



**EOTR PABC FRIENDSHIP CAFÉ**  
3000 Penn Ave SE, DC  
Zairra Baughan-Owens, Outreach/Partnership Rec.  
Coordinator  
202-845-3384  
Sheila Ward, Nutrition Aide  
Madeline Farrell, Recreation Coordinator

**May  
2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4. 10:00-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Sip &amp; Paint EYL Art Class 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Decorate</p>	<p>5. Cinco De Mayo 10am-10:30am Coffee &amp; Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Trivia 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts &amp; Crafts Excursion: Martha's Table 2375 Elvan's Rd SE Washington, DC 20020 11:00am-12:30pm</p>	<p>6. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm What came first? 12:00pm-1:00pm LUNCH &amp; "All about Nutritional Supplements" w. Ms Minor 1:00pm-2:00pm Family Feud</p>	<p>7. 10am-10:30am Coffee &amp; Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Brain games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Crafts (Yard art)</p>	<p>8. 10:00am-11:00am Coffee &amp; Devotional 11:00am-12:00pm Zoom (WildTech) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts &amp; Crafts</p>	

<p>11.  <b>10:00am-11:00am</b>  <b>Fitness w. Ms. Vernetta</b>  <b>11:00am-12:00pm</b>  <i>Technology Training:</i>  <b>Master Any Keyboard &amp; Learn Language Skills!</b>  <b>Part I *Laptop Giveaway*</b>  12:00pm-1:00pm  <b>LUNCH</b>  <b>1:00pm-2:00pm</b>  <i>Technology Training:</i>  <b>Master Any Keyboard &amp; Learn Language Skills!</b>  <b>Part II*Laptop Giveaway*</b></p>	<p>12.  10am-10:30am  Coffee &amp; Devotional  10:30am-11:00am  Virtual Exercise  <b>11:00am-12:00pm</b>  <b>Fire Prevention w. Dr. Angela White</b>  12:00pm-1:00pm  <b>LUNCH</b>  1:00pm-2:00pm  Arts &amp; Crafts</p>	<p>13.  <b>10am-11:00am</b>  <b>Fitness w. Ms. Vernetta</b>  11:00am-12:00pm  Riddle me this  12:00pm-1:00pm  <b>LUNCH</b>  1:00pm-2:00pm  Cards</p>	<p>14.  10am-10:30am  Coffee &amp; Devotional  <b>10:30am-12:00pm Mental Health w. Maryanne</b>  12:00pm-1:00pm  <b>LUNCH</b>  1:00pm-2:00pm  Music (wind down)  <b>Excursion:</b>  <b>Amish Market</b>  <b>9701 Fort Meade Rd.</b>  <b>Laurel, MD 20707</b>  <b>10 :00am- 2 :00pm</b></p>	<p>15.  <b>10am-11:00am</b>  <b>Fitness w. Ms. Vernetta</b>  11:00am-12:00pm  Zoom (WildTech)  12:00pm-1:00p  <b>LUNCH</b>  <b>1:00pm-2:00pm</b>  <b>Diabetes Awareness w. Irwin Royster</b></p>	
<p>18.  <b>10am-11:00</b>  <b>Fitness w. Ms. Vernetta</b>  <b>11:00am-12:00pm</b>  <i>Technology Training:</i>  <b>Master Any Keyboard &amp; Learn Language Skills!</b>  <b>Part I *Laptop Giveaway*</b>  12:00pm-1:00pm <b>LUNCH</b>  <b>1:00pm-2:00pm</b>  <i>Technology Training:</i>  <b>Master Any Keyboard &amp; Learn Language Skills!</b>  <b>Part II*Laptop Giveaway*</b></p>	<p>19.  10am-10:30am  Coffee &amp; Devotional  10:30am-11:00am  Virtual Exercise  11:00am-12:00pm  Pass the prize  12:00pm-1:00pm  <b>LUNCH</b>  1:00pm-2:00pm  Card Games</p>	<p>20.  <b>10am-11:00am</b>  <b>Fitness w. Ms. Vernetta</b>  11:00am-12:00pm  All things pink  12:00pm-1:00pm  <b>LUNCH</b>  1:00pm-2:00pm  Charades  <b>Excursion:</b>  <b>Senior Fest</b>  <b>2700 Martin Luther King Jr Ave SE, Washington, DC 20032</b>  <b>9:00am-2:00pm</b></p>	<p>21.  10am-10:30am  Coffee &amp; Devotional  10:30am-11:00am  Virtual Exercise  11:00am-12:00pm  Guress the prize  12:00pm-1:00pm  <b>LUNCH</b>  1:00pm-2:00pm  Hat design</p>	<p>22.  <b>Site is Closed</b>    <b>STAFF TRAINING</b></p>	
<p>25.    <b>Site Closure Honor &amp; Remember</b></p>	<p>26.  10am-10:30am  Coffee &amp; Devotional  10:30am-11:00am  Virtual Exercise  11:00am-12:00pm  Stroke Talk  12:00pm-1:00pm  <b>LUNCH</b>  1:00pm-2:00pm  Riddle me this</p>	<p>27.  <b>10am-11:00am</b>  <b>Fitness w. Ms. Vernetta</b>  11:00am-12:00pm  Movie Pt1  12:00pm-1:00pm <b>LUNCH</b>  1:00pm-2:00pm  Movie Pt2</p>	<p>28.10am-10:30am  Coffee &amp; Devotional  10:30am-11:00am  Virtual Exercise  11:00am-12:00pm  Balance  12:00pm-1:00pm  1:00pm-2:00pm  Nature Walk</p>	<p>29.  <b>Older American Month: A Wellness Cook Out</b>    <b>Location:</b>  <b>3000 Penn Ave SE, DC</b>  <b>Time: 10:00am-2:00pm</b></p>	<p>May is Mental Health Awareness Month, Stroke Awareness Month, Lupus Awareness Month, Asthma &amp; 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),</p>

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