
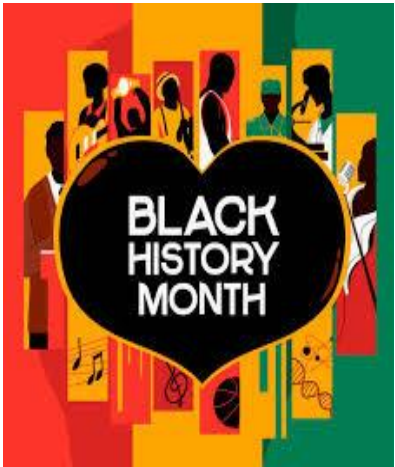
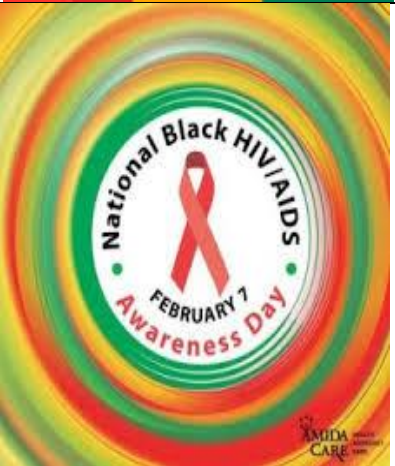




EOTR Columbia Heights FRIENDSHIP CAFÉ  
2900 14<sup>th</sup> st, NW DC  
Ziairra Baughan-Owens, Outreach/Partnership Rec.  
Coordinator  
202-845-3378  
Cheryl Perry, Nutrition Aide  
Marcel Williamson, Recreation Coordinator

February  
2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 1-29: American Heart Month February 1-29: International Prenatal Infection Prevention Month February 1-29: Low Vision Awareness Month National Cancer Prevention Month	February 4: World Cancer Day National Black HIV/AIDS Awareness Day, African Heritage & Health Week, Heart Failure Awareness Week, Sepsis Survivor Week International Epilepsy Day National Donor Day, National Caregivers Day, National Heart Valve Disease Awareness Day, Recreational Sports & Fitness Day			 
3. 10:00am-10:30am Coffee/Tea Hour 10:30am-11am VIRTUAL EXERCISE W/ SPIRIT CLUB 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2pm Table Games	4. 10:00am-10:30am Coffee/Tea 10:30-11am VIRTUAL EXERCISE W/ SPIRIT CLUB 11:00am-12:00pm Looming 12:00pm-1:00pm Lunch 1:00pm-2:00pm Finish your Looms	5. 10:00am-10:30am Coffee/Tea 10:30-11am VIRTUAL EXERCISE W/ SPIRIT CLUB 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno EXCURSION: 2 <sup>nd</sup> Ave. Super Thrift Store 10am-2pm 8750 RICHMOND PARKWAY ALEXANDRIA, VA	6. 10:00am-10:30am Coffee/Tea 10:30am-11am VIRTUAL EXERCISE W/ SPIRIT CLUB 11:00am-12:00pm Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO	7. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Spirit Club Exercise IN-PERSON 12:00pm-1:00pm Lunch 1:00pm-2:00pm VIRTUAL REALITY GAMES (OCULUS)	

<p><b>10.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-12pm</b>  <b>MENTAL HEALTH COUNSILING W/ DR CRAWFORD</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b></p>	<p><b>11.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Looming/ or make a dream catcher</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>Finish your Looms</b></p>	<p><b>12.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Music/Movie</b>  <b>12:00pm-1:00pm Lunch</b>  <b>1:00pm-2:00pm Table Games</b>  <b>EXCURSION:</b>  <b>WALMART</b>  <b>10am-2pm</b>  <b>6303</b>  <b>RICHMOND HWY</b>  <b>ALEXANDRIA, VA</b></p>	<p><b>13.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Holiday Valentines Party (Candle Making &amp; Cookie Decorating)</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-11am</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</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>#EPILEPSYDAY</b></p>
<p><b>17.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</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 Group discussion</b></p>	<p><b>18.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Looming</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm Finish your Looms</b></p>	<p><b>19.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Music/Movie</b>  <b>12:00pm-1:00pmLunch</b>  <b>1:00pm-2:00pm Table Games</b>  <b>EXCURSION:</b>  <b>ROSES DISCOUNT STORE</b>  <b>7706 MARLBORO PIKE,</b>  <b>DISTRICT HEIGHTS, MD</b>  <b>10:00AM-2:00PM</b></p>	<p><b>20.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Music/Movie</b>  <b>12:00pm-1:00pm</b>  <b>Lunch</b>  <b>1:00pm-2:00pm</b>  <b>BINGO!</b></p>	<p><b>21.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30am-11am</b>  <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</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>OCULUS</b></p>	
<p><b>24.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea</b>  <b>10:30-11am VIRTUAL EXERCISE W/ SPIRIT CLUB</b></p>	<p><b>25.</b>  <b>10:00am -10:30am</b>  <b>Coffee/Tea Hour</b>  <b>10:30-11am VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Bracelet/Jewelry Making</b></p>	<p><b>26.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea Hour</b>  <b>10:30-11am VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Music/Movies</b></p>	<p><b>27.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea Hour</b>  <b>10:30-11am VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm EOTR DEAF &amp; HARD OF</b></p>	<p><b>28.</b>  <b>10:00am-10:30am</b>  <b>Coffee/Tea Hour</b>  <b>10:30-11am VIRTUAL EXERCISE W/ SPIRIT CLUB</b>  <b>11:00am-12:00pm</b>  <b>Indoor Planting</b></p>	

<b>11:00am-12:00pm</b> <b>Arts&amp;Crafts</b> 12:00pm-1:00pm Lunch 1:00pm-2:00pm <b>Arts&amp;Crafts</b>	12:00pm-1:00pm Lunch <b>1:00pm-2:00pm Group Discussion</b>	12pm-1pm Lunch 12:00pm-1:00pm: <b>CHEF JONEZI CHEF DEMONSTRATION</b> 1:00pm-2:00pm <b>POKENO</b>	<b>HEARING PROGRAM W/ LORENZO</b> 12:00pm-1:00pm Lunch 1:00pm-2:00pm <b>BINGO!</b>	12:00pm-1:00pm Lunch <b>1:00pm-2:00pm Group Discussion</b>	
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*Network – Supported by the Department of Aging and Community Living*