Zee 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES</p>	<p>26. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Music/Movie 12:00pm Lunch 1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS)</p>	<p>27. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm Digital Literacy Training w. Free Laptop Raffle Wild Tech 12:00pm-1:00pm Lunch 1:00pm-2:00pm Digital Literacy Training w. Free Laptop Raffle Wild Tech PT.2</p>	
<p>30. 10:00am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00pm Lunch 1:00pm-2:00pm Finish your Looms</p>	<p>31. 10:00am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm T- Shirt making/ Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish your Shirts</p>				<p>March is National Nutrition Month, National Kidney Month, Colorectal Cancer Awareness Month, Brain Injury Awareness Month, Developmental Disabilities Awareness Month, Endometriosis Awareness Month, Multiple Sclerosis (MS) Awareness Month, Bleeding Disorders Awareness Month, and Workplace Eye</p>

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