
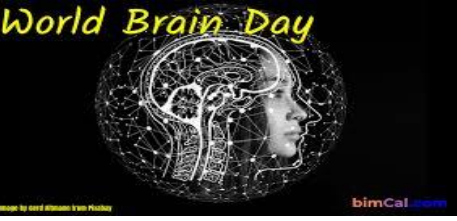




EOTR Paul L Dunbar FRIENDSHIP CAFÉ
 2001 15th st, NW
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Sandra Jackson, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

July 2025



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|
|  | 1. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Music/CHAT TIME | 2. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-Arts n Crafts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SAND ART | 3. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-KEYCHAINS 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO | 4. Sites Closed  |   |
| 7. 10am-10:30aCoffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-MONOPOLY | 8. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-RING TOSS 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CHECKERS | 9. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:am-12:pm-CHAT 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-MUSIC HOUR CHATEAU 3439 Benning Rd NE, Washington, DC 20019 11:00am-1:00pm | 10. 10am-10:30am -Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-Nutrition Education w. Nutritionist Renee Afryka 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-PAINTING | 11. 10am-10:30-Coffee/Tea 10:30am-11am-Virtual Spirit Club Exercise 11:00am-12:00pm-PAINTING 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-WHATS YOUR NEWS? |  |

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|--|---|---|--|---|--|
| <p>14. 10am-10:30am -Coffee/Tea 10:30am-11am- Virtual Spirit Club Chair Exercise 11:00am-12:00pm- MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-JENGA</p> | <p>15. 10am-10:30am -Coffee/Tea 10:30am-11am- Virtual Spirit Club Chair Exercise 11:00am-12:00pm- Let's Talk about Resources w/ Ms. Zee 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CUP MATCH CHALLENGE</p> | <p>16. 10am-10:30amCoffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-411 UNITED HEALTHCARE W. Agent Donna Tabor 12:00pm-1:00pm-Lunch & Fall Recovery and Prevention Educational Workshop 1:00pm-2:00pm-UNO</p> | <p>17. 10am-10:30am -Coffee/Tea 10:30am-11am- Virtual Spirit Club Chair Exercise 11:00am-12:00pm- PAINTING 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-MUSIC HOUR</p> | <p>18. 10am-10:30amCoffee/Tea 10:30am-11am- Virtual Spirit Club Chair Exercise 11:00am-12:00pm-JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-RING TOSS</p> |  |
| <p>21. 10am-10:30am-Coffee/Tea 10:30am-11am- Virtual Spirit Club Chair Exercise 11:00am-12:00pm- MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-TABLE GAMES</p> | <p>22. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm- Financial Literacy & Wellness Workshops SAVVY Seniors/Frauds & Scams 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CHAT TIME</p> | <p>23. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-SUN TIME 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-CUP MATCH CHALLENGE</p> | <p>24. 10am-10:30am-Coffee/Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-JENGA 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-DANCE TIME</p> <p>*BOXED LUNCHES WILL BE PROVIDED FOR 7/25 SITE CLOSURE*</p> | <p>25. Site Closure for Staff Training/ Discretionary Day</p>  |   |
| <p>28. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm- MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-LET'S CHAT</p> | <p>29. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-ARTS CRAFT 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-BINGO</p> | <p>30. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm- GUESSING GAME 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-UNO</p> | <p>31. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-MUSIC 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- MONTHLY BINGO</p> | <p>“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.” — Booker T. Washington</p> | <p>July is... Cord Blood Awareness Month, Healthy Vision Month, International Group B Strep Awareness Month, Juvenile Arthritis Awareness Month, National Cleft & Craniofacial Awareness and Prevention Month, National Hemochromatosis Awareness Month, National Minority Mental Health Awareness Month, Sarcoma Awareness Month, UV Safety Month, World Population Day, World Brain Day, World Sjogren’s Day, World Hepatitis Day</p> |

