

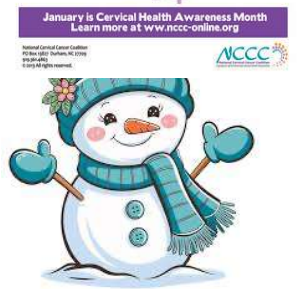




**EOTR Friendship Café/PT DHH      January Activity Calendar 2026**  
**3440 Minnesota Ave SE**  
**DHH Recreation Coordinator Jessica Bryant 202-441-1537**  
**PT Recreation Coordinator Ciara Crawford 301-346-9139**



	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1.</b> <b>10am -Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm- Lunch 1pm - Table Talk: why mental health matters	<b>2.</b> <b>10am –Health Promotion w/Irwin</b> <b>11am- Mental Health Sessions w/ Dr. Crawford</b> 12pm – Lunch 1pm- Calander Review
	<b>5. KRC</b> <b>4321 ORD ST NE</b> <b>(center closed)</b> 10am- Coffee/Chat&Chew <b>10:30- ASL Spring w/ Rebekah</b> <b>12pm –Lunch/ Nutrition Ed. w/ Ms. Minor</b> 1pm- Open Games	<b>6.</b> <b>10am -Body wise w/ UDC Ms. Vernette</b> 11am-Coffee/Teatime 12pm- Lunch 1pm – Open Games	<b>7.</b> 10am-Chat&Chew <b>11am – Spirit Fitness w/ Chris</b> 12pm – Lunch 12:30- Let's Sign 1pm- NewYear Collage Craft	<b>8.</b> <b>10am -Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm – Lunch 1pm – Table Talk: Family life	<b>9.</b> <b>Martha's Table</b> <b>2375 Elvan's Rd SE,</b> <b>Washington, DC 20020</b> <b>10:30am-12pm</b> 10am – Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Introduction of Brain Games

 	<p><b>12.</b> 10am -Coffee/Chat&amp;Chew 11am- Move&amp; Groove 12pm –Lunch 1pm- Brain Games</p>	<p><b>13.</b> <b>10am -Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm- Lunch 1pm- Hot Chocolate Bar</p>	<p><b>14.</b> 10am- Coffee/ Teatime <b>11am – Spirit Fitness w/ Chris</b> 12pm – Lunch 12:30- Let's Sign 1pm – Hot Chocolate Bar</p>	<p><b>15.</b> <b>10am -Body wise w/ UDC Ms. Vernette</b> 11am- Coffee/ Teatime 12pm-Lunch 1pm- Table Talk: Music</p>	<p><b>16.</b> <b>Bowling</b> <b>Marlow Heights AMF</b> <b>4717 St. Barnabas Rd, Temple Hills MD, 20748</b> <b>10am-12pm</b> 10am – Coffee/Chat&amp;Chew 11am-Move&amp;Groove 12pm – Lunch 1pm – Brain Games</p>
	<p><b>19.</b> <b>KRC</b> <b>4321 ORD ST NE</b> 10am -Coffee/Chat&amp;Chew <b>10:30- ASL Spring w/ Rebekah</b> <b>12:00 – Lunch/Nutrition Ed. w/ Ms. Minor</b> 1pm- Activity of Choice</p>	<p><b>20.</b> <b>10am - Body wise w/ UDC Ms. Vernette</b> 11am -Coffee/Teatime 12pm -Lunch 1pm- Open Games</p>	<p><b>21.</b> 10am-Coffee/Chat&amp;Chew <b>11am – Spirit Fitness w/ Chris</b> 12pm – Lunch 12:30- Let's Sign 1pm- Mosaic Tiles Craft</p>	<p><b>22.</b> <b>10am - Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm - Table Talk: Travel Life</p>	<p><b>23.</b> <b>10am –Health Promotion w/Irwin</b> <b>11am- Mental Health Sessions w/ Dr. Crawford</b> 12pm – Lunch 1pm – Brain Games</p>
<p>January is Cervical Health Awareness Month Learn more at <a href="http://www.ncccoffline.org">www.ncccoffline.org</a></p> 	<p><b>26.</b> 10am -Coffee/Chat&amp;Chew 11am – Move&amp;Groove 12pm - Lunch 1pm- Brain Games</p>	<p><b>27.</b> <b>10am - Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm - Build your own snowman</p>	<p><b>28.</b> 10am-Coffee/Chat&amp;Chew <b>11am – Spirit Fitness w/ Chris</b> 12pm – Lunch 12:30-Let's Sign 1pm- Activity of Choice</p>	<p><b>29.</b> <b>10am - Body wise w/ UDC Ms. Vernette</b> 11am - Coffee/Teatime 12pm -Lunch 1pm - Table Talk – Hobbies and interests</p>	<p><b>30.</b> <b>10am –Health Promotion w/Irwin</b> 11am - Move&amp;Groove <b>12pm – Lunch/Cooking w/ Chef Herb</b> 1pm – Brain Games Tournament</p>

*Part of the Senior Services Network – Supported by the Department of Aging and Community Living.*