



EOTR Paul L Dunbar FRIENDSHIP CAFÉ
 2001 15th st, NW DC
 Zaira Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Sandra Jackson, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

**April
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 	<p>1. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12pm Easter Egg Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-RING TOSS</p>	<p>2. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-RESIN ART 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-ARTS N' CRAFTS</p> <p>Excursion: MLK JR. LIBRARY 901 G Street NW Washington DC 10:00am-1:00pm</p>	<p>3. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Cooking Demo W. Chef Herb on Harvest of the Month 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN</p>	
<p>6. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MORNING CHAT/WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-WHAT'S NEW</p>	<p>7. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-ARTS N' CRAFTS 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-IRWIN ROYSTER Health Promotions</p>	<p>8. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MUSIC HOUR 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN</p> <p>Excursion: Washington Senior Wellness Center 3001 Alabama ave SE, Washington DC 10:00am-2:00pm</p>	<p>9. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-DOMINOES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-READING HOUR</p>	<p>10. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-In Person SPIRIT CLUB 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO</p>	

<p>13. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-EYL COURSE: Pottery 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-WHATS NEW</p>	<p>14. 10am-10:30am Coffee & Devotional 10:30am-12:00pm Mental Health Counseling w. Dr Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-POETRY WRITING</p>	<p>15. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-CARD MAKING 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-NAME THAT TUNE Excursion: Rose's 7706 Marlboro Pike, Forestville, MD 20747 10:00am-2:00pm</p>	<p>16. Site is Closed </p>	<p>17. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-CROSSWORD PUZZLES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO</p>	
<p>20. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-SRING IN THE AIR 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- SPRING DECORATIONS</p>	<p>21. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Chef Demo & Nutrition Ed w. Food Jonezi:Boosting Immunity with Seasonal Antioxidants! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-IRWIN ROYSTER: Health Promotions</p>	<p>22. 10am-10:30am Coffee & Devotional 10:30a-12:00pm Mental Health Counseling w. Maryanne! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN</p>	<p>23. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-SCRABBLE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-JIGSAW PUZZLES</p>	<p>24. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-HANGMAN 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO Excursion: Smithsonian Air & Space Musuem 650 Jefferson Dr SW, Washington, DC 20004 10:00am-2:00pm</p>	
<p>27. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-CHAT TIME 12:00pm-1:00pm LUNCH</p>	<p>28. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MUSIC/DANCE HOUR 12:00pm-1:00pm LUNCH</p>	<p>29. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-PAINTING 12:00pm-1:00pm LUNCH</p>	<p>30. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-RING TOSS 12:00pm-1:00pm LUNCH</p>		<p>April is National Minority Health Month, Autism Acceptance Month, Stress Awareness Month, Alcohol Awareness Month, Sexual Assault Awareness Month, Parkinson's Awareness Month, Oral Cancer Awareness Month, and Child Abuse Prevention Month, and it also includes World Health Day (April 7) and Earth Day (April 22).</p>

1:00pm-2:00pm- “about next month...”	1:00pm-2:00pm-SEVEN	1:00pm-2:00pm-PAINTING	1:00pm-2:00pm-MUSIC HOUR		
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