



EOTR Paul L Dunbar FRIENDSHIP CAFÉ
 2001 15th st, NW DC
 Zaira Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3384
 Sandra Jackson, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

**May
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Jenga 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO</p>	
<p>4. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CHAT HOUR</p>	<p>5. 10am-10:30am Coffee & Devotional 10:30am – 12:00pm Mental Health Counseling w. Maryanne 11:00am-12:00pm-CROSSWORD PUZZLES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-IRWIN ROYSTER HEALTH PROMOTION</p>	<p>6. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN</p>	<p>7. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-Nutrition Counseling w. Food Jonezi 12:00pm-1:00pm LUNCH 1:00pm-2:00pm MUSIC/PAINTING</p>	<p>8. 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>11. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CHAT TIME</p>	<p>12. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm RING TOSS 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-JENGA</p>	<p>13. 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-ARTS N' CRAFTS</p>	<p>14. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MOVIE DAY 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-MOVIE DAY</p>	<p>15. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm DANCE INTO THE WEEKEND 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO Excursion: Cracker Barrel 175 Jennifer Rd, Annapolis MD 10:00am-2:00pm</p>	
<p>18 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm- POTTERY/EYL ART CLASSES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CHAT TIME</p>	<p>19 10am-10:30am Coffee & Devotional 10:30am-12:00pm Dr. Crawford Mental Health 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-IRWIN ROYSTER HEALTH PROMOTION</p>	<p>20 10am-10:30am Coffee & Devotional 10:30am -11:00am Virtual Exercise 11:00am-12:00pm SEVEN 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Jenga Excursion: Senior Fest 2700 Martin Luther King Jr Ave SE, Washington, DC 20032 9:00am-2:00pm</p>	<p>21 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-BOOK CLUB 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-READING HOUR</p>	<p>22. Site is Closed STAFF TRAINING</p>	
<p>25. </p>	<p>26. 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-WORD SEARCH</p>	<p>27. 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-RESIN ART Excursion: Older American Month: A Wellness Expo 1480 Girard St, NW DC 10am-2:00pm</p>	<p>28. 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-BINGO</p>	<p>29. 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-BINGO</p>	<p>May is Mental Health Awareness Month, Stroke Awareness Month, Lupus Awareness Month, Asthma & Allergy Awareness Month, Women's Health Month, Arthritis Awareness Month, Hepatitis Awareness Month, and Brain Cancer Awareness Month, and it also includes Cinco de Mayo (May 5), Mother's Day (second Sunday of May), National Nurses Day (May 6), and Memorial Day</p>

