

## EOTR PAUL L. DUNBAR FRIENDSHIP CAFÉ Ziairra Baughan-Owens, Outreach/Partnership Rec. Coordinator 202-845-3378

Sandra Jackson, Nutrition Aide Melanie Dailey, Recreation Coordinator November 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER	NOVEMBER  NATIONAL ENVIRONMENTAL AWARENESS MONTH	Lung Cancer Awareness Month	November is LUNG CANCER Awareness Month Support - Tight - Advocate	1.  10:00am- Coffee/Tea Hour 11:00am- Recipe Sharing 12:00pm-Lunch Hour 2:00pm-BINGO	C D P D D AWARENESS MONTH
4. 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch Hour 2:00pm- Recipe Sharing  Excursion: Walmart 8745 Branch Ave, Clinton 10am-2pm	5. 10:00am- Coffee/Tea Hour 11:00am- ENGLISH 12:00pm- Lunch Hour 2:00pm- Jewelry Making	6. 10:00am- Coffee/Tea Hour 11:00am- PUZZLES 12:00pm- Lunch Hour 2:00pm- JENGA	7. 10:00am- Coffee/Tea Hour 11:00am- Chair Excercise 12:00pm- Lunch Hour 2:00pm- UNO/SEVEN  EXCURSION: EOTR Senior Caribbean Senior Prom Panerama ROOM 1600 Morris RD, SE 3pm-7pm Bus Boards at 1:30pm	8. 10:00am- Coffee/Tea Hour 11:00am- Fall Walk/Talk 12:00pm- Lunch Hour 2:00pm- BINGO	November is COPD AWARENESS MONTH
Thank You VETERANS HONORING ALL WHO SERVED  * * *	12. 10:00am~ Coffee/Tea Hour 11:00am~ Arts & Crafts 12:00pm~ Lunch Hour 2:00pm~ Arts and Crafts	13. 10:00am~ Coffee/Tea Hour 11:00am~ Talk that Talk 12:00pm~ Lunch Hour 2:00pm~ ENGLISH	14. 10:00am- Coffee/Tea Hour 11:00am- Pot Luck 12:00pm- Lunch Hour 2:00pm- JEWLERY Making	15. 10:00am - Coffee/Tea Hour 11:00am - 12:00pm - Lunch Hour 2:00pm - BINGO	Giving Thanks for GERD Awareness  It's GERD Awareness Week Gastroesophageal Reflux Disease (GERD) is a condition caused by anatomical changes where the muscle at the base of the esophagus (lower esophagus spinicter a.k.a. LES) relaxes between swallows, allowing stomach contents to wash back up into the esophagus.

18. 10:00am- Coffee/Tea Hour 11:00am- ENGLISH 12:00pm- Lunch Hour 2:00pm- BINGO Excursion: Busboys & Poets 1/2 off Burgers 2021 14th st, NW 10am-2pm	19. 10:00am~ Coffee/Tea Hour 11:00am~ Arts & Crafts 12:00pm~ LOOMING. 2:00pm~ Indoor POTTING	20. 10:00am Coffee/Tea 10:30am-12pm 11:00am-12pm Spirit Club Chair Workout IN PERSON 12:00pm-1:00PM Lunch Hour 2:00pm- TRIVIA	21. 10:00am- Coffee/Tea Hour 11:00am- ENGLISH 12:00pm- Lunch Hour 2:00pm- Ring Toss	22. 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch Hour 2:00pm- BINGO	November is National Alzheimer's Awareness Month
25.  10:00am~ Coffee/Tea Hour 11:00am~ Chair Excercise 12:00pm~ Lunch Hour 2:00pm~ BINGO	26.  10:00am- Coffee/Tea 10:30am-12pm Mental Health Counseling w/ Dr. Crawford 2:00pm- BINGO  EXCURSION: Computer Class w/ Ms. Zee 901 G ST, NW 10AM-2PM	27.  10:00am- Coffee/Tea Hour 11:00am- Holiday Fun 12:00pm- Chef Domenstration w/ Chef Jonezi 2:00pm- Holiday Fun	Happy Thanksgiving	29 10:00am- Coffee/Tea Hour 11:00am- Arts & Crafts 12:00pm- Lunch Hour 2:00pm- BINGO	30.

Part of the Senior Services Network – Supported by the Department of Aging and Community Living