



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

January Activity Calendar 2026



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



MENTAL HEALTH AWARENESS MONTH



January is Cervical Health Awareness Month
Learn more at www.nccc-online.org

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

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