








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

January
2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. CENTER CLOSED New Years Day	2. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO!	3. 10:00am-11am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games	January is.... ~Cervical Health Awareness Month ~Glaucoma Awareness Month ~International Quality of Life Month ~National Birth Defects Awareness/Prevention ~National Blood Donor Month ~Traumatic Brain Injury Awareness Month ~Thyroid Awareness Month January 4: World Braille Day January 28: World Leprosy Day
6. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm CORNHOLE	7. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Looming 12:00pm-1:00pm Lunch 1:00pm-2:00pm Finish your looms	8. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movies 12:00pm-1:00pm Lunch 1:00pm-2:00pm Arts & Crafts	9. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO! EXCURSION: CAPITAL AREA FOOD BANK COOKING CLASS 4900 PUERTO RICO AVE NE, DC 10AM-1PM	10. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games	 DON'T BE BLINDSIDED BY GLAUCOMA. January is Glaucoma Awareness Month 

<p>13. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p>	<p>14. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p>	<p>15. 10:00am-11:00am Coffee/Tea Hour 10:30am-12pm Dr Crawford Mental Health Counseling 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>16. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO!</p>	<p>17 10:00am- 11:00amCoffee/Tea 11:00am-12:00pm Spirit Club IN PERSON chair workout 12:00pm-1:00pm Lunch 1:00pm-2:00om Group Discussion</p>	
<p>20. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Indoor Planting 12:00pm-1:00pm Lunch 1:00pm-2:00pm Group Discussion</p>	<p>21. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p>	<p>22. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p>	<p>23. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00am Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO!</p>	<p>24. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00am Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games</p>	
<p>27. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p>	<p>28. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Pokeno</p>	<p>29. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Indoor Planting 12:00pm-1:00pm Chef Demonstration w/ FOOD JONEZI 1:00pm-2:00pm Group Discussion</p>	<p>30. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm BINGO!</p>	<p>31. 10:00am-11:00am Coffee/Tea Hour 11:00am-12:00pm Music/Movie 12:00pm-1:00pm Lunch 1:00pm-2:00pm Table Games</p>	

Network – Supported by the Department of Aging and Community Living

