



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

March  
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>March is...</p> <p><u>Malignant Hyperthermia</u> Awareness Month, <u>Multiple Sclerosis</u> Awareness Month, <u>Myeloma Action</u> Month, National <u>Bleeding Disorders</u> Awareness Month,</p>	<p>March is also....</p> <p>National <u>Developmental Disabilities</u> Awareness Month, National <u>Endometriosis</u> Awareness Month, National <u>Kidney</u> Month, National <u>Nutrition</u> Month, Save Your Vision Month, <u>Trisomy</u> Awareness Month</p>		<p>March 26  <b>AMERICAN DIABETES</b>          Alert Day</p>	
<p>3            10:00am-10:30am            Coffee and Tea            10:30am-11:00am            Virtual low intensity Zumba Class            11:00am-12:00pm            Movie &amp; Card Games            12:00pm-1:00pm            Lunch            1:00pm-2:00pm            Pokeno</p>	<p>4.            10:00am-10:30am            Coffee and Tea            10:30am-11:00am            Virtual low intensity Dance Exercise            11:00am-12:00pm            Virtual Reality Games (OCULUS)            12:00pm-1:00pm            Lunch            1:00pm-2:00om            Group Discussion</p>	<p>5.            10:00am-10:30am            Coffee and Tea            10:30am-11:00am            Virtual low intensity Dance Exercise            11:00am-12:00pm            Indoor Planting            12:00pm-1:00PM  <b>Lunch &amp; Live Chef Demonstration w/ Food Jonezi!</b>            1:00pm-2:00pm            Group discussion</p>	<p>6.            10:00am-10:30am            Coffee/Tea            10:30am-11:00am Virtual Spirit Club Chair Exercise            11:00am-12:00pm            Looming &amp; Knitting            12:00pm-1:00pm Lunch            1:00pm-2:00pm BINGO!</p>	<p>7.            10:00am-10:30am            Coffee and Tea            10:30am-11:00am            Looming- Hats &amp; Scarves            11:00am-12:00pm  <b>IN-PERSON Spirit Club Chair Exercise</b>            12:00pm-1:00pm            Lunch            1:00pm-2:00pm            Finish your looms</p>	

<p><b>10</b>  <b>10:00am-10:30am</b>  <b>Coffee and Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual low intensity</b>  <b>Zumba Class</b>  <b>11:00am-12:00pm</b>  <b>Movie &amp; Card Games</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>Pokeno</b></p>	<p><b>11</b>  <b>10:00am-10:30am</b>  <b>Coffee and Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Spirit Club</b>  <b>Chair Exercise</b>  <b>11:00am-12:00pm</b>  <b>Arts &amp; Crafts</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>Movie Time!</b></p>	<p><b>12.</b>  <b>10:00am-10:30am</b>  <b>Coffee and Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Dance</b>  <b>Exercise</b>  <b>11:00am-12:00pm</b>  <b>Indoor Planting</b>  <b>12:00pm-1:00PM</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>Group discussion</b></p>	<p><b>13.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11:00am Virtual</b>  <b>Spirit Club Chair</b>  <b>Excercise</b>  <b>11:00am-12:00pm</b>  <b>Looming &amp; Knitting</b>  <b>12:00pm-1:00pm Lunch</b>  <b>1:00pm-2:00pm BINGO!</b></p>	<p><b>14.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Spirit Club</b>  <b>Chair Exercise</b>  <b>11:00am-12:00pm</b>  <b>Bracelet/Jewerly</b>  <b>Making</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>Group Discussion</b></p>	
<p><b>17.</b>  <b>10:00am-10:30am</b>  <b>Coffee and Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Spirit Club</b>  <b>Chair Exercise</b>  <b>11:00am-12:00pm Arts</b>  <b>Crafts</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm Arts</b>  <b>Crafts</b></p>	<p><b>18</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Spirit Club</b>  <b>Chair Exercise</b>  <b>11:00am-12:00am</b>  <b>Music/Movie</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>Table Games</b></p>	<p><b>19.</b>  <b>10:00am-10:30am</b>  <b>Coffee and Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Dance</b>  <b>Excercise</b>  <b>11:00am-12:00pm</b>  <b>Painting</b>  <b>12:00pm-1:00PM</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>Jewerly Making</b></p>	<p><b>20</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11:00am Virtual</b>  <b>Spirit Club Chair</b>  <b>Excercise</b>  <b>11:00am-12:00pm</b>  <b>Looming &amp; Knitting</b>  <b>12:00pm-1:00pm Lunch</b>  <b>1:00pm-2:00pm Pokeno!</b>  <b>EXCURSION:</b>  <b>RELAX and RECHARGE</b>  <b>WARD 1 St. PATRICK'S</b>  <b>SENIOR WELLNESS AND</b>  <b>SPA DAY</b>  <b>10AM-2PM</b>  <b>1480 GIRARD ST, NW DC</b></p>	<p><b>21.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11:00am</b>  <b>Virtual Spirit Club</b>  <b>Chair Exercise</b>  <b>11:00am-12:00am</b>  <b>Music/Movie</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>VIRTUAL</b>  <b>REALITY GAMES</b>  <b>(OCULUS)</b></p>	

<b>24.</b> <b>10:00am-10:30am</b> <b>Coffee and Tea</b> <b>10:30am-11:00am</b> <b>Virtual Dance</b> <b>Excercise</b> <b>11:00am-12:00pm</b> <b>Painting</b> <b>12:00pm-1:00PM</b> <b>Lunch</b> <b>1:00pm-2:00pm</b> <b>Jewerly Making</b>	<b>25.</b> <b>10:00am-10:30am</b> <b>Coffee and Tea</b> <b>10:30am-11:00am</b> <b>Virtual Spirit Club</b> <b>Chair Exercise</b> <b>11:00am-12:00pm</b> <b>Arts &amp; Crafts</b> <b>12:00pm-1:00PM</b> <b>Lunch</b> <b>1:00pm-2:00pm Arts</b> <b>Crafts</b>	<b>26.</b> <b>10:00am-10:30am</b> <b>Coffee and Tea</b> <b>10:30am-11:00am</b> <b>Virtual Dance</b> <b>Exercise</b> <b>11:00am-12:00pm</b> <b>Medicaid Visit-LOWER</b> <b>PRESCRIPTION COST</b> <b>&amp; PREVENT FRAUD</b> <b>12:00pm-1:00PM</b> <b>Lunch</b> <b>1:00pm-2:00pm</b> <b>Group discussion</b>	<b>27.</b> <b>10am-10:30am Coffee/</b> <b>Tea &amp; Virtual Spirit Club</b> <b>Chair Excercise</b> <b>10:30am-12:00pm Mental</b> <b>Health Counsiling with</b> <b>Dr.Crawford</b> <b>12:00pm-1:00pm Lunch</b> <b>1:00pm-2:00 Bingo</b>	<b>28.</b> <b>10:00am-10:30am</b> <b>Coffee and Tea</b> <b>10:30am-11:00am</b> <b>Virtual Spirit Club</b> <b>Chair Exercise</b> <b>11:00am-12:00pm</b> <b>Music/Movie</b> <b>12:00pm-1:00pm</b> <b>Lunch</b> <b>1:00pm-2pm Table</b> <b>Games</b>	<b>Monday 31<sup>st</sup>.</b> <b>10:00am-10:30am</b> <b>Coffee/Tea</b> <b>10:30am-11:00am</b> <b>Virtual Spirit Club</b> <b>Chair Exercise</b> <b>11:00am-12:00pm</b> <b>Bracelet/Jewerly</b> <b>Making</b> <b>12:00pm-1:00pm</b> <b>Lunch</b> <b>1:00pm-2:00pm Group</b> <b>Discussion</b>
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*Network – Supported by the Department of Aging and Community Living*