




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

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>“What happens to a dream deferred?</p> <p>Does it dry up like a raisin in the sun?</p> <p>Or fester like a sore—</p> <p>And then run?</p>	<p>Does it stink like rotten meat?</p> <p>Or crust and sugar over—</p> <p>like a syrupy sweet?</p>	<p>Maybe it just sags like a heavy load.</p> <p>Or does it explode?”</p> <p>- Harlem By Langston Hughes</p>	<p>1.10am-10:30am-Coffee/Tea</p> <p>10:30am-11am- Virtual Spirit Club Chair Exercise</p> <p>11:00am-12:00pm-UNO</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-Board Games</p>	
<p>4.</p> <p>10am-10:30am-Coffee/Tea</p> <p>10:30am-11am-Virtual Spirit Club Chair Exercise</p> <p>11:00am-12:00pm-IN PERSON SPIRIT CLUB w. Pat</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-What's News</p>	<p>5.</p> <p>10am-10:30am-Coffee/Tea</p> <p>10:30am-11am- Virtual Spirit Club Chair Exercise</p> <p>11:00am-12pm-Meditation Hour</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-Music Hour</p>	<p>6.</p> <p>10am-10:30am-Coffee/Tea</p> <p>10:30am--12:00pm GROUP MENTAL HEALTH COUNSELING SESSION</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-In Person Spirit Club w. Chris</p>	<p>7.</p> <p>10am-10:30am-Coffee/Tea</p> <p>10:30am-11am -Virtual Spirit Club Chair Exercise</p> <p>11:00am-12:00pm-Nutrition w. Nutritionist Renee Afryka</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-Suntime</p>	<p>8.</p> <p>10am-10:30am-Coffee/Tea</p> <p>10:30am-11am- Virtual Spirit Club Chair Exercise</p> <p>11:00am-12:00pm-UNO</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-Guess What?</p> <p>Excursion:</p> <p>Golden Corral</p> <p>1001 Shoppers Way, Largo MD</p> <p>10am-2pm</p>	

<p>11. 10am-10:30am-Coffee/Tea 10:30am-11am -Virtual Spirit Club Chair Exercise 11:00am-12:00pm-CLEAR CAPTION – FREE PHONE RESOURCE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Finish Painting</p>	<p>12. 10am-10:30am-Coffee/Tea 10:30am-11am-Bracelet Making 11:00am-12:00pm-IN PERSON SPIRIT CLUB W. PAT 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Potting</p>	<p>13. 10am-10:30am-Coffee/Tea 10:30am-11am -Virtual Spirit Club Chair Exercise 11:00am-12:00pm-Chat Time 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Suntime</p>	<p>14. 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-Board Games</p>	<p>15. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-chat time 12:00pm-1:00pm lunch 1:00pm-2:00pm-MUSIC HOUR Excursion: Roses 7706 Marlboro Pike, Forestville, MD 20747 10am-2pm</p>	
<p>18 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-Ring Toss</p>	<p>19 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-Arts Crafts</p>	<p>20. 10am-10:30am-Coffee/Tea 10:30am--12:00pm GROUP MENTAL HEALTH COUNSELING SESSION 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Art Show Prep</p>	<p>21. 10am-10:30am-Coffee/Tea 10:30am-11am- Virtual Spirit Club Chair Exercise 11:00am-12:00pm-Arts Crafts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time</p>	<p>22. 10am-10:30am-Coffee/Tea 10:30am-11am- UNO 11:00am-12:00pm- IN PERSON SPIRIT CLUB EXERCISE W. PAT 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Monthly Big BINGO</p>	
<p>25. 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-Sunshine Ring Toss</p>	<p>26. 10am-10:30am-Coffee/Tea 10:30am-11am – Virtual Spirit Club Chair Exercise 11:00am-12:00pm-Crosswords 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Wordsearch</p>	<p>27. 10am-10:30am-Coffee/Tea 10:30am-11am-Virtual Spirit Club Chair Exercise 11:00am-12:00pm-Brain Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Guess what it is</p>	<p>28. 10am-10:30am-Coffee/Tea 10:30am-11am- Virtual Spirit Club Chair Exercise 11:00am-12:00pm-Dominoes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Table Crafts *BOXED LUNCHES WILL BE PROVIDED FOR 8/29 SITE CLOSURE*</p>	<p>29. Site Closure for Staff Training/ Discretionary Day </p>	<p>August is...Children’s Eye Health and Safety Awareness Month, Digestive Tract Paralysis Awareness Month, <u>Gastroparesis</u> Awareness Month, National <u>Breastfeeding</u> Month, National Eye Exam Month, National Immunization Awareness Month, Psoriasis Action Month, Spinal Muscular Atrophy Awareness Month, Summer Sun Safety Month, National Minority Donor Awareness Day, World Lung Cancer Day,</p>