



EOTR Pennsylvania Avenue Baptist Church FRIENDSHIP
CAFÉ
3000 Penn Ave SE, DC
Zairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3378
Sheila Wormley, Nutrition Aide
Madeline Harris-Ferrell, Recreation Coordinator

**April
2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>World Health Day</p>	<p>1. April Fools 10:00am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Riddle Me This One 2:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts and Crafts</p>	<p>2. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Puzzles & Cards 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Wreaths for Easter</p>	<p>3. 10:00am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Zoom (WildTech) 12:00pm-1:00pm LUNCH & Nutrition Benefits w. Egg Safety Trivia w. Ms. Minor 1:00pm-2:00pm Diabetes Awareness w/ Irwin Royster</p>	
<p>6. 10:00am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Easter Quiz 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Paint & Sip</p> <p>Easter Monday</p>	<p>7. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Brain games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music & Games</p> <p>Excursion: Martha's Table 2375 Elvans Rd. SE, Washington, DC 20020 10:30am- 12:00pm</p>	<p>8. 10:00am-11:00am Fitness w. Ms. Vernetta 10:30am-11:00am Egg Coloring! 11:00am-12:00pm JUMBO JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Name that Tune</p>	<p>9. 10am-10:30am Coffee & Devotional 10:30am-12:00pm Mental Health Counseling w. Maryanne! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo with prizes</p>	<p>10. 10:00am-11:00am Fitness w. Ms. Vernetta 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Wild Tech: Digital Literacy Training & Raffle 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Wild Tech: Digital Literacy Training & Raffle</p>	

13.
10:00am-11:00am Fitness w. Ms. Vernetta
11:00am-12:00pm Apps for Mind, Body & Soul with WildTech *(1) Laptop giveaway*
 12:00pm-1:00pm
LUNCH
 1:00pm-2:00pm
Anagrams (Animal)

14.
 10am-10:30am
 Coffee & Devotional
 10:30am-11:00am
 Virtual Exercise
11:00am-12:00pm MediPatrol Presentation:
UNDERSTANDING THE PARTS OF MEDICARE
 12:00pm-1:00pm **LUNCH**
 1:00pm-2:00pm **Current Events**

Excursion:
Bernice Fontaneau Senior Wellness Center
3531 Georgia Ave NW, Washington, DC 20010
10:00am-2:00pm

15.
10:00am-11:00am Fitness w. Ms. Vernetta
 10:00am-10:30am
 Coffee & Devotional
 10:30am-11:00am **Virtual Exercise**
 11:00am-12:00pm
 Balloon Volleyball
 12:00pm-1:00pm
LUNCH & Nutrition b
 1:00pm-2:00pm
Did you know?



17.
10:00am-11:00am Fitness w. Ms. Vernetta
 11:00am-12:00pm
 Zoom (WildTech)
12:00pm-1:00pm LUNCH & Nutrition Benefits w. Egg Safety
Trivia w. Ms. Minor
1:00pm-2:00pm Diabetes Awareness w/ Irwin Royster



20.
10:00am-11:00am Fitness w. Ms. Vernetta
 11:00am-12:00pm
Rethink your drink
 12:00pm-1:00pm
LUNCH
 1:00pm-2:00pm
Lets have A Prom (talk)

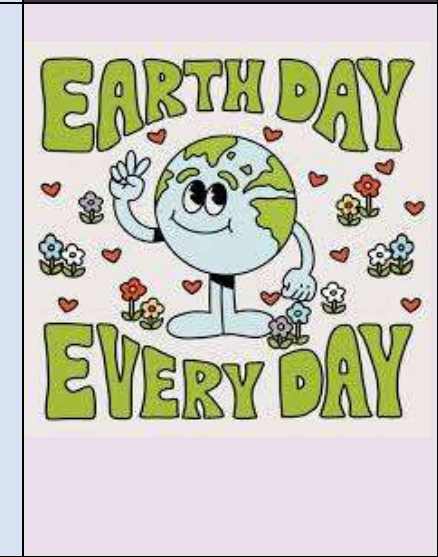
21.
 10am-10:30am
 Coffee & Devotional
 10:30am-11:00am
 Virtual Exercise
 11:00am-12:00pm
 Sign Language (Marcellus Hartsfield)
 12:00pm-1:00pm **LUNCH**
 1:00pm-2:00pm
 Balance Game

Excursion:
Museum of the Bible
400 4th st, NW DC
10:00am-2:00pm

22.
10:00am-11:00am Fitness w. Ms. Vernetta
 11:00am-12:00pm
Lets talk about Stroke
 12:00pm-1:00pm
LUNCH
 1:00pm-2:00pm
Trivia

23.
 10am-10:30am
 Coffee & Devotional
 10:30am-11:00am
 Virtual Exercise
 11:00am-12:00pm
 Movie
 12:00pm-1:00pm
LUNCH
 1:00pm-2:00pm
Movie pt2

24.
10:00am-11:00am Fitness w. Ms. Vernetta
 11:00am-12:00pm
 Zoom (WildTech)
 12:00pm-1:00pm
LUNCH
 1:00pm-2:00pm **Trivia!**



<p>27. 10:00am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm What came First 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo with prizes</p>	<p>28. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Vision Board 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts & Crafts (Door mats)</p>	<p>29. 10:00am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Current Events 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Debrief the trip Excursion: Smithsonian Portrait Gallery 8th St. NW & G St NW Washington, DC 20001 11:15am-1:00p.m</p>	<p>30. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Brain Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Paint & Sip</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>
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